



ATTENTION - Prices are out of date - Contact us to get the actual prices - Web site will be updated soon - ATTENTION



### 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
- Van Houtte Coffee & Teas



\$9.25 Per Person

#### The Strudel Meister

- Assorted Chilled Fruit Juices
- A Selection of Fruit Strudels
- Fruit Salad
- Van Houtte Coffee & 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
- Van Houtte Coffee & 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) Pancakes
  - 3) French Toast
- Bacon
- Sausages
- Home Fries
- Assorted Pastries
- A Basket Full of Yummy Preserves
- Van Houtte Coffee & Tea
- *Add a Freshly Sliced Fruit Tray for \$14.95 Total Per Person*



*\$12.95 Per Person*

### Gaby's Grab & Go Breakfast Wrap

- Hot Eggs Patty
- Sliced Bacon
- Shredded Tex Mex Cheese
- Rolled in Assorted Flavoured Flat Bread
- Assorted fruit Juice
- Van Houtte Coffee & Teas



*\$10.45 Per Person*

### An Omelette Option

- Assorted Chilled Fruit Juices
- Basket of Breakfast Pastries
- Sliced Fresh Fruit Platter
- Choice of Individual Cheese, or Western Omelette
- Bacon, Sausages & Home Fries
- Van Houtte Coffee & Teas



*\$14.95 Per Person*

### The Fritata

- Assorted Chilled Fruit Juices
- Basket of Breakfast Pastries
- Baked Frittata Stuffed With Diced Vegetables, Spinach & Cheese
- Bacon, Sausages & Home fries
- Van Houtte Coffee & Teas
- Freshly Sliced Fruit Tray



*14.95 Per Person*

### The Breakfast Burrito

- Assorted Chilled Fruit Juices
- Scrambled Eggs
- Bowls of Peppers, Diced Bacon, 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
- Van Houtte Coffee & Teas
- *Add a Freshly Sliced Fruit Tray for \$14.95 Total Per Person*



*\$12.95 Per Person*

### Some Additional Breakfast Goodies

- Assorted Fruit Yogurts \$1.75
- Cubed Cheddar & Swiss Garnished with Fresh Fruit \$3.25
- Fresh Fruit Salad \$3.50
- Sliced Fresh Fruit Tray \$3.95 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 \$3.00
- Apple Strudel \$3.50
- Coffee, Tea \$2.00
- Decaf Coffee Available Upon Request (min 10 cups)
- Soft Drinks, Juice, Bottled Water \$2.25
- Perrier Water \$2.95



Fun & Healthy Snacks for the Morning or Afternoon.

### The Welcome

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



**\$6.50 Per Person**

### The Sweet & Salty

- Potato Chips
- Pretzels & Mixed Peanuts
- Yogurt & Chocolate Covered Raisins
- Assorted Cold Drinks
- Coffee & Tea



**\$6.95 Per Person**

### The Hawaiian

- Fresh Fruit Brochettes
- Assorted Breakfast Loaves Sprinkled With Banana Chip
- Assorted Juices
- Bottled Water
- Coffee & Tea



**\$7.50 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



**\$6.50 Per Person**

### Tijuana Time

- Guacamole Dip
- Salsa
- Nacho Chips
- Assorted Soft Drinks
- Coffee & Tea



**\$6.25 Per Person**

### Say Cheese

- Fresh Vegetable and Cheese Dip Basket
- 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
- Hummus & Tzatsiki
- Mini Spanakopitas
- Assorted Soft Drinks
- Coffee & Tea



**\$7.00 Per Person**

### School's Out

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



**\$7.00 Per Person**

### The Parfait Perfect Krispy

- Build your Own Parfait with a Bowl of Vanilla Yogurt 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



**\$8.95 Per Person**

Add Coffee, Tea, Decaf\*, Herbal Teas for \$1.50 each.  
 Add Soft Drinks, Juice & Bottled Water for \$2.00 each.  
 \*Decaf coffee available upon request (minimum 10 cups).

### 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**

### Bagels Galore

- Caesar Salad
- 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
- Crudité & Dip
- Lemon Lime Seasoned Sliced Chicken Breast & Marinated Beef Sirloin Strips Rolled In A Variety Of Flavored & Colorful Wrap Breads With A Mixed Wild Green Medley & Our Secret House Zingy Sweet Sauce & Vegetarian Choice Roasted Vegetables & Feta Cheese
- Assorted Dessert Squares or a Variety of Gourmet Cookies



**\$15.25 Per Person**

### The Wrap Around

- Slightly Curried Fruity Couscous 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**

### 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**

### 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**

### 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 of 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**

**\*\*\*Minimum 10 persons\*\*\***

### 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**

**\*\*\*Minimum 10 persons\*\*\***

### 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**

**\*\*\*Minimum 10 persons\*\*\***

### The Quick & Light

- Mixed Wild Green Salad & Vinaigrettes
- Freshly Baked Whole Wheat Focaccia & Pretzel Bread Rye Stuffed with Assorted Delicatessen Style Cold Cuts, Egg & Tuna Salad, Cheddar Cheese & Tomato
- Assorted Dessert Squares & Gourmet Cookies



**\$12.00 Per Person**

### A Upscale Wrap Selection

- A Five Grain Wild Barley Rice
- Watermelon Salad Tossed With Fennel, Vidalia 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**

**\*\*\*Minimum 10 persons\*\*\***

### 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**



Consider an Upgrade to our Premium and Diner Dessert Selection.

