



My Breakfast Menu

Cold Breakfasts

My Healthy Choice

- Assorted Chilled Fruit Juices & a combination of a Cubed Marble Cheese Tray Garnished with Strawberries & Grapes & some Assorted Fruit Yogurts
- Assorted Sliced Breakfast Loaves
- Fresh Fruit Salad
- A Basket Full of Yummy Preserves
- Coffee, Tea, Decaf, Herbal Teas

 **\$9.25 Per Person**

The Strudel Meister

- Assorted Chilled Fruit Juices
- A Selection of Blueberry, Apple, Cherry & Strawberry Strudels
- Fruit Salad
- Coffee, Tea, Decaf, Herbal Teas

 **\$7.75 Per Person**

The Continental Breakfast

- Assorted Chilled Fruit Juices
- Your Choice of 3 of the Following:
 - 1) Freshly Baked Assorted Muffins
 - 2) Assorted Danish
 - 3) Flaky Croissants
 - 4) Raisin Tea Biscuits
 - 5) Assorted Bagels
 - 6) Cheese Sticks
- A Basket Full of Yummy Preserves
- Coffee, Tea, Decaf, Herbal Teas
- Add a Freshly Sliced Fruit Tray for \$9.25 Total Per Person

 **\$7.25 Per Person**

Hot Breakfasts

The Rise & Shine

- Assorted Chilled Fruit Juice
- Your Choice of 1 of the following:
 - 1) Scrambled Eggs
 - 2) Breakfast Quiches
 - 3) Pancakes
 - 4) French Toast
- Bacon
- Sausages
- Home Fries
- Assorted Pastries
- A Basket Full of Yummy Preserves
- Coffee, Tea, Decaf, Herbal Teas
- Add a Freshly Sliced Fruit Tray for \$14.95 Total Per Person

 **\$12.95 Per Person**

The Breakfast Burrito

- Assorted Chilled Fruit Juices
- Scrambled Eggs
- Bowls of Peppers, Shredded Cheese, & Onions Festively Placed around a Sombrero (Hot Sauce available for the Bold) Served with Soft Tortillas
- Your Choice of 3 of the Following:
 - 1) Freshly Baked Assorted Muffins
 - 2) Assorted Danish or Flaky Croissants
 - 3) Raisin Tea Biscuits or Assorted Bagels or Cheese Sticks
 - 4) A Basket Full of Yummy Preserves
- Coffee, Tea, Decaf, Herbal Teas
- Add a Freshly Sliced Fruit Tray for \$14.95 Total Per Person

 **\$12.95 Per Person**



Some Additional Breakfast Goodies

- Assorted Fruit Yogurts \$1.50
- Cubed Cheddar & Swiss Garnished with Fresh Fruit \$2.50
- Fresh Fruit Salad \$3.00
- Sliced Fresh Fruit Tray \$3.75 per person
- Miniature Flavoured Quiches \$3.50
- Baskets of Whole Fresh Fruit \$2.00
- Spanakopitas (Phyllo with Spinach & Feta) \$3.50
- Flavoured Cream Cheese
- Tortilla Pinwheels \$2.50
- Apple Strudel \$2.50
- Coffee Refresh \$1.50
- Soft Drinks, Juice " Bottled Water \$2.00



A Omelette Option

- Assorted Chilled Fruit Juices
- Basket of Breakfast Pastries
- Sliced Fresh Fruit Platter
- Choice of Pre Made Cheese, Vegetable or Western Omelette
- Coffee, Tea, Decaf, Herbal Teas



\$13.50 Per Person



The Frittata

- Assorted Chilled Fruit Juices
- Basket of Breakfast Pastries
- Choice of Vegetable, Cheese or Bacon & Sausage Fillings
- Coffee, Tea, Decaf, Herbal Teas
- *Add a Freshly Sliced Fruit Tray for \$14.95 Total Per Person*



\$12.95 Per Person

My Break Menu

Fun & Healthy Snacks for the Morning or Afternoon.



The Welcome

- Assorted Sliced Breakfast Loaves
- Fresh Sliced Fruit
- Assorted Soft Drinks & Juice
- Coffee/Tea Refresh



\$6.50 Per Person



A Day in Paris

- Chocolate Strawberries (in Season)
- Miniature Fresh Pastries
- Chilled Perrier Water
- Coffee/Tea Refresh



\$7.50 Per Person



The Hawaiian

- Fresh Fruit Brochettes
- Banana Walnut Loaf
- Pineapple & Assorted Juices
- Bottled Water
- Coffee/Tea Refresh



\$7.50 Per Person



Tijuana Time

- Guacamole Dip
- Salsa
- Nacho Chips
- Assorted Soft Drinks
- Coffee/Tea Refresh



