

Breaks

Healthy Habits

Fruit & Vegetable Shooters
(Pomegranate, Mango, Tomato, Berry & Pineapple Juice)

Fruit & Cheese Skewers

Trail Mix:

dried fruit, nuts & seeds, citrus fruit segments & Yogurt

Fresh Fruit (whole) ~ the best the season has to offer!

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

Freshly Brewed Starbucks Coffee & Tazo Teas

Hot Chocolate

Eska (275ml)

Eska (1Litre)

Assorted Fruit Juices

Premium Juices ~ Assorted Dole and V8

Assorted Soft Drinks

Bottled Water

Flavoured Waters

Fruit Smoothies

(Banana, Strawberry or Blueberry)

Cartons of Milk (250 ml)

Red Bull Energy Drink



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HOSPITALITY
GROUP



Yes we can!

All prices are subject to a customary 18% taxable service charge and 15% applicable HST.
Prices are subject to change. All prices are guaranteed 90 days prior to the function.

902-454-8533

www.rcr.ca

sales@rcr.ca

Breaks

The Bake Shop

Selection of Danishes, Muffins & Croissants
Signature Breakfast Pastry, Nutella filled brioche sticky bun
with cream cheese icing
Assorted Cupcakes
House Made Cinnamon Rolls
Freshly Baked Brownies
Assorted Cookies & Squares
including: Nanaimo Bars, Brownies, Carrot Cake Squares,
Butter Pecan Squares and Assorted Cookies
Tea Biscuits, Assorted Scones & Biscotti
Assorted Macaroons
(Chocolate, Vanilla, Raspberry & Lemon)
Assorted Freshly Baked Cookies
Florentines - Sugar almond snaps, dipped in chocolate

Treats

Baskets of Snacks/ Potato Chips, Pretzels,
Peanuts & Cheese Straws
Mixed Nuts
Oriental Gourmet Bar Mix
Trio of House made Potato Chips

The Candy Shop

Assortment of Candies, Gummies, Licorice, Gumballs,
Candy Sticks, Chocolate Delights



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Rise & Shine

Freshly Brewed Starbucks Coffee & Tazo Teas
Assorted Juices
Selection of Danishes, Muffins & Croissants

Full Morning Break

Freshly Baked Muffins, Croissants & Cinnamon Buns
Fresh Fruit Skewers
Assorted Juices
Freshly Brewed Starbucks Coffee & Tazo Teas

Fruit & Berries

Bowl of Citrus ~ Orange & Grapefruit Segments
Sliced Fresh Fruit & Berries
Fruit & Yogurt Shooters
Balsamic Glazed Strawberries with Crème Fraîche
Freshly Brewed Starbucks Coffee & Tazo Teas

Full Afternoon Break

Fresh Fruit Skewers with Yogurt Dip
Freshly Baked Cookies & Squares
Assorted Regular & Diet Soft Drinks
Assorted Juices
Freshly Brewed Starbucks Coffee & Tazo Teas



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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
Grated Cheddar Cheese
House Made Biscuits & Tortilla Chips

Build your own Cupcake Break

Freshly Baked Chocolate, Vanilla and Carrot Cupcakes
Chocolate, Red Velvet and Cream Cheese Icings
Assorted Candy Toppings
Cartons of Chocolate and White Milk

Chocolate Overload

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 Starbucks Coffee & Tazo Teas



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