



# BREAKFAST SELECTION

**Served in meeting room only.**

## THE CONTINENTAL

Sliced Fruit in Season

A Selection of Yogurt, Low Fat and Skim Milk

Fresh Croissants, Bakery Muffins & Cold Cereals

Local Preserves and Sweet Butter

Coffee, Tea and Decaf

## CANADIAN BREAKFAST

Sliced Fruit in Season

Scrambled Eggs with Swiss Cheese & Onion, Bacon and Ham, Home Fries

Fresh Croissants, Bakery Muffins & Danish Pastries

Local Preserves and Sweet Butter

Coffee, Tea and Decaf

## EXECUTIVE BREAKFAST

Sliced Fruit in Season

Eggs Benedict with Peameal & Sauce Hollandaise

Or

Eggs Florentine with Spinach & Hollandaise

Sweet Pepper and Onion Home Fries

Assorted Cold Cereals & Granola

Fresh Croissants, Bakery Muffins & Danish Pastries

Local Preserves and Sweet Butter

Coffee, Tea and Decaf

For non package guests \$19.00 per person

Minimum of 15 ppl – smaller groups are welcome to enjoy The Continental



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Coffee, Tea and Decaf

For non package guests \$19.00 per person

Minimum of 15 persons

Served in meeting room only.



# HOSPITALITY AND RECEPTIONS

**Crunchy Vegetable Sticks with Roasted Garlic Sour Cream Dip**  
\$5.00 per person

**Canadian Cheese Presentation with Grapes & Candied Walnuts**  
To Include: Cheddar, Goat's Cheese, Havarti & Canadian Blue  
\$9.00 per person

**Imported & Canadian Cheeses**  
To Include: Aged Cheddar, Stilton, Triple Cream Brie, Camembert & Fresh Goat's  
Cheese, Grapes & Candied Walnuts  
\$12.00 per person

**Satay Station**  
Peppercorn Beef Satays, Peanut Crusted Chicken & Coconut Tiger Prawns  
Roasted Pepper, Hoisin & Lime Tartare Sauces  
\$12.00 per person

**Seasonal Fruit**  
Sliced Seasonal Fruits with Ginger Mascarpone Dip  
\$8.00 per person

**Munchies**  
A Platter of Mixed Nuts, Pretzels, Sun Chips & Popcorn  
\$5.00 per person

**Shrimp Tower**  
Chilled Tiger Prawns with Traditional Cocktail Sauce & Lemon Wedges  
\$Market Price / per Dozen

**Late Night Sweet Table**  
A Selection of Deluxe Pastries & Confections from our Pastry Kitchen  
\$15.00 per person



# WORKING LUNCHES

## Working Lunch #1

Arugula Salad  
Sundried Tomatoes, Shaved Parmesan and Balsamic Vinaigrette

Housemade Vegetarian Lasagna  
With Parsley Pesto

A Selection of Tortilla Wraps  
(Three pieces per person)

Select three of the following:

- Tuna Salad
- BBQ'd Chicken Salad
- Creamy Egg Salad
- Cured Virginia Ham Salad with Gruyère Cheese
- Pickled Vegetables with Camembert
- Poached Salmon Salad with Caper Mayo

Bitter Chocolate Mousse Cake  
Coffee, Tea and Decaffeinated

## Working Lunch #2

Soup of the Season

Baby Lettuce Leaf Salad  
Chef's Choice of Two Dressings

Assorted Domestic Cheeses  
Grapes and Crackers

Selection of Sandwiches:  
(Three halves per person)

- Assorted Deli Meat Baguette
- Focaccia "Clubhouse" Sandwich
- Pear & Brie Focaccia with Arugula Pesto

Strawberry Almond Tart  
Coffee, Tea and Decaffeinated



## WORKING LUNCHES

### Working Lunch #3

Soup of the Season

Tomato Salad with Onion, Feta and Oregano Dressing

Raw Veggie Bar with Lemon Tahini Dip

Build Your Own Greek Style Pitas

Warm Lemon Garlic Chicken and Beef, Hummus, Lettuces,  
Minted Yogurt and Black Olive Dressings

Seasonal Fruit Kabobs with Spiced Chocolate Dip

Coffee, Tea and Decaf

### Working Lunch #4

Soup of the Season

Traditional Caesar Salad with Garlic Crostini

Spinach Salad with Shaved Parmesan, Creamy Balsamic Dressing

Assorted Thin Crust and Focaccia Pizzas

Caramelized Lemon Tart

Coffee, Tea and Decaffeinated

Menu Selections are subject to change seasonally.

