

# *In Season!*

*"Experience Our Passion  
for Foodservice"*

September 2013



*Marek*  
Hospitality Inc.



# Soups On!!

**Did you know** that the soup you enjoy in your Café is cooked from scratch every day, in your kitchen, by your Marek Chef, using fresh, local ingredients?

It seems such a small thing but it says everything about why we do what we do in over 100 Cafes across Canada every day. Scratch cooking isn't just a slogan for Marek. It defines our culture. It's the cornerstone of every behaviour and business practice in our organization.

**Because we cook from scratch** we source and purchase local, fresh, raw ingredients for your chef to work with. The safest, most nutritious and most flavourful ingredients are locally sourced and fresh. Do you know where the "chicken" in canned or packaged soup comes from? Does it even taste like chicken?

**Because we cook from scratch** your Chef is empowered to do what they have been trained for and you benefit from having

a culinary expert creating your menu every day. It's how we attract and keep some of the best Chefs in Canada. Anyone can push the button on a microwave to cook a processed entrée.

**Because we cook from scratch** we can tell you what ingredients are in your dish without running to the fridge to look at the box. We manage salt and fat content to ensure you have healthier options.

**Because we cook from scratch** your Marek Chef customizes your Café menu, for you. Your Chef prioritizes purchasing decisions based on high quality and freshness of ingredients rather than cheap alternatives from sources outside of Canada. Your Chef creates your menu this week for next week based on your preferences.

**Because we cook from scratch** we encourage you to talk to your Chef. Ask about today's soup. A lot goes into every pot!!



# Event Catering Adds the WOW factor!

Juri Daniel, Executive Vice President is delighted to introduce Hamish Macfie our new Director of Catering Operations. Hamish



has a wealth of experience building and operating his own catering business and special event catering for larger corporate groups. From fine dining at the Royal Agricultural Winter Fair, catering for golf's elite at the PGA Canadian Open, to corporate BBQ's for 10,000 employees, Hamish's experience will lead us in providing new levels of service for our clients and position us well to cater large scale events.

Hamish will be fine tuning our catering capability to help our clients create "the buzz" at meetings and special event gatherings that will make them memorable. Buzz happens when fabulous, great tasting food is served in innovative ways by professional staff, who love to be of service. Best of all these

special offerings can come direct from your on-site kitchens.

If your facilities do not have the capabilities for larger catered events, we can now service your needs from another location and provide these same great offerings in off premise situations. Whether it's a BBQ in a nearby park or a high-end sit down dinner in a local museum we have the resources to meet your needs.

The extra added touches can make a huge difference. Consider the thrill of using high end crystal, silver cutlery, or Frette linens. The service staff will be professionals, whether its buffet, plate service or Russian service, the proper presentation and delivery is important. Themed décor can make that first impression everlasting. We can now manage 100% of the details so you don't have to.

For more information or to assist you with an upcoming event please contact your onsite Chef/Manager or contact Hamish Macfie, Director, Catering Operations directly at [specialeventscatering@marekhospitality.ca](mailto:specialeventscatering@marekhospitality.ca)



## Grilled Ontario Turkey Bruschetta Salad

Serves 4

### INGREDIENTS

Turkey Breast Boneless Skinless  
Garlic Clove, Finely Chopped  
Basil Fresh, Finely Chopped  
Oil Canola  
Onions Red, Diced Fine  
Cucumbers, English, Peeled, Seeded, 1/4" diced  
Cantelope diced  
Tomatoes Roma Cored 1/4" diced  
Paprika Spanish  
Spring Mix Greens  
Cheese Feta Crumbled  
Vinegar Balsamic  
Lemon Wedge 4 Cut  
Parsley Chopped  
Salt and Pepper To Taste

### AMOUNT

0.7 kg  
2 each  
1 bunch  
125 ml  
0.5 each  
0.5 each  
0.25 each  
4 each  
10 ml  
2 l  
120 g  
30 ml  
0.5 each  
60 ml  
2 ml

## what's cooking

**Chef Shaun Lang**  
Maritz Café

1. Marinate all turkey with 5 ml of fresh garlic, 60 ml canola oil, 10 ml paprika, 15ml chopped basil, pinch of salt & pepper. Let marinate for 1/2 hour at room temperature.
2. Mix tomatoes, onion, cantaloupe, cucumber, basil, remaining garlic, 65 ml canola oil, balsamic vinegar, pinch of salt & pepper. Let stand for 1/2 hour while turkey marinates then cooks. Stir occasionally.
3. Grill turkey turning gently and cooking to an internal temperature of 170F or until juices run clear. Remove from grill and let rest for a couple of minutes.
4. Place spring mix salad evenly on a dinner plate fluffing to give some height.
5. Slice turkey breast on an angle at 1/2 inch intervals and place entire piece as one spreading gently on the salad on the middle of the plate.
6. Spoon bruschetta mix on top of turkey and salad mix.
7. Garnish with fresh chopped parsley and lemon wedges.

*Allergens: Milk; Sulphites. Per serving: 510 kcal; 12.3 g carbs; 45.2 g protein; 38.9 g fat; 120mg chol; 2.5 g fiber/Dtry; 198 mg calcium; 648 mg sodium*

# A Warm Welcome to Our New Clients



Bridgepoint Active Healthcare provides care and services to adults living with complex health conditions and in need of rehabilitation. Active healthcare puts the patient at the centre of their coordinated care plan. The Bridgepoint Hospital has 404 beds, provides 11 speciality clinics and services, employs 1,125 dedicated staff and is assisted by many committed volunteers to help patients live better.



Marek is delighted to be operating the Riverside Bistro, providing catering services and operating a full service Tim Hortons inside the new hospital.



Dana Hospitality proudly opened the OpenRoad Lexus Café in April 2013. The OpenRoad Lexus dealership in Richmond, BC has served the Lower Mainland for over 22 years. When it opened in 1990, it became the first stand-alone Lexus dealership in Canada. With much support from the community, they achieved the title of #1 volume retailer in Western Canada for over ten consecutive years. In June 2011, OpenRoad Lexus re-launched their facility with a newly constructed 69,000 sq. foot state-of-the-art luxury dealership in the Richmond Auto Mall, making it the largest Lexus retailer in Canada.



## Welcome Janet Deacon

Please extend a warm welcome to our new Corporate Dietitian, Janet Deacon, RD. Janet has previous experience at Princess Margaret Hospital in clinical nutrition and has been an instructor in foods and foodservice management at Ryerson University and George Brown. Janet is responsible for our signature Healthwise Choices program, helping our Café customers make informed healthy eating choices and is a key contributor to our monthly promotions program.

## Fun Food Fact

With only 161 calories, 3.4 grams of fiber and 37 grams of carbohydrates, a Canadian potato with the skin on contains:

- Less calories than a 1/2 cup serving of white rice
- More fiber than a bowl of oatmeal
- More vitamin C than 2 apples
- More iron than a bowl of spinach
- Twice the potassium of a banana



*In Season!* is published jointly 4 times per year by Dana Hospitality Inc and Marek Hospitality Inc.  
Send submissions or questions to: [info@marekhospitality.ca](mailto:info@marekhospitality.ca) or Contact Us at: 905-829-9800.