



PORTFOLIO

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<i>Course.</i> HOSPITALITY AND RESTAURANT BUSI- NESS MANAGEMENT	

ABOUT ME

Originally from Argentina, Lucila is a hospitality business management student currently employed in the food industry. Her goal is to bring health and happiness to the world through a mindful and competitive leader approach creating a respectful and dynamic work environment using her experience as an artist along with her experience in the hospitality industry. they work with as well as their customers.

Lucila believes that a true leader/manager is humble enough to admit their mistakes, fix them and make a difference in the lives of the people

Lucila agrees with Robert Ulrich that, "A healthy outside starts from the inside." She has a particular interest in a healthy lifestyle, however she feels comfortable in many environments, bringing satisfied customers back over and over again to create a great customer volume.

CON- TENTS

01

SHRINE RESTAURANT

03

BABOON TRADING PROJECT

05

PRACTICUM

02

NUTRITION PROJECT

04

RECIPES

SHRINE
RESTAU-
RANT

01

CONCEPT

Shrine is a casual-style restaurant inspired in health, combining savor and quality, focusing on the nutritional value of the meals and snacks to help High-performance athletes and patients in a recovery process to gain their objectives satisfying all of their craves while nursing the body.





MOOD BOARD FOR SHRINE RESTAURANT

MISSION STATEMENT

The mission of Shrine is resumed in providing through a Rustic décor a variety of delicious and nutritious meals to high performance athletes as well as patients in a recovery process, as it is essential for a recovery process a good nutrition, per heaps, the meals must be attractive to the eyes as well. Combine health and cuisine, through the creation of new healthy, as well as, nutritive recipes to cater to hospitals bringing satisfaction, consequently, happiness to patients in recovery process; Do not focus only in recovery process patients and athletes niche; Provide comfortable sittings, once it is a casual-style service, and the turnover should have the average of 1:30hrs to 2:00hrs per table.

VISION STATEMENT

With the quote of “A healthy outside starts from the inside” (Robert Urich), in five years from now, Shrine Restaurant will be rated as a “five star” restaurant in the Greater Vancouver area by consistently providing the combination of perfectly and healthy prepared food and outstanding service that creates an extraordinary dining experience, building and maintaining a customer oriented culture that will encourage service excellence through value, cleanness exceeding customers’ expectations.

MARKETING

**Online advertising,
Newspaper, Websites,
Mouth to Mouth,
Posters, Personalization,
Convenience.**

Cater for excellent dining in a comfortable atmosphere; Servers will be thematic dressed once a week, varying from dancers, skaters, to flight attendant; The furniture will be on Rustic Style, in order to create a cozy, familiar feeling; Lighting will be mellow and music will be relaxing.



Main office in North Vancouver, Lonsdale Ave.



Ensure customer satisfaction and build a repeat customer base;

Develop a marketing program;

Improve position in the local market;

Cater for excellent dining in a comfortable atmosphere;

Open chains.

Promote through social media, posters, word to mouth and every communication channel;

Interact with people on a daily basis;

Thematic service once a week.

Provide a variety of delicious and nutritious meals to high performance athletes as well as patients in a

Combine health and cuisine (fusion of cooking style French-Latin);



Working for the community



APPETIZERS | SALADS

BAKED EMPANADAS (GF)

Available under request

-Delicious crispy pastry filled with beef, seafood, chicken or vegetables and soy meat

STRAW/BERRY, GOAT CHEESE & BALSAMIC BITE V GF DF

Available under request

-Sweet, savory and tangy combine in the ultimate exotic app.

ROASTED ASPARAGUS AND EDAMAME V

Available under request

-Roasted asparagus and edamame seasoned with chef's secrets.

CAPRESE STUFFED MUSHROOMS V

Available under request

-Baked melted mushrooms in mozzarella cheese and tomatoes.

CHICKEN STICKS

-The perfect combination, roasted chicken breast and vegetables of the season in a single stick.

CAULI OVEN HUMMUS V

Available under request

-Creamy and delicious roasted cauliflower served with pita chips

CRISPY PARMESAN ROASTED ARTICHOKE HEARTS

-Roasted artichoke hearts in a mix of eggs, Parmesan cheese and Panko bread crumbs.

ENTRÉES | SOUPS

GRILLED FLANK STEAK SOFT TACOS WITH AVOCADO-LIME SALSA

-Chili and chipotle powders lend earthy, smoky flavors to the grilled beef.

SPICY THAI BOCK CHOY SPRING ROLLS V

Available under request

-Carrots, cucumbers, bean sprouts, fresh mint and Thai basil wrapped by bock choy leaves. Accompanied by a house made cashew dipping sauce.

INSIDE-OUT ASPARAGUS & SHITAKE SUSHI ROLL V

Available under request

-Asparagus, snow pea shoots and shitake mushrooms will make you enjoy this Vegetarian sushi version.

SMASHED PEA PASTA WITH BASIL & AVOCADO PESTO V

Available under request

-Fresh herbs and summer peas folded into a herbed pesto made with avocado. Topped with your choice, pinouts, lemon zest or our home made macadamia cheese.

SLOW-COOKER BEEF POT ROAST

-Home style beef roast served with smashed potatoes

SIGNATURES
FISH LOVERS | VEGETARIAN

FILLET BASA A LA MONTPELLIER

-The classic Basa fillet will melt in your mouth with the special toque of our House spices and French mustard. Accompanied with roasted asparagus.

ZUCCHINI LAYERED LASAGNA V

-A rustic family dish. Zucchini and baby spinach with delicious homemade Nut cheese and tomato Sauce coating layers of al dente pasta sheets.

DESSERTS

DULCE DE LECHE ARGENTINA MINI ALFAJORES

-Home made little preciousness made of the classic Argentina Dulce de leche.

CHOCOLATE CUTIES

-You already know about chocolate-covered strawberries, but have you tried chocolate-dipped oranges?

CHURRO ALMONDS

-These little guys are seriously addicting. Cinnamon, almond and white chocolate never tasted better.



DRINKS

ALCOHOLIC DRINKS

Wine white/red

(Ask our servers for the wine list)

BEERS

Tempus- Craft Mexican beer 355ml

Jabalí- Mexican Craft beer 330ml &

Allende- Mexican Craft Beer 335ml

MEZCAL VIEJO INDECENTE

Shot \ bottle

HOT DRINKS

Coffee: Small \medium \large

Tea (1tea bag) \ (2 teas bags) \ (3 teas bags)

