

MEETING PACKAGE #1

Minimum 15 guests..... \$59 per person

Minimum Meeting Room Rental

Fast & Free WiFi (Fiber Optic)

Local Phone Calls

Flipchart with Markers

Continental Breakfast

Chilled assortment of Tropicana fruit juice

Oven fresh assortment of muffins, croissants and danishes

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Add to your Breakfast

French toast or pancakes or Belgian waffles with syrup..... \$4 pp

Assorted Individual Breakfast Cereals with Milk..... \$4 pp

Morning Break

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Add to your Breaks

Seasonal Sliced Fresh Fruit Or
Power Bars and Chocolate bars Or
Assorted Individual Fruit yogurts.....\$4.50 pp

Drinkable Yogurts, Smoothies,
Flavored Maple Water.....\$4.50 pp

**Upgrade to the Executive Gourmet Hot Lunch
for an additional \$4.00 per person*

Working Lunch – Assorted Wraps & Sandwiches

Assortment of freshly cut veggies with dip

Fusilli with Olives and sundried tomatoes

Tossed green salad with a selection of dressings

Assortment of wraps and sandwiches on a Selections of breads with Tuna, Chicken, Ham & Cheese, Turkey, Grilled Vegetables & Egg Salad

Chef's Selection of Pastries

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Afternoon Break

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Assorted freshly baked cookies OR buttered popcorn OR chocolate brownies OR Individual Bags of Potato Chips OR Individual Pretzels OR Selection of Chocolate Bars – option to substitute*

*ENHANCE YOUR BREAKS FOR AN ADDITIONAL \$5.00 PP

Go Nuts

An Assortment of Flavored Peanuts, Dried Fruits, Roasted Pistachios and Almonds
Canadian Maple Water

The Refresher

Fresh fruit skewers with fruit yogurt dip

Hi Tea Break

Selection of Tea Cakes, Savory Lattice Puff with Leek & Parmesan, Spinach & Feta

Candy Crush

Smarties, Gummi Bears,
Assortment of Candy Bars (Snickers, Oh Henry, KitKat)

Audio Visual

Screen..... \$80 per day

LCD Projector..... \$185 per day

All other AV requirements may be discussed further

MEETING PACKAGE #2

15 –29 guests..... \$67 per person
30+ guests..... \$65 per person

Minimum Meeting Room Rental
Fast & Free WiFi (Fiber Optic)
Local Phone Calls
Flipchart with Markers

Continental Breakfast

Chilled assortment of Tropicana fruit juice
Oven fresh assortment of muffins, croissants and danishes
Freshly brewed Starbucks coffee and select Tazo herbal teas

Add to your Breakfast

French toast or pancakes or waffles with syrup..... \$4 pp
Assorted Breakfast Cereals with Milk..... \$4 pp

Morning Break

Freshly brewed Starbucks coffee and select Tazo herbal teas

Add to your Breaks

Seasonal Sliced Fresh Fruit Or
Power Bars and Chocolate bars Or
Assorted fruit yogurts.....\$4.50 pp
Drinkable Yogurts, Smoothies, Flavored Maple Water.....\$4.50 pp

Working Lunch

The seasonal lunch of the day. Please refer to the seasonal menus included in this document.

Afternoon Break

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Assorted freshly baked cookies OR buttered popcorn OR chocolate brownies OR Individual Bags of Potato Chips OR Individual Pretzels OR Selection of Chocolate Bars – option to substitute*

*ENHANCE YOUR BREAKS FOR AN ADDITIONAL \$5.00 PP

Go Nuts

An Assortment of Flavored Peanuts, Dried Fruits, Roasted Pistachios and Almonds
Canadian Maple Water

The Refresher

Fresh fruit skewers with fruit yogurt dip

Hi Tea Break

Selection of Tea Cakes, Savory Lattice Puff with Leek & Parmesan, Spinach & Feta

Candy Crush

Smarties, Gummi Bears,
Assortment of Candy Bars (Snickers, Oh Henry, KitKat)