Add Coffee, Tea, Decaf\*, Herbal Teas for \$1.50 each.

Add Soft Drinks, Juice & Bottled Water for \$2.00 each.

\*Decaf coffee available upon request (minimum 10 cups).

### Build My Own Orzo Fatoush Salad

- Bowls Of Tabbouleh, Humus & Sweet Tzatziki with a Side of Seasoned Toasted Pita Chip
- Mini Spanakopitas
- Build and Top Up a Mediterranean Vegetable Style Fatoush Salad Tossed with Orzo Pasta Alongside Separate Topping Bowls of Tender Shaved Strips of Marinated Chicken & Beef Shawarma
- Vegetarian Choice Stuffed Vine Leaves (Dolma)
- Baklava
- Assorted Dessert Squares & Gourmet Cookies



**Lunch: \$22.25 Per Person**  
**Dinner: \$25.95 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 Poppy seed 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**

### 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



**\$19.95 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



**\$19.95 Per Person**



### Fun Mix & Max 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
- Tabbouleh 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



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 each.

Add Soft Drinks, Juice & Bottled Water for \$2.00 each.

\*Decaf coffee available upon request (minimum 10 cups).

#### 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
- Prosciutto, 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 Somerset

- Vegetarian Spring Rolls
- Spinach, Manarin & 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 Palm Court

- Samosas
- Fruit Chutney Sauce
- Cucumber, Tomato, Onions & Mint Salad
- Sliced Breast of Chicken in a Pineapple Curry Sauce
- Balsamic 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 & Vinaigrettes
- Nachos & Salsa
- Sliced Seasoned Chicken Breasts
- Marinated Beef Sirloin Strips
- Sautéed 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 Oka Infusion

- A Caprese Style Boccacini Cheese Salad Alongside a Boston Style Lettuce Drizzled with a Maple Raspberry Vinaigrette
- A Char Broiled Seasoned Chicken Breast Stuffed with Wedges of Oka Cheese Wrapped In Prosciutto & Sundried Tomato, Topped With a Lemon Lime Herb Beurre Blanc Sauce
- Alongside A Roasted Asparagus, Vegetable & Portobello Mushroom Egg Noodle Pasta
- Assorted Bread Rolls & Butter
- Dessert Squares & Gourmet Cookies



**Lunch: \$23.00 Per Person**  
**Dinner: \$26.95 Per Person**

### The Indian Durban

- A Shredded Lettuce, Cheese, Sultana Raisin, Cucumber, Tomato Salad Tossed with Balsamic Dressing
- A curried chick pea, cilantro & lentil salad
- Vegetable samosas
- Seasoned chicken tandoori
- A ginger coriander 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**

### 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 & Vinaigrettes
- Marinated Grilled Vegetable Platter
- Fill Your Own Sandwich with:
  - BBQ Pulled Pork,
  - BBQ Pulled Chicken,
  - Alongside Diced Tomato, Onion, Shredded Cheese
- Assorted Cheese Buns & 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 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

- Caesar 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 Mediterranean

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



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

### The Via Marconi

- Caesar Salad
- Prosciutto, Boccacini Cheese & Pickle Platter
- A Hearty Meat Lasagne
- Spinach & Cheese Cannelloni
- Garlic Cheese Bread & Assorted Rolls
- Dessert Squares & Gourmet Cookies



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

### The Tacito Taco

- A Shredded Salad Tossed with Corn Niblets, Mixed Beans, Avocado & Roasted Asparagus
- Season Tex Mex Style Ground Beef Ready for the Topping Into Soft Shell Flat Breads With Side Toppings of Shredded Cheese, Diced Tomatoes & Onions, Sour Cream & Salsa
- Dessert Squares & Gourmet Cookies



**Lunch: \$19.95 Per Person**  
**Dinner: \$21.95 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

- B.B.Q. Style Quarter Chicken Legs
- Honey Garlic Spare Ribs
- Three Cheese Tricolour Tortellini
- Spinach & Cheese Manicotti
- Bear Claw Burgers & Gourmet Sausages
- Oven Roasted Rosemary Horseradish Dijon Rack of Lamb
- Minced Broccoli, Zucchini & Mint Mediterranean Patties
- Good Old Spaghetti & Meatballs
- Seasoned & Breaded Fillets of Sole Amandine

- Chicken Pot Pie
- Shepherd's Pie
- Garlic Jumbo Shrimp & Scallop Brochettes
- Decorated Whole Poached Salmon
- Carrot & Ginger Soup
- Chunky Vegetable Soup
- Beef Consommé
- Clam Chowder
- Chicken Noodle Soup
- Cream of Tomato
- or any other Cream or Broth Soup



**Prices Upon Request**



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 each.

