



# Breakfast Sample Menu

## **Assorted Juices**

Orange, Cranberry, Apple

## **Fresh, Compotes & Stewed Fruits**

Sliced & Whole Fruits, Fruit Salad, Stewed Fruits & Compotes

## **Yogurt**

Plain, Low-Fat, & Fruit Yogurts

## **Cold Cuts, Assorted Cheese, Smoked & Cured Fish \***

Cold Cuts, Cheese, Smoked Salmon

## **Daily Specials**

Honey Glazed Ham & Cheese Quiche

Griddle Hot Cakes

Maple Syrup, Blueberries

## **From Hot Buffet \***

Applewood Smoked Bacon, Link Sausage, Scrambled Eggs

Hash Brown, Grilled Tomatoes, Baked Beans

Oatmeal with Assorted Condiments

Vegan Sausage & Bacon (available upon request)

## **Omelette & Egg Station \***

Plain, Ham, Mushroom, Cheddar Cheese, Capsicum Tomatoes,  
Spinach or Smoked Salmon

Prepared with Whole Egg, Cholesterol-Free Egg Substitute, or Egg Whites

Vegan Sausage & Bacon available on Request



VT – Vegetarian | VG – Vegan | GF – Gluten Free | DF – Dairy Free

\*Consuming raw undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness



# Breakfast Sample Menu

## **Assorted Juices**

Orange, Cranberry, Apple

## **Fresh, Compotes & Stewed Fruits**

Sliced & Whole Fruits, Fruit Salad, Stewed Fruits & Compotes

## **Yogurt**

Plain, Low-Fat, & Fruit Yogurts

## **Cold Cuts, Assorted Cheese, Smoked & Cured Fish \***

Cold Cuts, Cheese, Smoked Salmon

## **Daily Specials**

Breakfast Burrito

Scrambled Eggs, Diced Ham, Cilantro, Baked Beans,  
Jalapeno, Tomatoes, Cheddar Cheese

Swedish Pancakes

## **From Hot Buffet \***

Applewood Smoked Bacon, Baked Beans, Scrambled Eggs  
Country Sausage Patties, O'Brien Potatoes, Sautéed Mushrooms  
Oatmeal with Assorted Condiments  
Vegan Sausage & Bacon (available upon request)

## **Omelette & Egg Station \***

Plain, Ham, Mushroom, Cheddar Cheese, Capsicum Tomatoes,  
Spinach or Smoked Salmon  
Prepared with Whole Egg, Cholesterol-Free Egg Substitute, or Egg Whites  
Vegan Sausage & Bacon available on Request



VT – Vegetarian | VG – Vegan | GF – Gluten Free | DF – Dairy Free

\*Consuming raw undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness



# Lunch Sample Menu

## Starter

**Pasta e Fagioli Soup** with Pancetta and Cannellini Beans GF

**Tuna & Celery Mayo Salad** GF, DF

**Quinoa Salad** with Mint, Onion, Tomatoes, Zucchini, Peppers, Olive Oil, and Lemon GF, VT

**Selected Garden Greens** with Choice of Dressings GF, VT

**International Cold Cuts & Local Cheese** with Assorted Crackers,  
Thompson Grapes, Dried Fruit & Nuts

## Main Courses

### *Carving Station*

**Smoked Roasted Turkey Breast** with Sage, Celery & Onion Stuffing and Giblet Gravy \*

**Chicken Cordon Blue** with Honey Ham & Swiss Cheese

**Grilled Haddock Duglere** with Tomato, Chives & Herb Emulsion GF

**Penne Arabiata** with Olive Oil, Garlic, Basil, Chili Flakes, and Parmesan VT

**Punjabi Aloo Tikki** with Coriander, Mango Chutney, and Garlic Naan VT

### *Always Available*

**Black Angus Beef or Plant Based Burger** served with French Fries \*

**New York Foot Long Hot Dog** served with French Fries

## Side Dishes

Sauteed Potatoes • Herbs Cous Cous • Vegetable Medley • Steamed Broccoli

## Sweet Temptations

Chocolate Éclairs • Maple Pecan Pie • Ice Cream & Sorbet



VT – Vegetarian | VG – Vegan | GF – Gluten Free | DF – Dairy Free

\*Consuming raw undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness



# Lunch Sample Menu

## Starter

**Thai Chicken and Coconut Soup** with Cellophane Noodles, Shitake, Cilantro, Chili, Spinach, and Coconut Milk GF

**Spicy Seafood Salad** with Shrimp, Mussels, Surimi, Sriracha, Chilli Sauce, Peppers, Onion, and Avocado GF, DF

**Caprese Salad** with Beef Steak Tomatoes, Mozzarella, Balsamic, and Basil Oil GF, VT

**Selected Garden Greens** with Choice of Dressings GF, VT

**International Cold Cuts & Local Cheese** with Assorted Crackers, Thompson Grapes, Dried Fruit & Nuts

## Main Courses

### *Carving Station*

**Pizza** with Gluten Free Pepperoni

**Pizza** with Gluten Free Vegetable

**Navarin of New Zealand Lamb** with Celery, Onion, Garlic, Carrots, and New Potatoes

**Grilled Cobia** with Garlic Herb Butter

**Bucatini al Tono** with Tuna, Tomatoes, Onion, and Olives VT

**Baked Portobello Mushrooms** with Pasta Pomodoro, and Mozzarella VT

### *Always Available*

**Black Angus Beef or Plant Based Burger** served with French Fries \*

**New York Foot Long Hot Dog** served with French Fries

## Side Dishes

Cottage Fries • Stir Fried Rice • Vegetable Medley • Red Beets

## Sweet Temptations

Alsation Apple Tart • Tropical Fruit Cocktail with Vanilla Sabayon • Ice Cream & Sorbet



