

Sunterra Market



FRESH PICK

Pomegranates

Plump, juicy pomegranates are at their best right now! Read *5 Ways to Eat Pomegranates* on our website, and check out our pomegranate banana chia parfait recipe (inside).

NOVEMBER 2017

Available online at sunterramarket.com



FEATURE
STORY



The dish on **CATERING**

BY NATASHA COUSIN

Have you ever secretly longed to order a potluck dish to a party? Or get dessert delivered right to a baby shower? How about having your side dishes show up at the door just before the guests arrive? It happens more often than you'd think.

"People will order whatever they don't want to make," says Tanja Bakic, who oversees catering at Sunterra. Catering doesn't have to be a big event with a chef and server, she says (although they certainly have those options – bartenders too!). Whether it's hors d'oeuvres, sides, a main dish or dessert, people can order as much or as little catering as they want, she says.

It's just after lunchtime on a Monday and we're sitting in a café away from the hustle and bustle of the catering office. With seven people processing hundreds of orders daily, things get just a little bit busy, Tanja tells me. Especially during the holiday season when turkey orders and special holiday meal packages are added to the already-huge menu. Seriously, they offer hot breakfasts, trays, soups, salad and sandwiches, hors d'oeuvres, boxed meals, lunch and dinner entrees, beverages and desserts!

So with all those choices, what should one order? Tanja gives me the inside scoop; meal packages are the best bang for your buck.

"The portions are *quite* healthy," she says. And that goes for breakfast, lunch and dinner – the sunrise breakfast, for example, will definitely keep you full until lunch, says Tanja.

Whether you're ordering breakfast for colleagues or Christmas dinner for your family, the one thing Tanja recommends is to order early. All catering orders are made fresh at five of Sunterra's nine markets, so they need time to order the ingredients. You can still update your numbers until the business day before your event, she assures me, and your credit card won't be charged until that time.

Other insider tips? Schedule delivery earlier than you need and keep the food warm in your oven so you're ready whenever your guests are. Or if you have spare time or a helper, save on delivery fees and pick up your order for free! Oh, and have a look through the menu to help narrow down options before you call. You can see the full menu including pictures at sunterramarket.com/ordercatering, and even place your order online if you want.

"People are really surprised at how easy it is," says Tanja. "They're also shocked when they learn that we're local. That the pork on their sandwich is from Acme. People really dig that." ■

Sunterra offers catering of all sizes including private parties, sporting events, weddings, corporate events, private jets, film production and more.



Pay with points! It's as easy as pie. Use your Fresh Rewards points at a cashier's till to take home many of the items below. Sunterra gift cards, cooking classes and catered meals can be paid with points, just not at the till. Ask a cashier for a redemption form or fill one out online at sunterramarket.com

BAKERY

Single cookie (up to \$1.29)	52 pts
Muffin, scone, square or sliced loaf	80 pts
Brioche cinnamon bun	88 pts
Scone or muffin 2-pack	140 pts
Full square pan	360 pts
All fruit pies (9 in.)	480 pts

JUICE

Fresh squeezed juice (470ml)	172 pts
Fresh squeezed juice (940ml)	300 pts

DELI

Yogurt & granola cup or Greek yogurt parfait	160 pts
Coconut chia parfait or Bircher muesli	160 pts
Grab 'n' Go soup	220 pts
Grab 'n' Go sandwich	280 pts
Boxed salad	320 pts
Friday Night Feast for two (1 pack)	1,280 pts

NOVEMBER STOCKBOY SPECIALS

Patissier Suisse biscuits (100g)	136 pts
Chosen Foods chosen blend oil spray (134g)	160 pts
Zazubean chocolate bars (85g)	172 pts
Chosen Foods extra virgin olive oil spray (134g)	180 pts
Pacific Foods organic broth (946ml)	192 pts
Pacific Foods organic broth multipack (4 pack)	192 pts
Chosen Foods avocado oil spray (140ml)	208 pts
Chosen Foods coconut oil spray (134g)	220 pts
Terra vegetable chips (165-170g)	224 pts
Pacific Foods organic soup (1L)	227 pts
Revolution tea (16pk)	238 pts
Frontier soup (113-135g)	340 pts
Frontier soup (454g)	374 pts
Santa Cruz Organic apple juice (2.84L)	540 pts

NOVEMBER FEATURES

Pacific Cod (100g)	136 pts
Valbella smoked duck breast (100g)	232 pts
Cave-Aged Gruyère (100g)	240 pts

The following items can only be redeemed by filling out a redemption form. Ask a cashier or fill one out online at sunterramarket.com

GIFT CARDS

\$20	800 pts
\$50	2,000 pts
\$60	2,400 pts
\$100	4,000 pts
\$150	6,000 pts
\$200	8,000 pts

COOKING CLASSES

Sunterra Lunch 'n' Learn Cooking Class for 2 (Calgary only)	1,360 pts
Sunterra Private Cooking Class for 10	25,200 pts

CATERED MEALS

Sunterra Catered In-home Dinner for 10 (Standard Menu)	23,200 pts
Sunterra Catered In-home Dinner for 10 (Premium Menu)	28,000 pts



Tanja and the Catering office team

CATERING PRO TIP

How many hors d'oeuvres should I order?

