



Morning



## Breakfast buffet \* Priced per person

Includes Starbucks freshly brewed coffee and teas / Add orange or cranberry juice \$5 per person

- |  |  |
|--|--|
| <p>✦ <b>Continental</b> . . . . . <b>\$28.25</b><br/>Seasonal sliced fruit, assorted individual yogurt, assorted house baked pastries including danishes, muffins, and croissants</p>  | <p>✦ <b>Morning indulgence</b> Minimum 25 people . . . . <b>\$35.75</b><br/>Assorted muffins, cheese croissants, bacon cheddar egg bites, spinach broccoli &amp; goat cheese egg bites, grilled tomatoes, sliced fruit and choice of pulled chicken or pork hash</p>               |
| <p>✦ <b>Fresh start</b> Minimum 25 people . . . . . <b>\$31.50</b><br/>Build your own granola yogurt parfait, assorted pastries and mini blueberry loaves, sliced fruit, grilled sour dough bread, smashed avocado, sliced tomatoes and chilled hard-boiled eggs</p> | <p>✦ <b>Hotel classic</b> Minimum 25 people . . . . . <b>\$36.75</b><br/>Assorted pastries including Danishes, muffins, and croissants, scrambled egg, maple bacon and breakfast sausage or turkey sausage (GF, Halal), hash browns, and sliced fresh fruit</p>                    |
| <p>✦ <b>Nova Scotian</b> Minimum 25 people . . . . . <b>\$37.75</b><br/>Maritime fishcakes with molasses baked beans, chow, brown bread, potato hash with chopped bacon and sausage</p>  | <p>✦ <b>Build your own parfait</b> Minimum 25 people . . . . . <b>\$29</b><br/>Homemade granola, overnight oats, yogurt, dried fruit, berry compote, seasonal fresh berries, flax seed and pumpkin seeds with assorted house baked pastries</p>                                    |
| <p>✦ <b>Canadian</b> Minimum 25 people . . . . . <b>\$40.75</b><br/>Farm fresh scrambled eggs, aged cheddar, hash browns, bacon strips, baked beans, buttermilk waffles with berry compote and whipped cream, blueberry sour cream muffins, and sliced fruit</p>     | <p>✦ <b>Build your own breakfast sandwich</b> Minimum 25 people. . . . . <b>\$31.50</b><br/>Fried egg, cheddar cheese, choice of bacon or sausage patty or turkey sausage round (GF, Halal) on an english muffin or croissant. Served with potato wedges and whole fresh fruit</p> |

All prices are subject to a customary 19% taxable service charge and 14% applicable HST. Prices are subject to change. All prices are guaranteed 90 days prior to the function.

## Wake ups

- ✦ Individual yogurt . . . . . **\$5.50 each**  
Assorted and lactose free
- ✦ Build your own granola yogurt parfait . . **\$11 each**  
Homemade granola, vanilla yogurt, berry compote  
and fresh strawberries
- ✦ Individual overnight oat cups . . . . . **\$12.50 each**  
Chilled oats with berries, almond butter, chia seeds,  
pumpkin seeds and maple syrup
- ✦ Whole fresh fruit. . . . . **\$3.50 each**  
Bananas, apples, plums or pears
- ✦ Fruit cup . . . . . **\$10.75 each**  
Fresh cut seasonal fruit in individual cups
- ✦ Cereal boxes . . . . . **\$5.75 a person**  
Assorted individual cereals and 2% milk
- ✦ Chilled hard-boiled eggs. . . . . **\$22.50 a dozen**

---

All prices are subject to a customary 19% taxable service charge and 14% applicable HST. Prices are subject to change. All prices are guaranteed 90 days prior to the function.