VT – Vegetarian | VG – Vegan | GF – Gluten Free | DF – Dairy Free

\*Consuming raw undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness



# Dinner Sample Menu

## Starters

**Oxtail Bouillon** with Carrots, Celery, and Amontillado Sherry GF, DF

**Boston Claim Chowder** with Celery, Potatoes, Thyme, White Wine & Cream GF

**Cobb Salad** with Iceberg, Lettuce, Avocado, Tomato, Blue Cheese, Bacon, Eggs, and French Dressing GF

**Selected Garden Greens** with Choice of Dressings GF, VT

## Main Courses

**Barolo Braised Lamb Shank** with Roasted Garlic Mashed Potatoes, Macedoine of Vegetables, and Barolo Pan Jus

**Pan Seared Day Boat Scallops Provenca** with Shallots, Garlic, Tomato, Creamy Spinach, White Wine, and Crispy Leek \*GF

**Linguini alla Norma** with Eggplant, Garlic, Tomatoes, Ricotta, and Salata GF, VT

**Oven Baked Cabbage Steak** with Garlic, Olive Crushed Potatoes, and Carrot Balonette GF, VT, VG

## Always Available

Caesar Salad • Baked Potatoes • New York Sirloin Steak\* • Steamed Vegetables  
Grilled Chicken Breast\* • Grilled Vegetables • Broiled Atlantic Salmon \*  
Steamed Rice • French Fries • Parmesan Fries

## Desserts

Chocolate Fondant and Vanilla Ice Cream • Ginger Crème Brûlée • Seasonal Sliced Fruit  
Ice Cream & Sorbet • International Cheese Selection

## Beverages

### Cordials & Liquors

Bailey's .....	\$7.50	Pernod .....	\$7.50
Cointreau .....	\$9.00	Limoncello .....	\$7.50
Grand Marnier .....	\$9.00	Jägermeister .....	\$7.50

### Ports & Sherries

Sandeman Tawny 20 yrs.....	\$9.00	Harvey's Bristol Cream .....	\$7.00
----------------------------	--------	------------------------------	--------

### Specialty Coffees

<b>Café Romano</b> with Amaretto di Saronno Liqueur .....	\$9.00
<b>Irish Coffee</b> with Jameson Irish Whiskey .....	\$9.00
<b>Eremita</b> with Francelico Liqueur .....	\$9.00
<b>Monte Cristo</b> with Grand Manier & Kahlua.....	\$9.00



VT – Vegetarian | VG – Vegan | GF – Gluten Free | DF – Dairy Free

\*Consuming raw undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness



# Dinner Sample Menu

## Starters

**Vegetables Minestrone** with Carrots, Potatoes, Cannellini Beans, Leek, Celery, Tomatoes, and Spinach GF, VT

**Broccoli & Cheddar Soup** GF, VT

**Anti Pasti Salad** with Romaine, Peppers, Artichoke Hearts, White Beans, Kalamata Olive, and Mustard Vinaigrette GF, VT

**Selected Garden Greens** with Choice of Dressings GF, VT

## Main Courses

**Roasted Cornish Game Hen** with Fondant Potato, Shallot Confit, Asparagus, Baby Carrots, and Natural Jus Line GF\*

**Grilled Sable Caponata** with Eggplant, Raisin, Olives, Capers, Broccoli Timbale, and Cilantro Rice GF

**Fettuccini Fruiti di Mare** with Shrimps, Mussels, Scallops, Calamari, Mushrooms, Fennel, Garlic, and Cream \*

**Vegetable Biryani** with Poppadum's and Mango Chutney VT, VG

## Always Available

Caesar Salad • Baked Potatoes • New York Sirloin Steak\* • Steamed Vegetables  
Grilled Chicken Breast\* • Grilled Vegetables • Broiled Atlantic Salmon \*  
Steamed Rice • French Fries • Parmesan Fries

## Desserts

Crème Catalan • Strawberry Short Cake • Seasonal Sliced Fruit  
Ice Cream & Sorbet • International Cheese Selection

## Beverages

### Cordials & Liquors

Bailey's .....	\$7.50	Pernod .....	\$7.50
Cointreau .....	\$9.00	Limoncello .....	\$7.50
Grand Marnier .....	\$9.00	Jägermeister .....	\$7.50

### Ports & Sherries

Sandeman Tawny 20 yrs.....	\$9.00	Harvey's Bristol Cream .....	\$7.00
----------------------------	--------	------------------------------	--------

### Specialty Coffees

<b>Café Romano</b> with Amaretto di Saronno Liqueur .....	\$9.00
<b>Irish Coffee</b> with Jameson Irish Whiskey .....	\$9.00
<b>Eremita</b> with Francelico Liqueur .....	\$9.00
<b>Monte Cristo</b> with Grand Manier & Kahlua.....	\$9.00



VT – Vegetarian | VG – Vegan | GF – Gluten Free | DF – Dairy Free

\*Consuming raw undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness