

Catering Menu-Coffee Breaks and Luncheons

All items are priced per person unless otherwise stated

Item	Price
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Breakfast



Continental Breakfast	\$4.50
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An assortment of fresh baked muffins, assorted scones, bagels, cheese tea biscuits and fruit sticks accompanied by butter, jams and cream cheese. Coffee, tea, water and/or juices. Creamers, milk and sweeteners included.

Little Extras	\$2.25
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Individual yogurts, granola, seasonal fruit platters or kebobs.

Hot Buffet Breakfast	\$8.50
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Scrambled eggs, crispy bacon, sausages, home-fried potatoes, pancakes or waffles with maple syrup or fruit topping and cinnamon whipped cream
Fresh fruit salad
A variety of fresh pastries and muffins with jams and cream cheese
Coffee, tea, water and/or juices

Coffee Breaks



Choose from a selection of hot and cold beverages and freshly brewed coffee and tea. Decaffeinated coffee available upon request.

Columbian coffee, cup*.....	\$1.25
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Brewed tea, cup*.....	\$1.25
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Herbal tea.....	\$1.40
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Milk – 2% white, chocolate and skim.....	\$1.40
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Juices (300 ml container).....	\$1.40
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Soft drinks (355 ml).....	\$1.40
Bottled water (500 ml).....	\$1.25
Ice water by the jug.....	n/c

Compliment your beverage with a selection of delicious, fresh baked muffins, pastries, and fruit.

Muffins.....	\$1.30
Scones.....	\$1.30
Cheese Tea Biscuit.....	\$1.30
Fresh Cookies (2).....	\$1.00
Bakery Squares.....	\$1.40
Chocolate Dipped Strawberries (per dozen).....	\$12.00
Cut Fruit.....	\$2.75

Platters



Traditional Closed Faced Sandwiches, one per person..... \$3.50

A selection of traditional deli-meats and fillings served on brown and white bread. An assorted display may include:

Roast Beef
Turkey Breast
Ham and Cheese
Tuna Salad
Egg Salad
Cheese, Lettuce and Tomato

Deli Deluxe Sandwiches, one per person..... \$4.50

A selection of deli-meats and fillings served on 12 grain, rye croissants, Kaiser buns, and whole wheat tortillas. An assorted display may include:

Roast Beef and Cheese
Shaved Ham and Swiss Cheese
Turkey Breast and Cheese
Chicken Salad
Egg Salad
Salmon Salad

Gourmet Bread Sandwiches, one per person..... \$6.50

A selection of assorted meats and fillings served on foccacia bread, whole wheat wraps, Chibata buns and Panini bread. An assorted display may Include:

Grilled Chicken Breast with Pesto Mayonnaise

Roast Beef with Onion and Swiss Cheese
 Grilled Red Pepper, Havarti Cheese and Zucchini
 Grilled Chicken with Sun-dried Tomato
 Roast Turkey and Havarti Cheese
 Grilled Vegetables with Alfalfa Sprouts
 Ham, Havarti Cheese, and Turkey
 Chunky Chicken Salad
 Grilled Eggplant, Mozzarella Cheese, Tomato, Onion

Fresh Seasonal Vegetables	\$2.50
An assortment of fresh seasonal vegetables served with dip	
Cut Fresh Seasonal Fruit	\$2.75
An assortment of fresh seasonal fruit	
Domestic Cheese Tray	\$4.00
A selection of domestic cheeses including mild cheddar, marble, Swiss, Gouda and Havarti, served with grapes	
Imported Cheese Tray	\$5.75
A selection of imported cheeses that could include Brie, Camembert, Emmenthal, Gouda, Stilton, Danish Havarti, or goat cheese served with grapes	
Pâté Tray	\$5.50
A selection of Pâté served with toasted bread rounds and crackers	
Pumpernickel Bread with Spinach Dip	\$3.00
Spinach vegetable dip served in a pumpernickel bread bowl with assorted breads and crackers for dipping	
Hot Artichoke and Cheese Dip Platter	\$3.50
Hot artichoke and cheese dip platter served with assorted bread rounds	
Warm Brie with Real Canadian Maple Syrup	\$4.50
A round of warm brie drizzled with real Canadian maple syrup and chopped garlic served with assorted bread rounds	

Sandwich Plates



Sandwich Quarter Plate	\$5.75
One regular sandwich with deli meat or filling cut and quartered and served on an individual plate with crudités and dip	

Specialty Sandwich Plate	\$7.00
One specialty sandwich with a salad of choice, crudités and dip and served on an individual plate	
Vegetable Plate	\$4.75
An assortment of fresh crudités and two salads of choice served on an individual plate	
Fresh Fruit Plate	\$4.25
An assortment of fresh fruit served on an individual plate with a honey yogurt dip	
Salad Plate	\$5.75
A selection of three of our lunch salads on one plate	
Add chicken or salmon	\$8.00

Lunch Salads



Chicken Caesar	\$7.50
Romaine lettuce, grilled chicken breast, parmesan cheese, croutons, bacon Bits served with a classic Caesar dressing	
Chef Salad	\$7.50
Lettuce, tomatoes, cucumber, peppers, purple cabbage, and red onions with a julienne of turkey and ham with a choice of dressing	
Tortellini Salad	\$8.00
Cheese tortellini, red, green and yellow peppers, red onions, parmesan Cheese, julienne of prosciutto, and sun dried tomatoes	
Asian Noodle Salad	\$7.50
Julienne celery, carrots, mushrooms, red and yellow peppers, green onions With Cantonese noodles, grilled chicken breast and sesame ginger dressing	
Nicoise with Salmon	\$8.50
Assorted greens salad with sliced red onion, red and green pepper, yellow zucchini, and slices of salmon with choice of dressing	

Lunch Buffet



“The Board Room” Lunch Buffet	\$10.50
Soup du jour or tomato juice Assorted deli-style sandwiches	

Fresh crudités and dip
Assorted cookies and squares
Freshly brewed coffee, tea, juice, water or soft drink

Deluxe Lunch Buffet..... \$14.00

Crudités and dip platter
Choice of three regular salads
Trays of assorted regular and specialty sandwiches
Fruit tray
Assortment of squares, cookies
Freshly brewed coffee, tea, juice, water or soft drink

Add our daily homemade soup..... \$2.50

Desserts



Cookies (2).....	\$1.00
Assorted Squares.....	\$1.50
Homemade Pies.....	\$2.75
Individual Pineapple Upside Down Cake.....	\$2.50
Opera Cake.....	\$4.75
Caramel Mousse Cream Puff.....	\$4.50
Pineapple and Raspberry Sorbet in a Crêpe Cup.....	\$4.50
White Chocolate Mousse with Raspberry Coulis.....	\$4.50
Strawberry Shortcake (seasonal).....	\$4.00
Assorted Cheesecakes.....	\$4.00
Ice Cream Sundae Bar.....	\$3.25