## Baked best

- ✦ Assorted homemade muffins . . . . . **\$41 a dozen**
- ✦ Gluten free muffins . . . . . **\$54 a dozen**  
Chocolate or blueberry
- ✦ Assorted Danishes . . . . . **\$53 a dozen**
- ✦ Double fudge brownies . . . . . **\$41 a dozen**
- ✦ Croissants . . . . . **\$48 a dozen**  
Traditional butter and chocolate hazelnut drizzle
- ✦ Milk chocolate home baked danish . . **\$50 a dozen**
- ✦ Artisanal spinach & feta pastries . . . **\$69 a dozen**
- ✦ Crookies . . . . . **\$54 a dozen**  
Traditional butter croissant baked with a chocolate  
chip cookie center
- ✦ Homemade hand pies . . . . . **\$59 a dozen**  
Apple cinnamon and blueberry & cream cheese
- ✦ Assorted mini danishes . . . . . **\$36 a dozen**
- ✦ Mini sweet loaves . . . . . **\$51 a dozen**  
Lemon poppyseed, blueberry lavender,  
and banana chocolate chip
- ✦ Pecan tarts. . . . . **\$57 a dozen**
- ✦ Scones . . . . . **\$49 a dozen**  
Fresh homemade scones with assorted jams  
and butter
- ✦ Bagels . . . . . **\$45 a dozen**  
Assorted flavours with cream cheese
- ✦ Cookies . . . . . **\$41 a dozen**  
House baked assortment
- ✦ Donuts . . . . . **\$51 a dozen**  
Cinnamon sugar twists, apple fritters and  
Boston creams
- ✦ Gluten-free brownie . . . . . **\$.6 each**  
Individually packed





## Break Time

- + **Health full . . . . . \$18 per person**  
House made energy bites, individual yogurt, pumpkin protein power balls (GF) and seasonal whole fruit
- + **Sweet stuff . . . . . \$18 per person**  
Assorted cookies, rocky road bars, and gluten-free brownies
- + **Individual veggies and dip . . . . . \$6 per person**
- + **Energy bites . . . . . \$54 a dozen**
- + **Homemade chocolate dipped granola bars . . . . . \$44 a dozen**
- + **Lemon crumble bars (GF) . . . . . \$42 a dozen**
- + **Rocky road bars. . . . . \$47 a dozen**
- + **Pumpkin protein power balls (GF) . . \$62 a dozen**
- + **Raspberry vanilla . . . . . \$46 a dozen**  
coconut bars (GF)
- + **Hummus dip . . . . . \$6 per person**  
With choice of vegetables or pita
- + **Dried fruit cups . . . . . \$10 per person**  
Assortment of dried apples, cherries, dates, blueberries and apricots



## Grab and Go, Individually Packaged

- ✦ Oat and honey bars . . . . . **\$3.25 each**
- ✦ RX blueberry protein bar. . . . . **\$7.25 each**
- ✦ Special K dark chocolate  
almond granola bars . . . . . **\$3.25 each**
- ✦ Made with local  
peanut butter blondie bar .. . . . **\$5.25 each**
- ✦ Pringles original small can.. . . . **\$4.25 each**
- ✦ Pringles Sour Cream  
& Onion small Can . . . . . **\$4.25 each**
- ✦ Doritos Nacho Cheese 70gr . . . . . **\$4.25 each**
- ✦ Smartfood White  
Cheddar Popcorn 45gr . . . . . **\$4.25 each**
- ✦ Miss Vickies Sea Salt  
and Malt Vinegar Potato Chips 30gr . . **\$3.25 each**
- ✦ Summer Fresh Dill Pickle  
Hummus and Crackers . . . . . **\$7.25 each**
- ✦ Salted and Candied Bagged Nuts . . . **\$8.75 each**

## Beverages

- ✦ Perrier & Bubly flavoured water . . . . . **\$5.75 each**
- ✦ San Pellegrino or Evian 750ml . . . . . **\$11 each**
- ✦ Bottled water 591ml . . . . . **\$4.95 each**
- ✦ Assorted bottled fruit juice 300ml . . . . **\$5.25 each**
- ✦ Freshly squeezed orange  
or grapefruit juice . . . . . **\$5.95L**
- ✦ Assorted soft drinks 355ml . . . . . **\$4.95 each**
- ✦ Carton of milk 250ml. . . . . **\$5.95 each**
- ✦ Hot chocolate . . . . . **\$4.95 each**
- ✦ Starbucks coffee . . . . . **\$4.95 each**
- ✦ Assorted teas . . . . . **\$4.95 each**

---

All prices are subject to a customary 19% taxable service charge and 14% applicable HST. Prices are subject to change. All prices are guaranteed 90 days prior to the function.