\$6.25 Per Person



Say Cheese

- Bite sized flavoured tortilla pinwheel spirals filled with strawberry & pineapple cream cheeses
- Assorted cheese cubes garnished with fresh fruits & crackers
- Croissant cheese-sticks
- Assorted cold drinks, coffee & tea



\$7.95 Per Person



Silk Roads

- Toasted Pita Chips
- Hummous & Tzatsiki
- Mini Spanakopitas
- Assorted Soft Drinks
- Coffee/Tea Refresh



\$7.00 Per Person



Just Like The Movies

- Buttered Popcorn
- Theatre Style Candy Dishes
- Bowls of Smarties & Licorice String
- Assorted Cold Drinks



\$6.95 Per Person



The Health Break

- Granola Bars with Dried Fruit
- Assorted Fruit Yogurts
- Assorted Chilled Juices
- Coffee/Tea Refresh



\$6.50 Per Person



School's Out

- Double Chocolate, White Chocolate,
- Raisin Oatmeal, Chocolate Chip Cookies
- Tiger Brownies
- Assorted Soft Drinks
- Coffee/Tea Refresh



\$7.00 Per Person



The Parfait Perfect Krispy

- Build your Own Parfait with a Bowl of Vanilla Yogourt and Side Toppings of Strawberries, Blueberries, Chocolate Sprinkle, Coconut Flakes & Strawberry Sauce
- Alongside Rice Krispy Squares and Honey Sesame Seed Snaps
- Assorted Juices
- Coffee/Tea Refresh



\$8.95 Per Person

My Lunch Menu

Add Coffee, Tea, Decaf, Herbal Teas for 1.50 Per Person.
Add Soft Drinks, Juice & Bottled Water for 2.00 Per Person.



The Speakers Lunch

- Crudite & Dip Arrangements
- Roast Beef, Black Forest Ham, Deli Style Turkey, All Beef Salami Tuna, Egg & Chicken Salad on Freshly Baked White, Rye & Pumpernickel
- Mini Panini Buns
- Assorted Dessert Squares or a Variety of Gourmet Cookies



\$12.00 Per Person



The Combo Sandwich Luncheon

- Vegetable & Dip Basket
- Chunky Greek Vegetable Pasta Salad
- Assorted Grilled Chicken & Beef Sirloin Wraps with a Vegetarian Choice
- Mini Panini Style Sandwiches Filled With Dairy & Cold Cut Fillings
- Assorted Dessert Squares & Gourmet Cookies



\$14.95 Per Person



The Wrap Around

- Slightly Curried Fruity Cous-Cous Salad
- Shredded Carrot and Sultana Raisin Salad
- Grilled Turkey Breast Rolled into a whole wheat wrap with Dijonaise
- Seasoned Thin Slices of Beef Donair rolled up into a Mediterranean
- Sliced Flat Bread and topped with a Cucumber Yogurt and Mint Sauce
- Vegetarian Spinach and Feta Cheese triangular phyllo pies
- Assorted Dessert Squares or a Variety of Gourmet Cookies



\$16.00 Per Person



BBQ Style Pulled Wraps

- Shredded Carrot, Corn & Broccoli Salad
- Vegetable & Dip Platter
- BBQ Style Pulled Chicken Wraps Rolled Up with Shredded Tex Mex Cheese & Pulled Pork Wraps with Havarti Cheese & Sauteed Onions & Grilled Vegetarian Wraps Rolled with Roasted Vegetables
- Assorted Dessert Squares & Gourmet Cookies



\$15.25 Per Person

 **Bagels Galore**

- Chunky Style Homemade Chicken Soup
- Creamy Coleslaw & Dill Pickles
- Multigrain, Pumpernickel & Flaxseed Bagels filled with:
 - Montreal Smoked Meat
 - Prosciutto & Provolone Cheese
 - Crab Salad, Egg Salad
 - Genoa Salami with Mozzarella
 - Smoked Salmon & Cream Cheese
- Assorted Dessert Squares or a Variety of Gourmet Cookies

 **\$14.25 Per Person**

 **The Combo**

- Feel Free to Combine any Sandwiches from the above Menus
- Perhaps Wraps & Paninis or the Upscale Salads with the Speakers
- Lunch? Have Fun & Create your own Combos.
- Surf our Salad & Dessert Sections to Custom Make your own Menu.
- Don't Forget You can Add on Selections from our Hot Menus Too!

 **Priced to Order**

 **The Gourmet Wraps**

- Tricolour Vegetable Penne Pasta Salad with Red & Green Peppers, Artichoke Hearts & a Zesty Italian Dressing
- Crudite & Dip with Wedges of Cucumber & Zucchini Chips
- Lemon Lime Marinated Grilled Chicken Breast in a Tomato Basil Wrap with a Zingy Sweet Sauce
- Tahini & Mayo Chicken Salad in a Tomato Basil Wrap
- Grilled Slices of Honey Garlic
- Beef Sirloin in a White Flat Bread
- Grilled Zucchini, Eggplant & Peppers with Feta in a Spinach Tortilla
- Assorted Dessert Squares or a Variety of Gourmet Cookies

 **\$15.25 Per Person**

 **My Style Club Sandwich**

- Mixed wild green salad & vinaigrettes
- Shredded carrot & Corn Salad
- Triangular Club Sandwich Style cut Oven Fried Flat Breads filled With Dairy & Deli Style Cold Cut Fillings
- Ruffle Cut Potato Chip Garnish
- Assorted Dessert Squares & Gourmet Cookies

 **\$13.95 Per Person**

 **The Pita Pocket**

- Decorative Platters of Marinated Grilled Mediterranean Vegetables, Brushed with Olive Oil & Cumin
- Chunky Vegetable Greek Salad
- Chick Pea & Rice Salad
- Whole Wheat & White Pitas with Bowls of Tuna, Egg & Tahini Chicken Salads
- Platters of Sliced Tomatoes & Lettuce
- Dessert Squares & Gourmet Cookies

 **\$14.25 Per Person**

 **Build Your Own Sandwich**

- Mixed wild green salad & vinaigrettes
- Shredded carrot coleslaw
- Grilled vegetable platter
- Assorted deli cold cut platter
- Tuna & Egg salad garnished with sliced tomatoes & onions
- Condiments
- Assorted panini rolls
- Baguettes & Flavoured flat breads
- Dessert squares & gourmet cookies

 **\$15.25 Per Person**

 **Upscale Sandwich Assortment**

- Decorative Platters of Grilled Eggplant, Zucchini, Peppers & Asparagus
- CousCous Salad with Dried Fruits in a Mild Curry Dressing
- Summer Salad of Mixed Greens with a Choice of Dressings
- A Presentation of the Following Fillings on Crusty Sesame Seed & Deli Style Bakery Rolls:
 - Prosciutto, Roasted Eggplant & Provolone with Basil Mayo
 - Genoa Salami, Roasted Peppers, Mozzarella with Zippy Dijon Mustard Chunks
 - Grilled Chicken with Avocado & Bruschetta,
 - Snow Crab, Havarti with Dilled Mayo,
 - Smoked Salmon, Cream Cheese & Capers
- Assorted Dessert Squares or a Variety of Gourmet Cookies

 **\$17.25 Per Person**



The Oriental Wrap

- Thai Noodle Vegetable Salad
- Bean Sprout Spring Rolls & Dipping Sauces
- Marinated Sesame Seed Chicken & Hoisin Infused Shredded Beef Wraps
- Assorted Dessert Squares



\$15.25 Per Person



The Palace

- A Healthy Vegetable Quinoa Salad
- A Leafy Green Mixed Fatoush Salad
- A Choice of Thinly Sliced Marinated Donair Style Chicken & Beef Wraps Rolled up with Sliced Tomato, Roasted Onions & Peppers Topped with a Yogurt Cucumber Sweet Sauce
- Vegetarian Choice: Spinach and Cheese Pie
- Assorted Dessert Squares & Gourmet Cookies



\$16.25 Per Person



A Upscale Wrap Selection

- A Five Grain Wild Barley Rice
- Watermelon Salad Tossed With Fennel, Vidali Onions, Mint & Basil
- A Selection Of Wraps Filled With Smoked Salmon, Prosciutto & Provolone, Pulled BBQ Chicken & Montreal Style Smoked Meat
- Assorted Dessert Squares & Gourmet Cookies



\$17.25 Per Person



The Kale Crescent

- A kale salad tossed with a julienne of peppers & onions, red cabbage and sunflower seeds topped with a mustard maple herb seasoning
- Mini cheese & regular croissants stuffed with deli style cold cuts, (turkey, smoked meat, Genoa salami) tuna & egg salad
- Assorted Dessert Squares & Gourmet Cookies



\$12.25 Per Person

My Cold Platters & Fun Options



Consider an Upgrade to our Premium and Diner Dessert Selection.
Add Coffee, Tea, Decaf, Herbal Teas for \$1.50 Per Person.
Add Soft Drinks, Juice & Bottled Water for \$2.00 Per Person.



My Gourmet Pizza

- Caesar Salad
- Carrot & Celery Sticks
- Nachos & Salsa
- Gourmet Style Square Flat Breads Topped With Diced Grilled Vegetables
- Tomato Basil Bruschetta
- Feta & Mozzarella Cheeses & Meat Lovers Choice with Seasoned Ground Beef
- Diced Peppers
- Green Onions & Avocado
- Assorted Dessert Squares & Gourmet Cookies



\$19.95 Per Person



Grilled Beef Platter

- Roasted eggplant
- Asparagus & Zucchini Salad
- Caesar Salad
- Marinated BBQ Beef Sirloin Platter & Dips
- Wild Rice, Shredded Carrot & Lentil Salad
- Assorted Bread Rolls
- Dessert Squares & Gourmet Cookies



\$18.95 Per Person



Grilled Atlantic Salmon Platter

- Salad of Mixed Summer Greens
- Chick Pea & Rice Salad with an Olive Oil & Dill Dressing
- Citrus Marinated Grilled Salmon Served Cold
- Grilled Asparagus Spears & Tangy Dips
- Assorted Dessert Squares or a Variety of Gourmet Cookies



\$17.95 Per Person



My Famous Grilled Chicken Platter

- Chicken Platter
- Choice of:
 - 1) Traditional Caesar Salad or
 - 2) Tossed Green Salad
- Couscous Salad with Dried Fruits with a Mild Curry Dressing
- Grilled & Sliced Chicken Breast
- Marinated in Chilies & Lemon Dill
- Crinkle Cut Cucumber & Zucchini Tangy Dips
- Assorted Mini Paninis & Toasted Pita Chips
- Assorted Dessert Squares or a Variety of Gourmet Cookies



\$16.95 Per Person



Build a Great Caesar

- Broccoli Vegetable Salad with a Spanish Onion & Creamy Poppyseed Dressing Topped with Bacon Bits
- Mini Spanakopitas & Dip
- Build Your Own Caesar Salad Station with Choice Toppings of Shredded Cheese
- Grilled Strips of Marinated
- Chicken Breasts & Beef Sirloin
- Baby Matane Shrimp
- Croutons
- Parmesan
- Dressing
- Tomato Basil Bruschetta
- Cheese Sticks & Rolls
- Assorted Dessert Squares & Gourmet Cookies



\$19.95 Per Person



Fun Mix & Match Salad Options

- Caesar Salad
- Greek Salad
- Pasta Salad
- Mixed Green Salad
- Spinach Salad
- Vegetables & Dip
- Grilled Vegetable Platter
- Chick Pea & Rice Salad
- Couscous & Dried Fruit Salad
- Greek Pasta Salad
- Mexican Three Bean Salad
- Sweet Corn & Tarragon Salad
- Asparagus & Avocado Lime Salad
- Tomato Cucumber & Onion Salad
- Tabouli Salad
- Carrot & Sultana Raisin Salad
- Coleslaw
- Fatoush Salad
- Minted Lentil & Feta Salad
- Potato Salad
- Thai Noodle Salad
- Dills & Olives
- Five Grain Wild Barley Rice Salad
- Summer Asian Slaw
- Caprese Salad
- Watermelon & Fennel Salad

My Hot Meal Selections

A Variation of all Menu Items Can Be Served as a Plated Meal.



Consider an Upgrade to our Premium and Diner Dessert Selection.
Add Coffee, Tea, Decaf, Herbal Teas for \$1.50 Per Person.
Add Soft Drinks, Juice & Bottled Water for \$2.00 Per Person.



The Hot Deli

- Assorted Deli Cold Cuts:
Smoked Meat, Genoa Salami,
Ham, Turkey, Roast Beef
- Dills, Olives Pimentos
- Cheese & Crackers
- Macaroni & Deli Potato Salads
- Coleslaw
- Honey Garlic Meatballs
- Vegetable Fried Rice Rolls & Butter
- Dessert Squares & Gourmet Cookies



Lunch: \$19.25 Per Person
Dinner \$23.95 Per Person



The Mama Mia

- Caesar Salad
- Proscuitto, Provolone
& Spiced Salami Platter
- Spinach & Cheese Manicotti
in a Rose Sauce
- Tricolour Meat Tortellini
in an Alfredo Sauce
- Assorted Baguettes
- Dessert Squares & Gourmet Cookies



Lunch: \$19.25 Per Person
Dinner \$23.95 Per Person



The Preston

- Tossed Salad with Italian Vinaigrette
- Anti Pasto Platter
- Chicken Breast Supreme Topped with
our Freshly Made Bruschetta & Herbs
Served on a Bed of Fusilli Pasta Topped
with a Sun dried Tomato Sauce
- Assorted Paninis
- Dessert Squares & Gourmet Cookies



Lunch: \$22.25 Per Person
Dinner \$25.95 Per Person



The Club Special

- Caesar Salad
- Greek Salad
- Montreal Smoked Meat Platter
- Sliced Breast of Chicken
in a Creamy Roasted
Garlic Parmesan Sauce
on a Bed of Egg Noodles
- Seasonal Vegetables
- Rolls & Butter
- Dessert Squares & Gourmet Cookies