Audio Visual

Screen..... \$80 per day
LCD
Projector..... \$185 per day

All other AV requirements may be discussed further

MEETING PACKAGE #3

15 –29 guests..... \$72 per person
30+ guests..... \$70 per person

Minimum Meeting Room Rental
Fast & Free WiFi (Fiber Optic)
Local Phone Calls
Flipchart with Markers

Hot Breakfast

Fresh sliced seasonal fruit and berries
Maple Bacon and Pork sausage
Seared Roasted red skin Potatoes
Fluffy Scrambled eggs
Oven fresh assortment of muffins, croissants and danishes Preserves and butter
Chilled Tropicana Orange, Cranberry, Grapefruit fruit juices
Freshly brewed Starbucks coffee and select Tazo herbal teas.

Add to your Breakfast

French toast or pancakes or waffles with syrup..... \$4 pp
Assorted Breakfast Cereals with Milk..... \$4 pp

Morning Break

Freshly brewed Starbucks coffee and select Tazo herbal teas

Add to your Breaks

Seasonal Sliced Fresh Fruit Or
Power Bars and Chocolate bars Or
Assorted fruit yogurts.....\$4.50 pp

Drinkable Yogurts, Smoothies, Flavored Maple Water.....\$4.50 pp

Working Lunch

The seasonal lunch of the day. Please refer to the seasonal menus included in this document.

Afternoon Break

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Assorted freshly baked cookies OR buttered popcorn OR chocolate brownies OR Individual Bags of Potato Chips OR Individual Pretzels OR Selection of Chocolate Bars – option to substitute*

*ENHANCE YOUR BREAKS FOR AN ADDITIONAL \$5.00 PP

Go Nuts

An Assortment of Flavored Peanuts, Dried Fruits, Roasted Pistachios and Almonds
Canadian Maple Water

The Refresher

Fresh fruit skewers with fruit yogurt dip

Hi Tea Break

Tea Cakes, Savory Lattice Puff with Leek & Parmesan, Spinach & Feta

Candy Crush

Smarties, Gummi Bears,
Assortment of Candy Bars (Snickers, Oh Henry, KitKat)

Audio Visual

Screen..... \$80 per day
\$185 per
LCD Projector..... day

All other AV requirements may be discussed further

Dietary Charge: Special meals and requirements requested in advance may be prepared at an additional charge. Taxes (13%) and Gratuities (15%) are extra. Prices and menus subject to change without notice.

WORKING LUNCH MENU

WINTER / FALL MENUS

DECEMBER 22, 2018–MARCH 16, 2019

SEPTEMBER 10, 2019–DECEMBER 21, 2019

Please note that working lunches are pre-selected.

You may choose to select another lunch, however a \$8 per person fee will apply.

Weekend events can select any lunch menu preferred.

Assorted soft drinks and bottled water can be added to any lunch at \$3.50 each, charged on consumption.

Mondays – It's All Greek

Potato & Leek Soup

Mesclun with Roasted Fennel and Oranges,

Kalamata Olives and Lemon Oregano Dressing

Grilled Vegetable Platter

Chicken & Cauliflower Stew with Olives, Tomatoes and Peppers

Baked Vegetable Lasagna

Spinach and Lemon Rice

Tzatziki Sauce and Pitas on the Side

Honey & Yogurt Cheesecake

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Tuesday – Build Your Own Fajitas

Chicken & Wild Rice Soup

Tossed Green Salad with Assorted Dressings
Grilled Beef Fajitas

Tossed Cajun Peppers with Onions

Chickpea and Artichoke Pilaf

Cheese & Spinach Crepes, Warm Tortillas, Crispy Tortilla Chips with Pico de Gallo, Sour Cream, Guacamole (On the side) and Monterey Jack

