



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 – French

- ❖ Leek and potato purée
- ❖ Salad niçoise
- ❖ Spinach, walnut, grape & blue cheese salad with red wine shallot vinaigrette
- ❖ Lardon Salad, bitter greens, cherry tomatoes, shallots, smoked bacon vinaigrette
- ❖ Beef bourguignon
- ❖ Lemon and white wine mussels
- ❖ VEGETARIAN – Daily plated vegetarian main course option for vegetarians
- ❖ Roast potato gratin with broccoli
- ❖ Mini éclair's

Wednesday Buffet Lunch – Canadian

- ❖ Smoked ham and pea soup
- ❖ Traditional ceasar salad
Aged parmesan, zesty Garlic dressing.
- ❖ Broccoli, apple and smoked cheddar salad, creamy cider vinaigrette
- ❖ Great Canadian potato salad
- ❖ Smoked pork tenderloin
- ❖ Grilled trout, vegetable fricassée with arugula and pesto
- ❖ Maple roasted sweet potatoes
- ❖ VEGETARIAN - Gnocchi "poutine" Canadian Cheese curds, vegetarian demi glace
- ❖ Apple crumble bars



Thursday Buffet Lunch – Italian

- ❖ Minestrone with orzo pasta
- ❖ Antipasti Platter
- ❖ Caprese salad
- ❖ Italian chopped salad
- ❖ Seafood risotto
- ❖ Pork scaloppini, garden tomato ragoût
- ❖ VEGETARIAN- Tri-colored Fusili , garden tomato sauce
- ❖ Rosemary and parmesan roasted potatoes
- ❖ Orange olive oil cake

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
- ❖ Chicken ballantine
- ❖ 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 \$32 per person for additional guests