Lunch: \$19.25 Per Person
Dinner \$23.95 Per Person



The Hot Pulled Sandwich Package

- Mixed Wild Green Salad
& Vinagrettes
- Marinated Grilled Vegetable Platter
- Fill Your Own Sandwich with:
BBQ Pulled Pork,
BBQ Pulled Chicken,
Alongside Diced Tomato,
Onion,
Shredded Cheese
- Assorted Cheese Bunnns & Kaisers
- Dessert Squares & Gourmet Cookies



Lunch: \$19.25 Per Person
Dinner \$22.95 Per Person



The Nova Scotian

- Fresh Garden Salad
with Scallion Vinaigrette
- Fillets of Orange Tarragon
Glazed Salmon
in a Tangy Beurre Blanc Sauce
- Medley of Seasonal Vegetables
- Our Famous Rosemary Roasted Potatoes
or Baked Potatoes or Sweet Potatoes
- Dessert Squares & Gourmet Cookies



Lunch: \$22.25 Per Person
Dinner \$25.95 Per Person



The Somerset

- Vegetarian Spring Rolls
- Spinach, Mandarin & Bean Sprout Salad
- A Sweet Thai Chicken Vegetable Stir fry Tossed with Chow Mein Noodle, Bok Choy & Leeks
- Alongside a Hoisin & Sesame Beef Broccoli & Red Onion Stir Fry Tossed with Egg Noodles & Dumplings
- Bread Rolls & Butter
- Dessert Squares & Gourmet Cookies



Lunch: \$22.25 Per Person
Dinner \$23.95 Per Person



The Rachel

- Mixed Wild Green Salad & Vinaigrettes
- Shredded Carrot
- Broccoli & Sultana Raisin Salad
- Orange Skewered Chicken
- Marinated in a Citrus Cream Sauce
- Diced Asparagus & Vegetable Basmati Rice
- Assorted Bread Rolls & Butter
- Dessert Squares & Gourmet Cookies



Lunch: \$19.25 Per Person
Dinner \$23.95 Per Person



The Piccolino

- Traditional Caesar Salad
- Pickles
- Peppers
- Black Olives & Pimentos
- Grilled Vegetable Lasagna
- Tomato Basil Chicken Cacciatore
- Garlic Cheese sticks
- Dessert Squares & Gourmet Cookies



Lunch: \$19.25 Per Person
Dinner \$23.95 Per Person



The Mediterranean

- Greek Pasta Salad
- Tender Chicken & Beef Brochettes
- Marinated in Olive Oil & Oregano
- Served on a Bed of Mediterranean Rice
- Our Famous Roasted Rosemary Potatoes
- Toasted Pita Chips & Tzatziki Sauce
- Baklava
- Dessert Squares & Gourmet Cookies



Lunch: \$22.25 Per Person
Dinner \$25.95 Per Person



The Bombay Fusion

- Salad tossed with roasted eggplants, zucchini, asparagus, diced cucumber, chick pea & kidney beans
- Skewered & seasoned butter chicken
- Sweet mashed potato
- Vegetable Samosas & dip
- Naan bread & rolls
- Dessert Squares & Gourmet Cookies



Lunch: \$19.25 Per Person
Dinner \$23.95 Per Person



The Plaza

- California Salad with Raspberry Vinaigrette
- Grilled Chicken Breast with a Peach Compote
- Medley of Seasonal Garden Vegetables
- Our Famous Roasted Rosemary Potatoes or Baked Potato or Sweet Potato
- Rolls & Butter



Lunch: \$19.25 Per Person
Dinner \$23.95 Per Person



The BBQ Grill

- Ceasar Salad
- Shredded Carrot Coleslaw
- Dill Pickles
- BBQ Quarter Chicken Legs
- Slow Roasted Glazed Baby Back Pork Ribs
- Grilled Vegetable Platter
- Oven Roasted Sweet & Mini Red Potatoes
- Garlic Cheese-Sticks
- Rolls & Butter
- Dessert Squares & Gourmet Cookies



Lunch: \$22.25 Per Person
Dinner \$23.95 Per Person



The General Tao

- Thai Noodle Vegetable Salad
- Spring Rolls & Dip
- Chicken Niblets Marinated In General Tao Style Sauce, Alongside an Oriental Fried Rice
- Bread Rolls & Butter
- Dessert Squares & Gourmet Cookies



Lunch: \$22.25 Per Person
Dinner \$23.95 Per Person



The Palm Court

- Samosas
- Fruit Chutney Sauce
- Cucumber, Tomato, Onions & Mint Salad
- Sliced Breast of Chicken in a Pineapple Curry Sauce
- Basamtic Rice with Vegetables & Grilled Sweet Potatoes
- Assorted Bread Rolls & Butter
- Dessert Squares & Gourmet Cookies