Add Soft Drinks, Juice & Bottled Water for \$2.00 each.

\*Decaf coffee available upon request (minimum 10 cups).

### My Favourite Menu

- Baby Spinach Leaf & Manarin Salad
- Caesar 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 & Vinaigrettes
- 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 Vinaigrette
- 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**

### Can We Have a Quick Chat?

*Has Been My Opening Introduction In Planning Many Great Menu Designs Over The Last 20 Years.*

*Please Feel Free To Call Me So That We Can Make & Exchange Menu Ideas & Creative Suggestions Geared Towards Your Event & Within Your Budget.*

*Thanks Again & Look Forward To hearing From You.*

*Met*

*Off: 613 260-1432, Cell 613 880-4187*



## My Specials Menu

Add Coffee, Tea, Decaf\*, Herbal Teas for \$1.50 each.  
 Add Soft Drinks, Juice & Bottled Water for \$2.00 each.  
 \*Decaf coffee available upon request (minimum 10 cups).

### Fried Chicken

- Caesar Salad
- Fried Chicken Southern Style
- Mashed Potatoes
- Rolls and Butter
- Dessert Squares & Gourmet Cookies



**\$19.95 Per Person**

### Chicken Pot Pie

- Caesar Salad
- Pickles & Olive Platter
- Chicken Pot Pie
- Assorted Bread Rolls and Butter
- Assorted Dessert Squares



**\$19.95 Per Person**

### BBQ Chicken

- Mixed Green Salad
- Greek Pasta Salad
- BBQ Chicken Legs & Breast
- Vegetable Rice
- Rolls and Butter
- Dessert Squares & Gourmet Cookies



**\$19.95 Per Person**

### Make Your Own Burger

- Classic Coleslaw
- Pickles & Olives
- BBQ Beef Burger
- Sliced Tomatoes
- Cheese Slice
- Onions
- Mayo, Ketchup, Mustard
- Bunns
- Home Fries
- Gourmet Cookies



**\$18.95 Per Person**

### Boeuf Bourguignon

- Mixed Wild Green Salad & Vinaigrette
- Beef Bourguignon & Sweet Mashed Potatoes
- Assorted Bread Rolls and Butter
- Dessert Squares & Gourmet Cookies



**\$19.95 Per Person**

### Beef Stroganoff

- Mixed Wild Green Salad & Vinaigrette
- Beef Bourguignon & Sweet Mashed Potatoes
- Assorted Bread Rolls and Butter
- Dessert Squares & Gourmet Cookies



**\$19.95 Per Person**

### Roast Beef

- Pre-Sliced Roast Beef au Jus
- Medley of Hot Vegetable
- Mashed Potatoes
- Rolls and Butter
- Dessert Squares & Gourmet Cookies



**\$20.95 Per Person**

### Sesame chicken Satay

- Thai Noodle Salad
- Mini Spring Rolls & Dip
- Sesame Chicken Satay
- Stir Fry Rice
- Assorted Bread Rolls and Butter
- Dessert Squares & Gourmet Cookies



**\$19.95 Per Person**

### Cajun Chicken

- Mixed Green Salad
- Cajun Honey Chicken
- Vegetable Rice
- Rolls and Butter
- Assorted Dessert Squares



**\$19.95 Per Person**

### Sheppard Pie

- Coleslaw
- Pickles & Olive Platter
- Sheppard Pie
- Bread Rolls and Butter
- Assorted Dessert Squares



**\$19.95 Per Person**

### Spaghetti

- Caesar Salad
- Spaghetti with Meatballs
- Garlic Bread
- Assorted Dessert Squares & Cookies



**\$18.95 Per Person**

### Chicken, Bacon & Swiss Cheese

- Mixed Green Salad & Dressing
- Chicken Breast Stuffed with Bacon & Swiss Cheese with Herb Butter Sauce
- Rice
- Fresh Baked Rolls and Butter
- Assorted Dessert Squares



**\$19.95 Per Person**

### Stuffed Chicken Breast

- Mixed Wild Green Salad & Dressing
- Chicken Breast Stuffed with Spinach, Cheese and Sundried Tomatoes with Herb Butter Sauce
- Rolls and Butter
- Dessert Squares & Cookies