Served in meeting room. Minimum 15 people.

Non package guests at \$30.00 per person.



## LUNCH MENU SELECT ONE

*'Using the finest local and regional ingredients'*

### FIRST COURSE

Soup of the Season  
Oven Roasted Tomato Bisque

Semolina Crusted Calamari  
Hand Snipped Micro Greens, Spicy Adobo Dipping Sauce

Traditional Caesar Salad  
Lemon Garlic & Parmesan Dressing with Shaved Padana, Bacon Bits & Crouton

### SECOND COURSE

Asian Striploin Steak with Pea Shoot Salad  
Miso Marinated Striploin Steak with Heirloom Tomatoes, Radish, Sesame Ginger & Sweet Chili Dressing

Vegetarian Pizza  
Roasted Garlic, Arugula, Heirloom Tomatoes, Goat Cheese & Mozzarella Cheese

Oven Roasted Turkey Breast Sandwich  
Arugula, Sun dried Tomato & Apple Wood Smoked Bacon Aioli on a Honey Oat Baguette

Fish 'n' Chips  
Baffin Island Turbot with Fresh Yukon Chips & House made Tartar Sauce

Coffee/ Tea

Menu will be served in the dining room only.  
Non package guests \$34.00 per person.  
Menu Selections are subject to change seasonally.



## LUNCH MENU SELECT TWO

*'Using the finest local and regional ingredients'*

### FIRST COURSE

Soup of the Season  
Roasted Garlic & Arugula

### Tossed Green Salad

Crisp Lettuce, Grape Tomatoes, Red Onions, Cucumber, Goat Cheese with Sweet Honey Vinaigrette

### Risotto of Foraged Mushroom

Lemon & Sweet Pea

### SECOND COURSE

#### Cherry Wood Smoked Chicken Pizza

Caramelized Onion, Fior di Latte Mozzarella, Aged Cheddar, Wilted Spinach, and Roasted Garlic

#### Kobe Corn Beef Sandwich

Kobe Corn Beef, Honey Mustard Aioli & Oka on Grilled Marble Rye

#### Farfalle Pasta

Baby Spinach, Walnut & Ricotta in a Roasted Garlic Cream Sauce

#### Pan Seared Organic Salmon

Bitter & Sweet Leaf Salad, Balsamic Macerated Strawberries & Pepper Vinaigrette

Coffee/ Tea

Menu will be served in the dining room only.  
Non package guests \$34.00 per person.  
Menu Selections are subject to change seasonally.



# DINNER MENU SELECT ONE

*'Using the finest local and regional ingredients'*

## FIRST COURSE

Young Garlic & Rocket Vichyssoise  
Caramelized Walnut Cluster & Tuscan Olive Oil

Forest Mushroom & Sweet Pea Risotto  
Pea Shoots Salad

Hand Cut Greens  
Marinated Asparagus, Chanterelle Mushrooms, & Béarnaise Sauce

## SECOND COURSE

8oz. Canadian Beef Tenderloin  
Truffle Forest Mushrooms, Sweet Potato Dauphinoise Potato, Brandy Jus

Pan Seared Snapper  
Baby Arugula, Pink Grapefruit, Spring Onion & Crab Croquette

Farfalle Pasta  
Baby Spinach, Eggplant, Zucchini, Bermuda Onions in a Roasted Garlic Cream Sauce

Roast Chicken Supreme  
Escarole, Forest Mushrooms & Smoked Chicken Brodo Sauce

## DESSERT

Chef's Choice of Dessert

Coffee/ Tea

Conference Package guests \$10.00 surcharge per person

Non package guests \$58.00 per person.