Lunch: \$19.25 Per Person
Dinner \$23.95 Per Person



The Tex Mex

- Mexican Shredded Carrot & Corn Salad
- Three Bean Salad
- Mixed Wild Green Salad with Toasted Tortillas & Vinagrettes
- Nachos & Salsa
- Sliced Seasoned Chicken Breasts
- Marinated Beef Sirloin Strips
- Sauteed Vegetables
- Sour Cream
- Guacamole
- Shredded Cheese
- Soft Tortilla Shells
- Fried Black Bean Chili Rice
- Dessert Squares & Gourmet Cookies



Lunch: \$22.25 Per Person
Dinner \$24.95 Per Person



The Comfort Food Special

- Coleslaw
- Assorted Olives
- Spiral Scooby Doo Style Macaroni Salad
- A Nice Hearthy Chunky Chicken a La King Alongside Pastry Vol Au Vent Style Crumpets
- Assorted Bread Rolls & Butter
- Dessert Squares & Gourmet Cookies



Lunch: \$22.25 Per Person
Dinner \$23.95 Per Person



The Indian Durban

- Tomato & paneer cheese salad
- A curied chick pea, cilantro & lentil salad
- Vegetable samosas
- Seasoned chicken tandori
- A ginger corriander spiced ground beef kofte
- Yoghurt dipping sauce
- Basmati vegetable rice
- Naan bread
- Dessert Squares & Gourmet Cookies



Lunch: \$22.25 Per Person
Dinner \$25.95 Per Person



More Delicious Menu Ideas

- Grilled Breast of Chicken in a Pineapple Curry Sauce
- Grilled Breast of Chicken in an Olive Oil & Feta Cheese Marinade
- Beef, Chicken or Pork Souvlaki
- Chicken Kiev Stuffed with Your Choice of: Broccoli Asparagus & Cheese or Scallops & Lobster
- Medallion of Beef Tenderloin Bordelaise
- Oven Roasted Rosemary Horseradish Dijon Rack of Lamb
- Minced Broccoli, Zucchini & Mint Mediterranean Patties
- Good Old Spaghetti & Meatballs
- Seasoned & Breaded Fillets of Sole Amandine
- B.B.Q. Style Quarter Chicken Legs
- Honey Garlic Spare Ribs
- Three Cheese Tricolour Tortellini
- Spinach & Cheese Manicotti
- Bear Claw Burgers & Gourmet Sausages
- Chicken Pot Pie
- Shepherd's Pie
- Garlic Jumbo Shrimp & Scallop Brochettes
- Decorated Whole Poached Salmon
- Carrot & Ginger Soup
- Chunky Vegetable Soup
- Beef Consomme
- Clam Chowder
- Chicken Noodle Soup
- Cream of Tomato
- or any other Cream or Broth Soup



Prices Upon Request



Build *My* Fatoush Salad

- Bowls of Tabbouleh, humus and babaghanoush with a side of seasoned toasted pita chips
- Build and top your own Mediterranean vegetable style Fatoush Salad alongside separate topping bowls of vegetarian falafel, tender shaved strips of tarator tahini marinated chicken & beef schwarma
- Baklava
- Dessert Squares & Gourmet Cookies



Lunch: \$22.25 Per Person
Dinner \$25.95 Per Person

My Dinner Choices

All of My Dinner Choices Can Be Served as a Buffet or Plated Dinner.
Please Feel Free to Mix & Match Any of the My Dinner Choices Items.
Your Suggestions Are Always Welcome.



Consider an Upgrade to our Premium and Diner Dessert Selection.
Add Coffee, Tea, Decaf, Herbal Teas for \$1.50 Per Person.
Add Soft Drinks, Juice & Bottled Water for \$2.00 Per Person.



My Favourite Menu

- Baby Spinach Leaf & Manarin Salad
- Ceasar Salad With Feta Cheese
- Jumbo Shrimp Tree
- Asparagus
- Avocado & Lime
- Tomato Salad
- Spanakopitas
- Olive Oil & Oregano Chicken Satays
- Horseradish & Dijon Crusted Rack of Lamb Served au Jus
- Grilled Vegetable Platter
- Smashed Herbed Potatoes
- Toasted Pita Chips & Rolls
- Dessert Squares & Gourmet Cookies



\$31.95 Per Person



The Governor

- Cream Of Carrot & Ginger Soup
- Mixed Wild Green Salad & Vinagrettes
- Grilled Salmon Fillets
Infused in a Maple Cream Sauce
- Choice Canadian Aged Prime Rib of Beef Carved To Order Au Jus
- A Medley Of Tossed Pasta & Seasonal Garden Vegetables
- Our Famous Roasted Rosemary & Sweet Potatoes
- Freshly Baked Rolls & Butter
- Dessert Squares & Gourmet Cookies