**\$19.95 Per Person**

### Chicken Chow Mein

- Baby Spinach Sprout
- Mandarin Salad
- Mini Spring Rolls & Dip
- Chicken Chow Mein with Chicken Balls
- Assorted Bread Rolls and Butter
- Dessert Squares & Gourmet Cookies



**\$19.95 Per Person**

### Chicken Parmesan

- Caesar Salad
- Chicken Parmesan
- Spaghetti Noodle with Meat Sauce on the Side
- Assorted Bread Rolls and Butter
- Dessert Squares



**\$20.95 Per Person**

### The Meat Balls Special

- Coleslaw
- Our Famous Honey Garlic Meat Balls
- Vegetable Rice
- Assorted Bread Rolls and Butter
- Variety of Gourmet Cookies



**\$15.45 Per Person**

### The Trio Special

- Garden Salad & Dressing
- Honey Garlic Meat Balls
- Vegetarian Spring Rolls & Plum Sauce
- Spanakopita & Tzatziki Dip
- Vegetable Fry Rice
- Assorted Bread Rolls and Butter
- Assorted Dessert Squares



**\$19.95 Per Person**



### Standard Desserts & Gourmet Cookies

- Nanaimo Squares
- Butter Tart Bars
- Old Fashioned Carrot Cake
- Brownies
- Double Chocolate Brownies
- 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
- Tiramisu



***\$2.50 Per Person***

### Dinner Desserts

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



***Prices Upon Request***



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**

- Crudités & Dip Arrangements
- Assorted Domestic & Imported Cheese-Boards
- Garnished with Fresh Fruits
- Crackers & Baguettes
- Bowls of Tomato Basil Bruschetta & Toasted Cheese Crostini
- Colourful Displays of Bite Sized Tortilla Pinwheel 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



**\$19.95 Per Person**

### **Add A Touch Of Hot**

- Marinated Chicken & Beef Satays
- Mac & Cheese Wedges
- Samosas & Dip



**\$9.95 Per Person**

### **My Charcuterie Platter**

- A Decorative Platter Composed of Sliced Oka, Cheddar & Swiss Cheese, Assorted Pickles & Olives, Artichoke Hearts, Rolled Cold Cuts, Spinach Dip
- Assorted Crackers & Garlic Cheese Bread Sticks



**\$13.95 Per Person**

### **The Smoked Meat Slider**

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



**Prices Upon Request**

### **The Cold Pass Around**

- Wedges Of Brie Cheese & Strawberry Slivers Atop A Cranberry Wafer Drizzled With A Fruit Coulis
- Mini Spanakopitas & Spring Rolls With Dips
- Chicken Salad Tahini Bouchées



**\$13.95 Per Person**

### **The Mini Burger Slider**

- Mini Beef Burgers Alongside Side Toppings of Diced Tomato, Onions, Cheese, Mini Buns & Condiments
- Seasoned Home Fried Potatoes



**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
- Hummus & 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**

### 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
- Individually Cut & Marinated Bone on Grilled Rack of Lamb
- Selection of Seafood Phyllo Goodies
- Selection of Vegetarian Phyllo Goodies
- Cumin & Oregano Floured Ground Beef
- Skewers



**Prices Upon Request**



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 \$100.00 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 Banquet Bar

- Domestic Beer



**Cash Bar: \$6.25**  
**Host Bar: \$5.50\***

- Imported Beer



**Cash Bar: \$7.00**  
**Host Bar: \$6.25\***

- Coolers



**Cash Bar: \$7.00**  
**Host Bar: \$6.25\***

- Mixed Drinks



**Cash Bar: \$7.25**  
**Host Bar: \$6.50\***

- Specialty Cocktails



**Cash Bar: \$7.25**  
**Host Bar: \$7.25\***

- Liqueurs



**Cash Bar: \$8.25**  
**Host Bar: \$7.50\***

- House Wine (per glass)



**Cash Bar: \$7.00**  
**Host Bar: \$6.25\***

- Soft Drinks, Juice and Bottled Water



**Cash Bar: \$3.00**  
**Host Bar: \$2.50\***

- Fruit Punch - 1 litre



**Host Bar: \$11.00\***

- Liquor Punch - 1 litre



**Host Bar: \$21.00\***

- Champagne Punch - 1 litre



**Host Bar: \$21.00\***

### House Wine

- Sawmill Creek Reserve Sauvignon Blanc



**\$32.00 / 1.5 Litre Bottle**

- Sawmill Creek Merlot



**\$32.00 / 1.5 Litre Bottle**

- Jackson Tiggs Sauvignon Blanc



**\$32.00 / 1.5 Litre Bottle**

- Jackson Tiggs Merlot



**\$32.00 / 1.5 Litre Bottle**