

meetings

BREAKFAST

Freshly Baked Muffins, Danish and Croissants	\$3 each
Gluten Free Muffins.....	\$3.50 each
Any Fruit Flavour - Strawberry, Raspberry, Chocolate Chip, Blueberry	
Scones	\$3 each (1 dozen minimum)
Buttermilk, Blueberry, Cheddar and Scallion	
Brioche Cinnamon Rolls with Cream Cheese Glaze	\$3.75 each (1 dozen minimum)
Assorted Bagels with Cream Cheese, Butter and Assorted Jam	\$3.50 each

HEALTHY AND NUTRITIOUS

Sliced Fresh Seasonal Fruit	\$5 per person
Whole Fresh Fruit	\$2.75 each
Assorted Individual Fruit Yogurt	\$2.75 each
Seeded Oat Cakes	\$2.75 per person
Individual Granola Bars	\$2.75 per person
Vegan Peanut Butter Bar (GF, V)	\$3.50 each
Individual Parfait with Fresh Fruit Compote, Ginger Granola, and Yogurt	\$5 per person
Fruit Smoothies	\$25 per litre
Very Berry, Mango Coconut, Peach - Banana and Cinnamon, Pineapple - Spinach - Banana and Ginger	

AFTERNOON SNACKS

Individually Packaged Snacks ...

Assorted Potato Chips	\$3 each
Boxed Candy	\$3 each
Individual Popcorn	\$3 each
Assorted Chocolate Bars	\$3 each
Mixed Nuts	\$4 each
Trail Mix	\$4 each
Protein Bars	\$5 each

Individual Portions

Crisp Fresh Vegetables with Hummus	\$3.75 each
Tzatziki with Naan Chips	\$3.75 each

All prices based on a per person or consumption basis where applicable. All prices subject to a 15% tax and 18% gratuity. Subject to change.

GF - Gluten Free | DF - Dairy Free | V - Vegetarian | O - Option

PLATTERS

Charcuterie and Cheese with Pickled Vegetables.....	\$165 (30 people)
Charcuterie with Pickled Vegetables.....	\$145 (30 people)
Fresh Nacho Chips with Guacamole, Tomato Salsa, and Sour Cream.....	\$60
Roasted Red Pepper and Feta Dip with Assorted Vegetables.....	\$65
Imported and Domestic Cheese with Fruit Garnish and Assorted Biscuits	\$70 (10 people)

BEVERAGES

Freshly Ground STARBUCKS Coffee	\$3.50 each
Tazo Teas.....	\$3.50 each
Assorted Bottled Dole Juices.....	\$3.50 each
Soft Drinks (Pepsi Products).....	\$3.25 each
Bottled Water	\$ 3 each
Imported Mineral Water	\$ 4 each
Milk.....	\$10 per litre
Skim or 2%	
Freshly Squeezed Orange Juice.....	\$20 per litre

SWEETS

Cupcakes (1 dozen per variety minimum)	\$3.50 each
PG S'mores Cupcake , Salted Caramel, Red Velvet with Cream Cheese, Chocolate Fudge, Lemon with Lemon Curd, Peanut Butter Chocolate	
Cookies by the Dozen (1 dozen per variety minimum)	\$30 per dozen
Milk & Dark Chocolate Chip, Soft Ginger Molasses, Oatmeal Raisin , Peanut Butter (GF, DF)	
Hand Made Doughnuts (2 dozen minimum)	\$36 per dozen
Chocolate Fudge, Sugared Lemon, Maple Cream, Dulce de Leche	
Haagen-Dazs Ice Cream Bars	\$7 each
Belgian Chocolate Dipped Strawberries.....	\$30 per dozen
“Five ‘N Dime Store” Candy Buffet	\$6 per person
Espresso and Chocolate Dipped Biscotti	\$20 per dozen
Double Fudge Brownies.....	\$26 per dozen
Gluten Free Chocolate Brownies Contains Almonds	\$28 per dozen
Torched Lemon Meringue Bar	\$30 per dozen
Chocolate Chip Truffle Cookie Cups.....	\$30 per dozen
Cuba Creams with Salted Caramel	\$28 per dozen

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lunches

• All Working Lunches served with Bite Sized Desserts and Freshly Brewed Coffee and Tea

NO.1 CHINESE (20 person minimum)

Green Salad with Pickled Ginger Dressing

Pork and Beef Eggroll, Sweet Chili Sauce

Fried Cantonese Noodles, Sriracha Fried Chicken with Steamed Bok Choy \$25 per person

NO.2 MEXICAN (10 person minimum)

Mixed Greens with Fresh Vinaigrette

Spiced Chicken Fajitas with Pan Seared Onions, Peppers and Monterey Jack in a Soft Flour Tortilla

Nachos with Salsa, Sour Cream and Guacamole \$23 per person

NO.3 THAI (20 person minimum)

Green Salad with Mango Thai Chili Dressing

Crunchy Thai Noodle Salad with Peanuts and Lime Dressing

Pad Thai with Chicken, Rice Noodles, Tofu, Egg Crêpe, Peanuts, Scallion and Cilantro \$25 per person

