



Breaks

Healthy Habits

- Fruit & Vegetable Shooters
(Pomegranite, Mango, Tomato, Berry & Pineapple Juice)
- Fruit & Cheese Skewers
- Trail Mix & Yogurt
(Dried Fruit, Nuts & Seeds, Citrus Fruit Segments)
- Fresh Fruit (whole) ~ the best the season has to offer!
- Ruby Red Grapefruit Halves
- Low Fat Yogurt Selection
- Bagels with Cream Cheese Spread
With Smoked Salmon
- Granola Bars
- Baskets of Low Fat Popcorn
- Fresh Fruit Skewers with Yogurt Dip
- Hummus with Veggies or Pita
- Tortilla Chips with Salsa

Beverages

- Coffee & Tea Service
- Hot Chocolate
- San Pellegrino (275ml)
- Evian (500 ml)
- San Pellegrino or Evian 1L bottles
- Assorted Fruit Juices
- Premium Juices ~ Assorted Dole and V8
- Assorted Soft Drinks
- Bottled Water
- Perrier & Flavoured Waters
- Fruit Smoothies
(Banana, Strawberry or Blueberry)
- Cartons of Milk (250 ml)
- Red Bull Energy Drink



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GROUP**



Yes we can!

Tel: 902.454.8533 www.rcr.ca

All prices are subject to a customary 16% taxable service charge and 13% applicable HST.



Breaks

The Bake Shop

Selection of Danishes, Muffins & Croissants
Fruit Trellis Pastry & Baked Fresh Fruit Turnovers
Crusty Apple & Ricotta Fritters with Raspberry Compote
Assorted Cupcakes
House Made Cinnamon Rolls
Cinnamon & Walnut Rolls
Home-baked Brownies
Assorted Cookies & Squares:
Nanaimo Bars, Brownies, Carrot Cake Squares,
Butter Pecan Squares and Assorted Cookies
Tea Biscuits, Assorted Scones & Biscotti
Assorted Macaroons
(Chocolate, Vanilla, Raspberry & Lemon)

Sweets & Treats

Assorted Freshly Baked Cookies by the dozen
Baskets of Snacks
Potato Chips, Pretzels, Peanuts & Cheese Straws
Chocolate Fondue
(Melted Belgian chocolate with an assortment of fresh fruit and berries)
Florentines ~ Sugar almond snaps, dipped in chocolate
Mixed Nuts

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Full Morning Break

Freshly Brewed Coffee & Tea
Assorted Juices
Freshly Baked Muffins, Croissants & Cinnamon Buns
Sliced Fresh Fruit Skewers

Valley Fruit & Berries

Bowl of Citrus ~ Orange & Grapefruit Segments
Sliced Fresh Fruit & Berries
Fat Free Yogurt, Berries & Honey Parfait
Balsamic Glazed Strawberries with Crème Fraîche

Full Afternoon Break

Freshly Brewed Coffee & Tea
Assorted Regular & Diet Soft Drinks
Assorted Juices
Freshly Baked Cookies & Squares
Sliced Fresh Fruit with Yogurt Dip

Cookies & Milk

250 ml Cartons of Milk
Freshly Baked Cookies

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Popcorn

Plain, Caramel, Peanut & Caramel,
Chive & Cheddar Cheese Popcorns
Sparkling Water

Chili & Biscuits

Steaming Pot of Ground Beef or Vegetarian Chili
Top with Grated Cheddar Cheese
Warm Garlic Bread, House Made Biscuits & Crackers

Death by Chocolate

Chocolate Fudge Brownies & Blondies
Chocolate filled Profiteroles
White & Dark Chocolate Covered Pretzels
Chocolate Covered Raisons & Coffee Beans
Double Chocolate Cookies
Chocolate Milk

Java Jitters

Chocolate Covered Coffee Beans
Tiramisu
Espresso Pot de Crème
Mocha Biscotti
Cappuccino Éclairs
Freshly Brewed Coffee & Selection of Teas

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