FOR KIDS

Hot chocolate

Steam milk

COLD DRINKS

Juices: Small \medium \large

Iced tea: Small \medium \large

MILK SHAKE

Strawberry, Mango, banana, chocolate: Small \medium \large

WINE MENU | WHITES |

PINOT BLANC

Fillet Basa a la Montpellier

Suggested pairing

SAUVIGNON BLANC

Zucchini layered lasagna & chicken empanadas

Suggested pairing

NEW ZEALAND SAUVIGNON BLANC

Mexican Quinoa Salad with orange lime dressing

Suggested pairing

PINOT GRIS

Sea Food and Vegetable empanadas

Suggested pairing

GRANT BURGE BAROSSA VINE SHIRAZ

Roasted Asparagus & Edamame

Suggested pairing

DR. LOOSEN L' RIESLING

Sweet and salty spinach salad & inside out asparagus

& shitake sushi roll

Suggested pairing

ARGENTINA DONA PAULA CHARDONNAY

Creamy Broccoli soup

Suggested pairing

CHENIN BLANC

Chilled Cucumber & Tofu soup

Suggested pairing

WINE MENU
| RED |

CABERNET SAUVIGNON

Beef empanadas & Slow-Cooker Beef Roast Pot
Suggested pairing

ROSE

TELMO RODRIGUEZ LZ' RIOJA

Caprese Stuffed Mushrooms
Suggested Pairing

DESSERTS

RUBY PORT

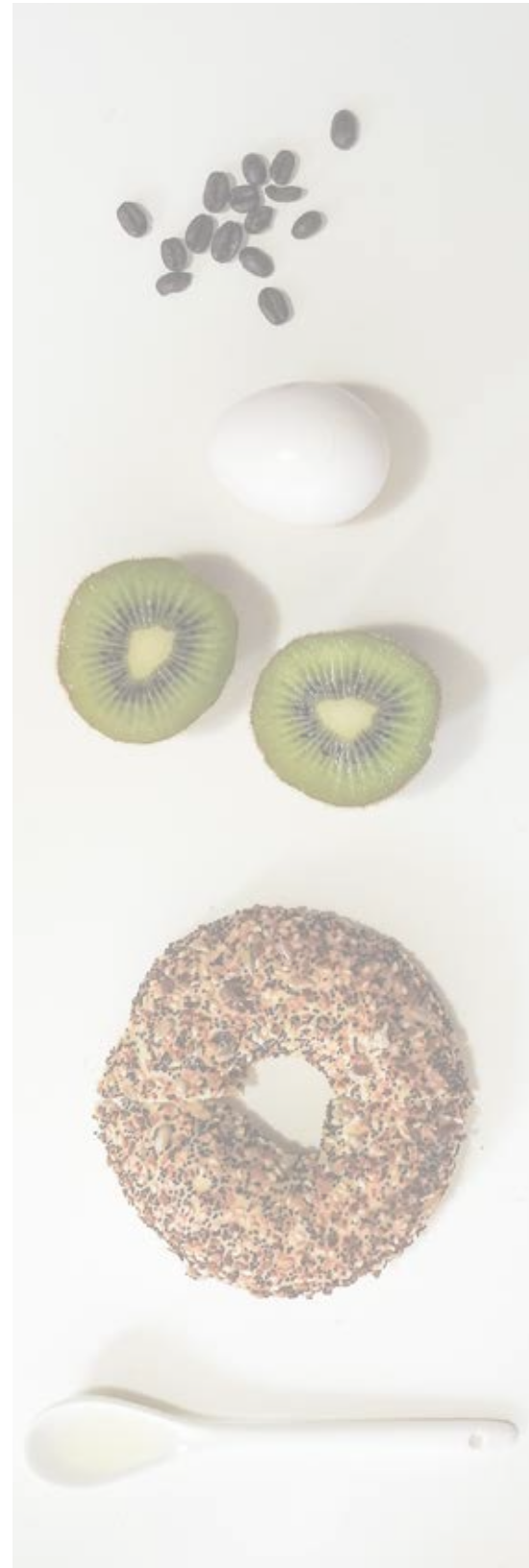
Dulce de leche Argentinian Alfajores & Chocolate Cuties
Suggested pairing

PEDRO XIMENEZ SHERRY

Churro Almonds
Suggested pairing

INTRODUCTION

Canada's first food guide, the Official Food Rules, is a nutrition guide produced by Health Canada developed to provide adequate food rationing, while endeavoring to prevent nutritional deficiencies and to improve the health of Canadians. With those keys in mind, CFGFH will help you and your family to meet your needs for vitamins, minerals and other nutrients, reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis, contribute to your overall health and vitality..





BREAKFAST

1 whole fruit of your choice

1 slice toast whole grain bread with 50 grams low fat goat cheese

1 poached egg

1 cup coffee or tea (unsweetened)

SNACK

1 hard-boiled egg with fresh herb accompanied with whole wheat toast

LUNCH

1/2 cup brown rice

Rainbow – salad:
A mix of steamed vegetables, seasoned with fresh herbs and spices (carrots, broccoli, beets, potatoes or other vegetables of the season)

¾ Cup of cream of lentils (cooked lentils to a paste consistency) with grated Parmesan cheese

1 cup of fresh juice

1 fruit for dessert

SNACK

1 fruit of the season

DINNER

1/2 whole grain bagel with fat free cheese and tomato seasoned with herbs and extra-virgin

olive oil

1 cup leafy vegetables salad (Romaine lettuce, olives diced cucumber, and apples)

1 cup mixed fruits with banana puree-no sugar added

BREAKFAST

3/4 cup yogurt with mixed fruits of the season and 30 grams cold cereal

Cold avocado sandwich with scrambled feta cheese, tomato and sesame seed

1 cup green tea (unsweetened)



SNACK

150 grams fruit tofu

LUNCH

Fillet basa a la Montpelier- Basa fillet (fish fillet), Mexican dried chilles, fresh tarragon, fresh

basil, French mustard, and asparagus.

Cauliflower Hummus- Cauliflower, toasted pita chips, Hummus: chickpeas, oil, salt

Whole grain pea pasta with basil & avocado pesto- Fresh basil leaves, Fresh Italian parsley leaves, Fresh tarragon leaves, summer peas, avocado, pinouts, lemon zest or macadamia nut cheese, Salt

Chocolate Cuties- Pure dark Chocolate and oranges

SNACK

Strawberry, goat cheese & balsamic bite-

Whole wheat, salt, goat cheese, strawberry, balsamic vinegar.

DINNER

Zucchini layered lasagna

Zucchini and baby spinach, nut cheese and tomato Sauce, Seasons.

