



THEMED DAILY LUNCH BUFFET

Themed Lunch buffets are served weekdays, Monday to Friday in the Headwaters Dining room. Please talk to your Conference Services Manager about weekend options.

Monday Buffet Lunch – Deli Lunch

- ❖ Daily soup creation
- ❖ Garden greens with two dressings
- ❖ Crudités with hummus
- ❖ BLT wrap
- ❖ VEGETARIAN: Grilled vegetable wrap with pesto and goat cheese
- ❖ Assorted sandwiches on house made loafs of bread
- ❖ Coconut Macaroons

Tuesday Buffet Lunch – Italian

- ❖ Italian Wedding Soup
- ❖ Antipasti Platter
- ❖ Caprese salad
- ❖ Millcroft Greens with Italian Dressing
- ❖ Fired Mussels
- ❖ Pork scaloppini, garden tomato ragoût
- ❖ VEGETARIAN- Tri-colored Fusili , Grilled vegetable with olive oil Herb Dressing
- ❖ Fried potato with Grilled lemon and Herb
- ❖ Lemon Mascarpone Cannoli's

Wednesday Buffet Lunch – French

- ❖ French onion soup
- ❖ Salad nicoise
- ❖ Spinach, walnut, grape & blue cheese salad with red wine shallot vinaigrette
- ❖ Lardon Salad, bitter greens, cherry tomatoes, shallots, smoked bacon vinaigrette
- ❖ Coq au vin
- ❖ Seafood bake, espelette, saffron tomato
- ❖ VEGETARIAN – Daily plated vegetarian main course option for vegetarians
- ❖ Roast potato gratin with broccoli
- ❖ Mini éclair's



Thursday Buffet Lunch – Canadian

- ❖ Butternut squash purée
- ❖ Traditional ceasar salad
Aged parmesan, zesty Garlic dressing.
- ❖ Marinated bean salad, kidney, green, arugula, roasted peppers, feta cheese
- ❖ Great Canadian potato salad
- ❖ Grilled beef flat iron , chestnut mushrooms, caramelized onions
- ❖ Grilled trout, sweet onions, spinach, corn
- ❖ Roasted Potatoes, Herb and Shallots
- ❖ VEGETARIAN - Stuffed peppers, roast tomato fondue.
- ❖ Maple rice pudding

Friday Buffet Lunch – Greek

- ❖ Fassolatha (Greek bean soup)
- ❖ Orzo pasta salad with tomato, red onion, artichoke, scallion, Cucumber, roasted garlic and dill creamy dressing
- ❖ Chick pea and spinach salad with peppers, kalamata olives, feta oregano citrus dressing
- ❖ Roasted Lamb Leg Market Vegetables
- ❖ Baked tilapia, tomato and onions
- ❖ VEGETARIAN – Daily plated vegetarian option for vegetarians.
- ❖ Greek style roasted potatoes
- ❖ Almond cookies with jam

Coffee and Tea Service included
Buffet Lunch will be served in the Headwaters Dining Room only

Included in package or \$30 per person for additional guests