**Menu Selections are subject to change seasonally.**

Maximum of 20 persons



# DINNER MENU SELECT TWO

*'Using the finest local and regional ingredients'*

## FIRST COURSE

### Ribbons of Ahi Tuna

Avocado, Daikon Radish & Ginger Dressing

### Candied Beet & Bosc Pear Salad

Micro Greens, Walnut Mascarpone & Cinnamon Goat Cheese Cream

### The Prince of Wales Caesar Salad

Hearts of Crisp Romaine, Warm Parmesan, Bacon & Maple Cream with Grilled Focaccia

## SECOND COURSE

### Grilled 10oz Veal Chop

Warm Potato Salad & Wild Mushroom Jus

### Fillet of Rainbow Trout

Dill Gnocchi, Tomato Confit & Brown Butter

### House Made Penne Pasta

Preserved Artichokes, Sundries Tomatoes, Edamame & Roasted Garlic Cream Sauce

### Rack of Australian Lamb

Tarragon Truffle Farce, Petit "Bubble 'n' Squeak", Fava Beans & Cassis Jus

## DESSERT

Chef's Choice of Dessert

Coffee/ Tea

Conference Package guests \$10.00 surcharge per person

Non package guests \$58.00 per person.

**Menu Selections are subject to change seasonally.**

Maximum of 20 persons

All prices are subject to taxes and gratuities. Prices in effect from May 1, 2010 until April 30, 2011



# RECEPTION CANAPES

For a one hour Cocktail Reception, we recommend 4 pieces per person

## COLD DELUXE CANAPES

Rice Paper Hand Rolls with Tuna & Sunflower Seedlings  
Smoked Salmon on Pumpnickel with Crème Fraiche & Caviar  
Roasted Sweet Pepper & Goat's Cheese on Crostini ✓  
Triple Cream Brie with Pear & Walnut ✓  
Avocado & Sweet Crab with Ginger Grapefruit  
Tomato and Asparagus Bruschetta with Shaved Parmesan ✓  
Chilled Tiger Prawn with Lemon, Horseradish Tomato Dip  
Lobster & Muskmellon Salad with White Chocolate Sauce  
Iced Half Shell Mussels with Lime Mango Salsa

(✓ Vegetarian Options)

## HOT DELUXE CANAPES

Lobster and Smoked Tomato Risotto  
Vegetarian Spring Rolls with Sweet Chili Dipping Sauce ✓  
Fresh Goat's Cheese & Leek Tartlet ✓  
Sea Scallops Wrapped in Applewood Bacon with Sage Leaf & Lemon Dust  
Warm Goat's Cheese & Raspberry in Fine Pastry ✓  
Mini Crab Cakes with Gherkin Tartare Sauce  
Hummus Croquette with Mushroom Tomato Relish ✓  
Artichoke Tempura with Sundried Tomato Aioli ✓  
Spicy Beef Wontons with Sweet Hoisin Sauce

\$32.00 per dozen  
(Minimum 2 dozen per selection)  
(Maximum of 6 Selections)



## DINNER BUFFET

A Selection of Housemade Salads and Antipastos

Crusty Breads with Mediterranean Dip

### HOT ENTREES

Ontario Leg of Lamb, Minted New Potatoes and Preserved Lemon Jus

Roast Fillet of Tilapia, Field Tomato, Feta & Black Olive Sauce

Striploin of Ontario Beef, Buttermilk & Onion Mashed Potatoes,  
Peppercorn Sauce

Crisp Skin Breast of Chicken, Truffled Rice Pilaf, Sage & Lemon Jus

Pan Seared Atlantic Salmon Fillet, Creamy Leek and Potato Gratin

All Entrees Served with Chef's Choice of Selected Market Vegetables

### DESSERT

Chef's Dessert Selection

Coffee and Tea and Decaf

Minimum 25 persons.

Less than 25 persons, a surcharge of \$10 per person will apply.

Non package guests - two entrees \$50.00 per person

*(3<sup>rd</sup> Entrée Selection - \$10 per person surcharge)*

Served in private dining room.



## SET PLATE DINNER

Included in the Conference Package

(Please select One Appetizer, One Entrée, One Dessert for the entire group)

### APPETIZERS

Seasonal Salad Greens

Strawberry Goat's Cheese Vinaigrette

Soup of the Day

### ENTREES

Lemon Thyme Roasted Breast of Chicken

Roasted Garlic & Parsley Mashed Potato, Simple Jus

Fillet of Rainbow Trout

Arugula, Fennel & Orange Salad

Crisp Prosciutto & Sage Brown Butter

Carved Striploin of Beef

Olive & Bay Leaf Crushed Potatoes, Horseradish Mustard Jus

Vegetarian Option

### DESSERTS

Chef's Choice of Dessert

Non package guests \$48.00 per person