Baked Crispy Parmesan Roasted Artichoke Hearts Artichoke hearts, eggs, parmesan cheese and whole wheat Panko bread crumbs

Green salad with salty granola Head lettuce, cucumbers, tomatoes and granola-style oats Baked apple covered with yogurt drizzle

BREAKFAST

1 poached egg on avocado and fat free feta cheese

1 Cup fresh fruits juice

1 slice whole grain bread toasted with olive oil and herbs

1 cup coffee with fat free milk (½ coffee, ½ milk)

SNACK

1 Cup fruit of the season smoothie

LUNCH

Spicy Thai bok choy spring rolls

Carrots, cucumbers, bean sprouts, fresh mint Thai basil, bok choy leaves, cashew dipping sauce

Roasted chicken breast with ½ Cup Rice

Quinoa salad with steamed vegetables and crumbled feta cheese

SNACK

1 portion of fruits of the season

DINNER

Inside-out asparagus & shitake sushi roll with zucchini noodles
Pea shoots and shitake mushrooms, rice, seaweed, soy sauce, and zucchini

Tuna salad

Arugula, green baby kale, marinated fennel and cherry tomatoes and Shredded marinated tuna

Mixed beans soup

Peas, lentils, pinto beans, Lupin, blended in a creamy mixture
Blend of fruits of the season with ground flax seed and honey

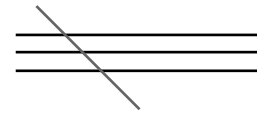


EVENT
PLANNING

03

BABOON TRADING INC. PROFILE

Baboon trading is a world-wide company that focuses on the marketing and sales, of new, national and international products in Vancouver. Due to the nature of the products, Baboon Trading, continuously organizes and participates in various events in BC related among others, to food pairing with fine wine spirits and beers.



01

TIME / DATE / LOCATION

When: October 1, 2018, for 150 guests.

Where: The Dining Room of Al Porto Ristorante. Extremely flexible space with a warm Tuscan feel and easy access.

Fits up to 200 people

02

THEME

Tropical- Mediterranean style. The Style was defined according to the company's culture and trading catalog.

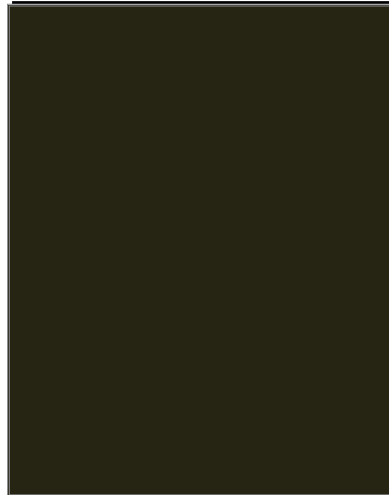
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ENTERTAINMENT

Band or DJ - with whatever music style Baboon Trading decides to go for.



*Tropical & Mediter-
ranean vibes*





TO START

The food service will consist in a 3 course meal
as follow:
Appetizers
Main Course
Dessert

Bars – 1 open bar inside of the room with wine,
mezcal, beer, soft drinks and juices
- 353 can of beer
- 71 bottles of wine (750 ml)
- 18 bottles of mescal (1liter)
- 500 cans of soft drinks
- 200 boxes of juice(750 ml)

Grilled Flank Steak Soft Tacos with Avocado-Lime Salsa
Spicy Thai bock choy spring rolls
Caprese stuffed mushrooms
Crispy Parmesan Roasted Artichoke Hearts

MAIN COURSE

Inside-out asparagus & shitake sushi roll
Roasted Asparagus and Edamame
Zucchini layered lasagna
Slow-Cooker Beef Pot Roast