\$32.95 Per Person



The International

- Caesar Salad
- Thai Noodle & Greek Pasta Salad
- Chicken Souvlaki
- Sirloin Tips Braised In Red Wine with Pearl Onions & Mushrooms
- Mixed Wild Rice
- A Medley Of Seasonal Garden Vegetables
- Oven Roasted Sweet & Mini Red Potatoes
- Freshly Baked Rolls & Butter
- Dessert Squares & Gourmet Cookies



\$25.95 Per Person



The King

- Mixed Wild Green Salad
- Shredded Carrot & Corn Salad
- Grilled Vegetable Platter
- Chicken A'King
Alongside Vol Au Vent Pastry Shells
- Diced Asparagus Vegetable Stir Fry
- Parisienne Style Potatoes
- Canadian Aged Sirloin - Carved to Order
- Freshly Baked Rolls & Butter
- Dessert Squares & Gourmet Cookies



\$26.95 Per Person



Plate It Up

- Cream Of Carrot & Pear Nectar Soup
- Mixed Wild Green Salad
Topped with a Raspberry Vinagrette
- Beef Tenderloin Topped with a Mushroom & Pearl Onion Bordelaise
- Five Grain Wild Barley Wild Rice
Tossed with Roasted Vegetables
- Belgian Chocolate Mousse Cake
Drizzled With A Strawberry Fruit Coulis
- Assorted Bread Rolls & Baguettes
- Dessert Squares & Gourmet Cookies



\$32.95 Per Person

My Desserts



Standard Desserts & Gourmet Cookies

- Nanaimo Squares
- Butter Tart Bars
- Old Fashioned Carrot Cake
- Brownies
- Double Chocolate Brownies
- Authentic Baklava
- White Chocolate & Macadamia Nut Cookies
- Oatmeal Raisin Cookies
- Chocolate Chip Cookies
- Double Fudge Cookies



***Included in Cold Platters,
Hot Meal and Dinner Prices***



Premium Desserts

- Grand Marnier Torte
- Lemon Mango Torte
- Chocolate Mousse Cake
- Cranberry Cheesecake
- Triple Chocolate Raspberry Torte
- Tiramisiu



\$2.50 Per Person



Dinner Desserts

- Grand Marnier Torte
- Lemon Mango Torte
- Chocolate Mousse Cake
- Cranberry Cheesecake
- Triple Chocolate Raspberry Torte
- Tiramisiu
- Passion Fruit Mousse Cake
- Assorted Miniature French Pastries
- Fruit Torte
- Baklava
- Sliced Fruit Tray
- Fruit Salad
- Strawberries & Bananas with Chocolate Dipping Sauce



Prices Upon Request

My Cocktail Suggestions

My Caterer Cocktail Receptions are a Terrific Way for Us to Creatively Display our Table Drama to Match the Theme of Your Personal Event. Show Off our Food Sculpting Abilities and Help You Custom Create Your Event. Have Fun Mixing & Matching Items from our List of Greatest Hits that Have Been Proven Crowd Pleasers and Delightful Taste Bud Tantalizers



My Most Popular Cocktail Party

- Crudites & Dip Arrangements
- Assorted Domestic & Imported Cheese-Boards
- Garnished with Fresh Fruits
- Crackers & Baguettes
- Bowls of Tomato Basil Bruschetta & Toasted Cheese Crostini
- Colourfull Displays of Bite Sized Tortilla Pinwhell Spirals Filled with a Selection of Fruity Cream Cheeses
- Trays of Mini Spanakopitas with a Sweet Tzatziki Dip
- Our Famous Honey Garlic Meatballs
- Chicken Satays
- Cubed Fruits with a Hot Chocolate Fountain Ready for the Dipping



\$25.95 Per Person



Viva Italia

- Tricolour Rotini OR Cheese Tortellini Tossed to Order in Tomato Basil or Alfredo Sauce
- Toppings:
 - Capers
 - Olive
 - Bacon
 - Hot Peppers
 - Sweet Peppers
 - Onions
 - Parmesan Cheese



Prices Upon Request



Cold Selections

- Colourful Display of Assorted Tortilla (spinach, flour & Sun dried Tomato)
- Spirals Filled with Flavoured Cream Cheese
- Vegetable & Dip Cornucopia Towers
- Bite Size Chicken Tahini
Rolled Flat Bread Cigars
- Jumbo Shrimp Trees
- Bruschetta & Toasted Parmesan Crostini
- Assorted Imported & Domestic Cheese
- Fruit Boards
- Whole Decorated Poached Salmon
- Pineapple Fruit Tree Brochettes
- Mini Dolmas
- Babaganoush
- Hummous & Tzatziki Dips
Served with Toasted Flavoured Pita Chips
- Sliced Fresh Fruit Platters
- Chocolate Dipped Bananas & Strawberries
- Country Style Pates with Gherkins & Olives
- Smoked Salmon Platter