NO. 4 ITALIAN (20 person minimum, 50 person maximum)

Chef Attended

Mixed Greens with Fig Balsamic Dressing

Caesar Salad and Garlic Bread

With Choice of

Cheese Ravioli or Linguine

Cold Pressed Olive Oil and Pesto

Traditional Tomato Sauce, Alfredo Cream Sauce

Seared Chicken, Smoked Bacon, Fresh Vegetables and Parmesan \$27 per person

NO. 5 INDIAN (10 person minimum)

Curried Cauliflower, Pea and Cashew Salad

Pakorras with Tamarind Sauce

Curried Chicken (Medium Spicy)

Basmati Rice

Warm Naan Bread and Ghee \$25 per person

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NO.6 WRAP SANDWICHES

Mixed Greens with Fig and Balsamic Vinaigrette

Black Forest Ham with Dijonaise, Jalapeño Havarti, Tomato (DFO)

Chicken BLT with Ranch Dressing (DFO)

Veggie with Quinoa, Pickled Carrot, Red Pepper, Spinach Feta Spread (DFO)

“Reuben” with Beef Pastrami, Pickled Red Cabbage, Dijonaise and Tomato (DFO).....\$20 per person

NO.7 FRENCH QUICHE

Spinach Salad With Fig Balsamic Dressing

With Choice of Two

Black Forest Ham, Asparagus, Asiago

Baby Spinach, Feta, Roasted Tomato

Bacon Caramelized Onion and Canadian Cheddar \$21 per person

NO.8 GOURMET SANDWICHES

Arugula, Shaved Zucchini, Asiago, Pine Nuts, Fig and Balsamic Vinaigrette

Veggie with Marinated Artichoke, Arugula, Red Pepper, Tomato, Red Pepper Almond Spread on Focaccia (DF)

Italian Deli with Prosciutto, Bocconcini, Arugula, Tomato, Balsamic Vinaigrette on Focaccia

BLT Chicken Wrap with Smoked Bacon, Ranch Dressing

Nova Scotia Smoked Salmon with Chive Cream Cheese, Pickled Red Onion on Rye \$23 per person

NO. 9 THIN CRUST PIZZA (50 person maximum)

Caesar Salad

Choice of Two

Margherita - Bocconcini, Fresh Basil, Tomato Sauce

Prosciutto with Arugula

Italian Fennel Sausage with Roasted Red Pepper

Portabella, Truffle Ricotta with Shaved Pecorino

Spicy Calabrese Salami \$23 per person

*** Add soup \$2 per person | Add Chowder \$4 per person**

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THREE COURSE LUNCHEON (20 person minimum)

1ST COURSE

Ginger, Butternut Squash and Carrot Soup with Maple Crema and Pumpkin Seeds
Baby Spinach with Shaved Fennel, Orange, Pistachio, Fig and Balsamic Vinaigrette
Caesar with Pancetta, Creamy Garlic Dressing, Shaved Asiago and Focaccia Croûton
Mesclun Greens with Maple and Ginger Vinaigrette, Beets, Sunflower Seeds

2ND COURSE

Pan Fried Haddock with Caponata, Market Vegetables and Spinach Risotto \$27 per person
Maple Roasted Atlantic Salmon, Crispy Cauliflower and Salt Roasted Fingerling Potatoes..... \$30 per person
Shrimp and Sweet Pea Linguine with Chive and Lemon Cream Sauce \$25 per person
Pork Scalloppini with Cider Braised Cabbage, Buttermilk Mashed Potatoes and Market Vegetables \$28 per person
Crispy Buttermilk Chicken with Garlic Smashed Potatoes and Market Vegetables \$29 per person

3RD COURSE

Pineapple and Carrot Cake with Cream Cheese Frosting and Charred Pineapple Compote
Belgian Chocolate Mousse Cake
Turtle Cheesecake
Brown Butter and Blueberry Tart with Orange Ice Cream
Lemon Bar with Torched Meringue and Blackberry Compote
Freshly Brewed Coffee and Tea

LUNCH BUFFET (20 person minimum)

\$30 per person

SALAD

Fresh Mesclun Greens with Maple and Ginger Dressing
Caesar Salad with Double Smoked Bacon, Focaccia Croûton, Parmesan and Creamy Garlic Vinaigrette
Spinach Salad with Lemon Dijon Vinaigrette, Pear and Candied Walnuts

CHOICE OF ONE ENTRÉE

Pan Seared Haddock with Lemon Cream Sauce and Buttered Almonds
Roasted Pork Loin with Cherry Gastrique
Seared Chicken Breast with Thai Coconut Red Curry Cream (Medium Spice)
Blackened Atlantic Salmon with Lime Tomato Salsa
Crispy Buttermilk Chicken with Chipotle Aioli
Ginger Beef with Sesame Green Beans and Spicy Cashews
Mushroom Ravioli with Parmesan Cream
Served with Potato or Rice Pilaf, Market Vegetables and French Baguette

*** Add a Second Entrée
\$5 per person**

DESSERTS

Turtle Cheesecake
Lemon Bar with Torched Meringue and Blackberry Compote
Freshly Brewed Coffee and Tea

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