



## THEMED DAILY LUNCH BUFFET

Themed Lunch buffets are served weekdays, Monday to Friday in the Headwaters Dining Room.

Please contact 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 cream Tarts

### Tuesday Buffet Lunch – French

- ❖ Garden vegetable and pistou soup
- ❖ Salad niçoise
- ❖ Spinach, grape & feta salad with red wine shallot vinaigrette
- ❖ Green bean salad, toasted almonds, goat cheese, honey Dijon vinaigrette
- ❖ Beef bourguignon
- ❖ Seafood bouillabaisse
- ❖ Roast potato gratin
- ❖ VEGETARIAN – Daily plated vegetarian main course option for vegetarians
- ❖ Mini profiteroles

### Wednesday Buffet Lunch – Canadian

- ❖ Sweet potato and maple purée
- ❖ Traditional caesar salad  
*Aged parmesan, zesty Garlic dressing.*
- ❖ Broccoli, apple and smoked cheddar salad, creamy cider vinaigrette
- ❖ Baby spinach, strawberry & goat cheese salad, balsamic vinaigrette
- ❖ Roasted pork tenderloin
- ❖ Grilled salmon, tomato onion vierge
- ❖ Baked potatoes, traditional garnish
- ❖ VEGETARIAN - Daily plated vegetarian main course option for vegetarians
- ❖ Apple bars with caramel crumble



### Thursday Buffet Lunch – Mediterranean

- ❖ Greek bean soup
- ❖ Orzo pasta salad with tomato, red onion, artichoke, scallion, Cucumber, roasted garlic and dill creamy dressing
- ❖ Couscous salad, roasted peppers, citrus, watercress, scallions and feta cheese
- ❖ Mixed grill paella with assorted seafood, fish and meats
- ❖ Grilled chicken, kalamata olives, red onion, tomato
- ❖ Greek Style roasted potatoes
- ❖ VEGETARIAN - Daily plated vegetarian main course option for vegetarians
- ❖ Almond cookies with jam

### Friday 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 cream Tarts

*Coffee and Tea Service included*

*Buffet Lunch will be served in the Headwaters Dining Room only*

*For groups Saturday and/ or Sunday, please contact the Conference Services Manager for weekend buffet selection.*

Included in package or \$32 per person for additional guests