DESSERTS

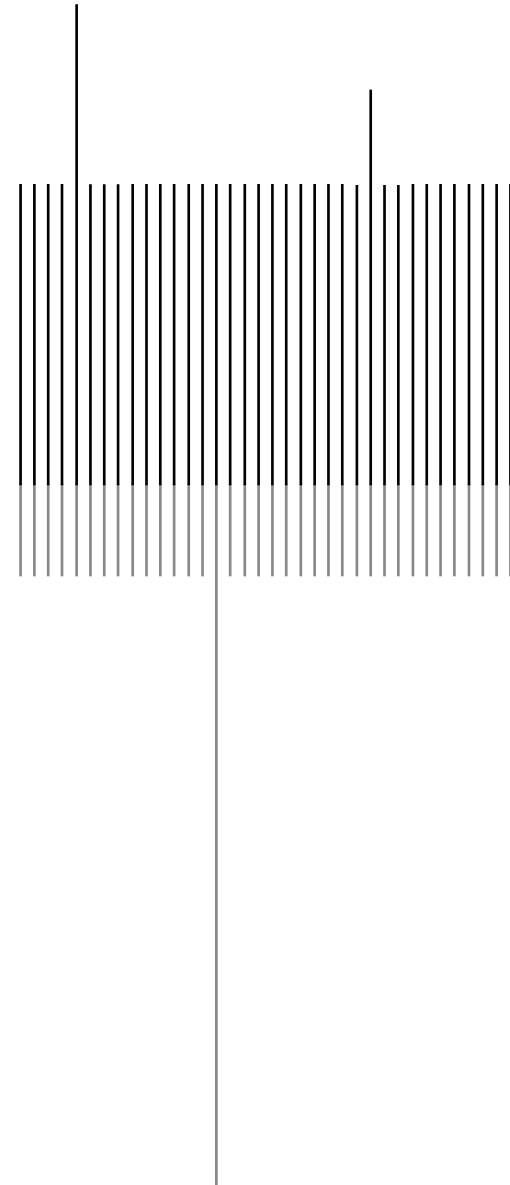
Chocolate Cuties- chocolate dipped oranges
Churro Almonds
Hazelnut mousse cups

RECI
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04

MY RECIPES

Talented chefs, instructors and co-workers always inspired me to apply whatever would be learnt on the best as would be possibly able. And combining the acquired knowledge, along with healthy inspiration some ideas came along, leading to develop a few creations with the purpose to unify health and taste beating as one. I believe that an artistic soul is able to produce with more enthusiasm leading to an outcome which will definitely catch an audience the latest as the first sight.



CONCEPT

The goal of this creation was to produce the least waste possible, with healthy cooking techniques and creativity. The eatable cutlery, was made with the intention of attract kids to a healthy meal.

0 waste

Fun

Healthy

Peppers and Béchamel

Broccoli

2 Bell peppers

Butter

Cream

Cheese

Corn starch

Fresh ginger

Coulis

Sugar

Blueberry

Strawberry

Raspberry



CONCEPT	CONCEPT
<p>Do you know that water when you boil your vegetables? We usually throw that out, right? Well, that's where all the nutrients from the vegetables remain, reason why this amazing crackers combine along with specialty flours, this golden water.</p>	<p>Simple but extraordinary. Light in calories and fat, this will bring the joy of multicultural flavours to your mouth.</p>
NUTRIENT CRACKERS	FILLET BASA A LA MONTPELIER
<p>Oat flour, Sesame seed, Flax seed, Chickpea flour Rice flour Eggs, Vegetable water Apple sauce Brown sugar</p>	<p>Basa Fillet fish Spices Dijon mustard</p>



INGREDIENTS

POTATO GNOCCHI

- Potato
- Flour
- Butter
- Cream
- Seasoning Gar-nish-fresh herbs

CALAMARI, ARTI-CHOKE, AND PENNE PASTA MONTEREY STYLE

- Baby artichokes,
- Lemon
- Anchovy fillets
- Tomato
- Capers
- Kalamata olives
- Calamari rings
- Fresh herbs
- Red pepper
- Flakes
- Parmesan cheese.

CHEESE ENCHILADAS

- Butter
- Onion
- All-purpose flour
- Chilli
- Powder
- Cumin
- Oregano
- Beef stock
- Corn tortillas
- Longhorn cheddar
- Cheese

STRAW/BERRY SHORT CAKE WITH CORN-MEAL BISCUITS

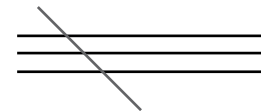
- All-purpose flour
- Yellow cornmeal
- Butter
- Heavy cream
- Strawberries
- Lemon
- Juice
- Vanilla

PRAC
TICUM

05

BABOON TRADING INC.

Baboon trading is a world-wide company that focuses on the marketing and sales, of new, national and international products in Vancouver. Due to the nature of the products, Baboon Trading, continuously organizes and participates in various events in BC related among others, to food pairing with fine wine spirits and beers.



PRACTICUM PLACE:

Baboon Trading

POSITION:

Assistant manager

FINAL PRACTICUM EVALUATION (GRADE):

A

FINAL PRACTICUM SUPERVISOR COMMENT:

During the first stage of Lucila's practicum, she required some supervision, however, after some time, she not only fulfill the basic duties of her role but exceeded expectations, as she performed her role proactively