Before a meal:
3 to 5 pieces per person

Instead of a meal:
7 to 10 pieces per person



PAY WITH POINTS IN OUR ONLINE SHOPPING MARKET AS WELL AS AT A CASHIER'S TILL 



FEATURE
RECIPE

Pomegranate Banana

CHIA PARFAIT



SERVES 4

- ½ cup chia seeds
- 1½ cup milk
- ½ cup French vanilla yogurt
- ¼ cup shredded coconut
- pinch ground cinnamon
- 1 tbsp honey
- 1 banana
- 4 tbsp pomegranate seeds

In a medium prep bowl combine chia seeds, milk, yogurt, coconut and cinnamon. Let the seeds soak overnight in the fridge (at least 3 to 4 hours).

Take the mixture out of the fridge and stir, adding honey if you want.

Peel and slice the banana, dividing it evenly into the bottom of the parfait cups. Divide the chia mixture into each cup and spoon the pomegranate seeds on top.

FIND THIS RECIPE AND MORE ONLINE AT SUNTERRAMARKET.COM 

Trendspotting

Swiss cheese just made for melting, a charcuterie board twist and flavour-loaded chicken are some of our favourite things this month.

STUFFED CHICKEN



Our new flavours are fully loaded with your favourite combinations like Sunterra Farms bacon and cheddar, Soleterra d'Italia salumi and provolone, Brussels sprouts and cranberry and more!



RICE AND NOODLE BOWLS

Get bowled over by our irresistible flavours, like sesame and ginger beef; Korean-style soy and sesame-marinated beef flank steak with mushrooms, green onions, baby bok choy and toasted sesame seeds.



CAVE-AGED GRUYÈRE

This cave-aged Gruyère has been aged for at least 12 months and has a sweet, earthy taste. Melt it in your favourite dishes for a distinctive layer of flavour.

Regular Price \$6.99/100g
Nov. Stockboy Special
\$5.99/100g



SMOKED DUCK BREAST

Valbella Gourmet Foods brines and hot smokes Brome Lake duck breasts for tasty and tender meat with a luscious, buttery fat cap. Slice it cold to add a peppery choice to a charcuterie board.

Regular Price \$6.79/100g
Nov. Stockboy Special
\$5.79/100g

S SHOP ALL STOCKBOY SPECIALS
SPECIAL ONLINE AT SUNTERRAMARKET.COM

November Cooking Class Schedule

CALGARY call 403-263-9759

- Nov. 1 Social Kitchen: Moroccan Cuisine 6 p.m. | \$49.99
- Nov. 7 Social Kitchen: Moroccan Cuisine 6 p.m. | \$49.99
- Nov. 16 Perfectly Paired: White Wine and Seafood 5 p.m. | \$24.99

- Nov. 17 Lunch 'n' Learn: Roasted winter squash soup and beef stroganoff noon | \$15.99
- Nov. 17 Social Kitchen: Mediterranean Cuisine | 6 p.m. | \$49.99
- Nov. 18 Kid's Kitchen: Pizza Party 1 p.m. | \$14.99
- Nov. 24 Social Kitchen: Mediterranean Cuisine | 6 p.m. | \$49.99

- Nov. 28 Social Kitchen: Holiday Survival Guide | 6 p.m. | \$49.99

EDMONTON call 780-426-3791

- Nov. 24 Social Kitchen: Holiday Survival Guide | 6:30 p.m. | \$49.99

Calgary classes held at Sunterra Market, Keynote. Edmonton classes held at Sunterra Market, Commerce Place.
 REGISTER FOR COOKING CLASSES ONLINE AT SUNTERRAMARKET.COM

FEATURE
FRIDAY NIGHT
FEAST

NOVEMBER 24

TOURTIÈRE WITH
MESCLUN SALAD



FRIDAY NIGHT FEAST
1,280 PTS
PAY WITH POINTS

Enjoy a three-course meal prepared from scratch – just reheat and eat, simple as that. Finally, a meal worthy of the best night of the week.

Friday Night Feast Schedule

NOVEMBER 3

Kale, lentil and chickpea soup

Chipotle beef brisket with garlic mashed potatoes and pineapple mango salsa

Black Forest cake

NOVEMBER 10

Artichoke and spinach salad

Chicken cordon bleu baked pasta with garlic bread

Tiramisu

NOVEMBER 17

Sweet corn chowder

Bacon cheddar meat loaf with mashed sweet potatoes and vegetables

Mini blueberry cheesecake

NOVEMBER 24

Split pea and ham soup

Tourtière with mesclun salad and sun-dried tomato vinaigrette

Crème brûlée

\$15.99 per person.

Each bag contains two dinners for \$31.98 or 1,280 Fresh Rewards points

PURCHASE YOUR FRIDAY NIGHT FEAST FOR PICKUP OR DELIVERY AT [SUNTERRAMARKET.COM](https://www.sunterramarket.com) 