💰 **Prices Upon Request**



The Middle East

- Bowls of Hummous & Babaganoush
Served with Pita Chips
- Beef & Chicken Kabobs

💰 **Prices Upon Request**



The Cathay

- Spring Rolls with Plum Sauce
- Stir Fried Ginger Chicken
With Noodles
- Stir Fried Beef & Broccoli With Rice

💰 **Prices Upon Request**



The Ste. Catherine

- Montreal Style Smoked Meat Carved to Order
- Mini Rye
- Mustard, Dills & Pimentos
- Ruffle Cut Potato Chips

💰 **Prices Upon Request**



Tex Mex Fajitas

- Chicken, Beef & Vegetarian Fajitas
Served with Soft Tortillas
- Guacamole
- Sour Cream
- Grated Cheese

💰 **Prices Upon Request**



Hot Selections

- Our Famous Honey Garlic Meatballs
- Pineapple Curry Meatballs
- Tomato Basil Meatballs
- Chicken & Beef Satays
- Mini Chicken & Beef Kebabs
- Spring Rolls
- Spanokapitas
- Mini Egg Rolls
- Macaroni & Cheese Wedges
- Chicken Wings
- Mediterranean Mini Meat Pies
- Miniature Quiches
- Sausage Rolls
- Shrimp & Scallop Satays
- Mini Lamb Kebabs
- Selection of Seafood Phyllo Goodies
- Selection of Vegetarian Phyllo Goodies
- Cumin & Oregano Floured Ground Beef
- Skewers

💰 **Prices Upon Request**



The Aviator

- Wheel Around Mini Beverage Cocktail Carts
- Pass Around Mini Chicken & Beef Kebabs
- Shrimp Trees in Cabaret Style Cigarette Boxes
- Bruschetta & Crostini
- Vegetables & Dip
- Cheese Platter
- Smoked Meat & Roast Beef Station
Carved to Order
- Pineapple Fruit Kebab Trees

💰 **Prices Upon Request**



The Istanbul

- Horseradish Dijon Crusted
- Rosemary Rack of Lamb
- Olives & Pickled Vegetables
- Cucumbers, Tomato, Onion and Mint Salad

💰 **Prices Upon Request**

My Bar Choices

MyCaterer is Licenced for all of our Salons as well as for off-site venues.

All of our bartenders have Smart Serve training.

A bartender charge of \$60.00 will apply for 50 guests or less.

The House standard is one bartender for 100 guests or less.

A corkage fee of \$8.00 per bottle applies to homemade wines.

Supplemental offsite charges may apply.

Cash Bar taxes inclusive.

* Host Bar Prices are subject to HST, & 15% service charge.



Cash Bar and Banquet Bar

- Domestic Beer
 - ☛ **Cash Bar: \$5.25, Host Bar*: \$4.50**
- Imported Beer
 - ☛ **Cash Bar: \$6.00, Host Bar*: \$5.25**
- Coolers
 - ☛ **Cash Bar: \$6.00, Host Bar*: \$5.25**
- Mixed Drinks
 - ☛ **Cash Bar: \$6.25, Host Bar*: \$5.50**
- Specialty Cocktails
 - ☛ **Cash Bar: \$6.25, Host Bar*: \$6.25**
- Liqueurs
 - ☛ **Cash Bar: \$7.25, Host Bar*: \$6.50**
- House Wine (per glass)
 - ☛ **Cash Bar: \$6.00, Host Bar*: \$5.25**
- Soft Drinks, Juice and Bottled Water
 - ☛ **Cash Bar: \$3.50, Host Bar*: \$3.00**
- Fruit Punch - 1 litre
 - ☛ **Host Bar*: \$10.00**
- Liquor Punch - 1 litre
 - ☛ **Host Bar*: \$20.00**
- Champagne Punch - 1 litre
 - ☛ **Host Bar*: \$20.00**



House Wine

- Sawmill Creek Reserve Sauvignon Blanc
 - ☛ **\$30.00 / 1.5 Litre Bottle**
- Sawmill Creek Merlot
 - ☛ **\$30.00 / 1.5 Litre Bottle**
- Jackson Tiggs Sauvignon Blanc
 - ☛ **\$30.00 / 1.5 Litre Bottle**
- Jackson Tiggs Merlot
 - ☛ **\$30.00 / 1.5 Litre Bottle**