Salted Caramel Banana Tart

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Wednesday – Italian Fiesta

Pasta & Bean Soup

Caesar Salad with garlic croutons

Vine-ripened Tomatoes and Bocconcini Salad

Roasted Root Vegetables Ravioli in Pesto Cream

Red Wine and Roasted Garlic Braised Beef with White Beans

Italian Herb and Garlic Rice

Garlic Bread

Mixed Fresh Fruit Cheesecake

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Thursday – Baked Delight

Squash Soup

Baby Spinach and wild berry salad

Perogies with Cottage and Parmesan Cheeses, served with Sour Cream

Baked Broccoli with Cheddar Cheese

Meat Lasagna

Assorted Tartlets

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Friday – Asian Delight

Chicken Noodle Soup

Raw Mango and Sesame Salad

Whole grain and lentil salad with bean sprouts

Spring Rolls with Plum Sauce

Stir-fried Rice with Corn & Vegetables

Tofu & Vegetables Stir-fry in Burnt Garlic sauce

Chicken Teriyaki with Fried Leeks

Cheesecake Trifle Cups

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Dietary Charge: Special meals and requirements requested in advance may be prepared at an additional charge. Taxes (13%) and Gratuities (15%) are extra. Prices and menus subject to change without notice.

WORKING LUNCH MENU

SPRING / SUMMER MENUS

MARCH 19, 2019–JUNE 22, 2019

JUNE 25, 2019–SEPTEMBER 07, 2019

Please note that working lunches are pre-selected.

You may choose to select another lunch, however a \$8 per person fee will apply.

Weekend events can select any lunch menu preferred.

Assorted soft drinks and bottled water can be added to any lunch at \$3.50 each, charged on consumption.

Mondays – It's All Greek

Roasted Tomato, Beef Nibbles and Barley Soup

Classic Greek salad with feta, Kalamata olives, peppers, romaine, cherry tomatoes and lemon oregano dressing

Grilled Vegetable Platter

Grilled Chicken Souvlaki with Lemon Oregano Butter

Eggplant Ricotta & Tornadoes

Spinach and Lemon Rice

Tzatziki Sauce and Pitas on the Side

Lemon Charlotte with White Chocolate

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Tuesday – Build Your Own Fajitas

Chicken and Wild Rice Soup

Avocado Pineapple and Jalapeño Salad with Citrus Dressing

Tossed Green Salad with Assorted Dressings

Skillet Tossed Cajun Chicken

Spicy Mexican Peppers with Onions

Chickpea and Artichoke Pilaf

Warm Tortillas, Crispy Tortilla Chips with Pico de Gallo, Sour Cream and Guacamole (on the Side)

Tortilla Bake with Black Beans, Corn, Onion & Monterey Jack

Brownie Cheesecake

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Wednesday – Italian Fiesta

Minestrone Soup

Grilled Zucchini, raisin with Lemon Mustard Dressing

Panzanella Salad

Penne Calabrese with Italian Sausage parsley and garlic

Slow Roasted Chicken (Bone-in) with Fennel and

Pepperoncino

Garlic Bread

Panna Cotta with Berries

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Thursday – Mediterranean Grill

Pickled Vegetables, lavash with hummus and labneh

Couscous and chickpeas salad

Picked Beetroot and Onion Salad

Chicken Sheesh Taouk

Squash, Cherry Tomato & Bocconcini bake

Olive Tomato pilaf

Pita and Tzatziki

Passion Fruit Charlotte

Freshly brewed Starbucks coffee and select Tazo herbal teas.

Friday – Asian Delight

Chicken Noodles

Carrot and Raisin Salad

Tossed Green Salad with Sprouts and Tofu with Assorted Dressings

Spring Rolls with Plum Sauce

Tofu & Vegetables Stir-fry in Burnt Garlic & Oyster sauce

Chicken and vegetable with Thai Red Curry

Lemongrass scented Jasmine Rice

Mango Coconut Cranberry Cheesecake

Freshly brewed Starbucks coffee and select Tazo herbal teas

