



BREAKFAST

BREAKFAST MENU Á LA CARTE BREAKFAST

BREAKS & CAKES

TAKE A BREAK Á LA CARTE

Healthy Snacks

Nibbles

Party Cakes

PLATTERS

A REFRESHING VARIETY

LUNCH

LUNCH SELECTIONS

Make It Soup'er

Sandwich Selections

BOXED LUNCHES

FRESH MADE PIZZA

HOT LUNCH BUFFETS

COLD PLATE LUNCHEONS

BBQ PACKAGES

SALADS

DINNER

DINNER BUFFETS

Appetizers

Main Entrées

Secondary Entrées

BEVERAGES

HOT DRINKS
COLD DRINKS

SPECIAL

VEGAN

GLUTEN-FREE

LOW-CARB

INDIGENOUS

SUSTAINABLE

PREMIUM

BRUNCH LUNCH

LUNCH/DINNER

BBQ

PLATTERS

BUTCHER'S BLOCK

STATIONS

PREMIUM DESSERTS

NOTE:

Unless otherwise specified, all items have a **10 person** minimum order requirement.





MORNING MEDLEYS

CONTINENTAL BREAKFAST 12

Select One (1):

- Apple Crisp
 Cinnamon Roasted Apples, Parfait
- Greek Yogurt Berry Parfait
- Blueberry & Honey Overnight Oats Parfait
- Salted Caramel Cheesecake Parfait Select One (1):
- Freshly Baked Muffin
- Butter Croissant

Served With Butter & Fruit Preserves Select One (1):

- Fruit Skewer
- Sliced Cheddar Cheese

BISCUITS AND WRAPS 11

*Our Delicious Breakfast Biscuits And Wraps Are Individually Wrapped And Served Warm

Choice Of:

- Chorizo Breakfast Wrap

 Egg, Chorizo Sausage, Potato, Caramelized

 Onion, Feta, Cheddar, Flour Tortilla
- Sweet Potato Breakfast Wrap
 Egg, Sweet Potato, Caramelized Onion, Roasted
 Red Pepper, Spinach, Whole Grain Tortilla
- BLT Bagel
 Bacon, Lettuce, Tomato, Mayo, Bagel
- Sausage & Egg Biscuit

 Breakfast Sausage, Scrambled Egg,

 Cheddar, Biscuit

 Served With A Fresh Fruit Salad

CANADIAN BREAKFAST 13

Scrambled Eggs Select One (1):

- French Toast
- Pancakes

Both come with Canadian Maple Syrup

- Select One (1):
- Grilled Ham
- Crispy Bacon

Farmer's Sausage
 Country Style Home Fries

Fresh Baked Muffins

Fruit Salad

LOX & BAGEL 14

Fresh Bagels Cream Cheese Smoked Salmon Tomato, Onion & Capers Fresh Seasonal Sliced Fresh Baked Mini Muffins Fruit



OATMEAL & OVERNIGHT OATS

*Includes coffee and whole fruit

OVERNIGHT OATS 5

MAPLE BACON OATMEAL 5

Steel Cut Oats, Bacon, Maple Syrup

VEG TRAIL MIX OATMEAL 5

Steel Cut Oats, Raisins, Dried Cranberries, Pumpkin Seeds, Sunflower Seeds, Granola COCONUT CARROT CAKE
OVERNIGHT OATS 5

Carrot, Coconut, Maple Syrup, Oatmeal

BANANA BREAD OVERNIGHT OATS 5

Bananas, Greek Yogurt, Cinnamon, Oatmeal

FRESHLY BAKED

Á LA CARTE BAKED GOODS 3

Danish (Assortment)
Full Size Muffins (Assortment)

Vegan Full Size Muffins (Assortment)
 Loaves (Assortment)
 Homemade Granola Bars
 House Made Cinnamon Rolls

VEG Oatcakes

V VEGAN VEG VEGETARIAN GF GLUTEN-FREE IN INDIGENOUS LC LOW-CARB



TAKE A BREAK

VEG REJUVENATOR 8

Fresh Fruit and Brownie Kabobs
Fresh Made Oatcakes
Pitchers of Juice and Water
Fair Trade Coffee and Tea Service

V FIELD AND ORCHARD 8

Fresh Fruit Kabobs
Fruit Salsa with Cinnamon Chips
Fruit Danish
Pitchers of Water
Fair Trade Coffee and Tea Service

VEG ENERGIZER 8

Fresh Fruit Tray Individual Yogurt Gourmet Cookies Pitchers of Water Fair Trade Coffee and Tea Service

VEG FARMERS BAKERY 8

Maple Blueberry Scones
Spiced Ginger Apple Cake
Oatmeal Cranberry Cookies
Pitchers of Water
Fair Trade Coffee and Tea Service

VEG NIBBLES BREAK 10.5

Fruit and Cheese Kabobs Plain Potato Chips Dried Fruit and Nut Mix Assorted Chocolate Bars Individual Pop, Juice, or Bottled Water

VEG DOLCE ITALIA 10

Almond Shortbread Mini Biscotti Fruit Skewers Bruléed Mini Coffee Cream Tartlets Pitchers of Water Fair Trade Coffee and Tea Service

VEG COMMUNITY GARDEN 9

Fresh Salsa and Guacamole with Tortilla Chips Fresh Vegetable Platter Spinach and Red Pepper Dips with Pita Points Pitchers of Water

VEG SHOCK-O-LATE CHOCOLATE 10

Chocolate Brownies
Assorted Chocolate Cookies Mud Pies
Chocolate Dipped Strawberries
Pitchers of Water
Fair Trade Coffee and Tea Service

FOR THE CUP OF IT 9

Build Your Own Cupcake:

- · Assorted Cupcakes
- Two styles of lcing
- Mixed Toppings
- Fresh Fruit Salad

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Pitchers of Water

Fair Trade Coffee and Tea Service

VEG DIP IT... DIP IT GOOD 10

Assorted Vegetable Sticks and Slices
Mixture of Dipping Sauces
Fresh Fruit Slices
Cake Cubes
Chocolate Dip and Cream Cheese Yogurt Dip
Bottled Water and Assorted Juices



VEG HEALTHY SNACKS

FRUIT AND YOGURT PARFAITS 3 FRUIT KABOBS 4

INDIVIDUAL YOGURT 4 FRESH FRUIT SALAD 3.5

HOMEMADE GRANOLA BARS 3 WHOLE FRUIT 1.5

TRAIL MIX 4.5 PLAIN OATCAKES 3

FRUIT SALSA W/ CINNAMON CHIPS 4.5 CHOCOLATE DIPPED OATCAKES 3.5

VEG NIBBLES

INDIVIDUAL BAGS OF ASSORTED CHIPS 2

INDIVIDUAL BAGS OF PRETZELS 2

INDIVIDUAL PACKAGES OF ASSORTED NUTS 4.5

RICE KRISPIE SQUARE 2

PARTY CAKES

* Your choice of vanilla, chocolate, or marble cake with vanilla, chocolate, or cream cheese icing.

CAKE FOR 25 PERSONS 55 ADD CREAM CHEESE ICING PRICES VARY

CAKE FOR 50 PERSONS 85 CUSTOM LOGO ON CAKE PRICES VARY

CAKE FOR 100 PERSONS 155



^{*} Please submit any writing wanted on your cake at the time of ordering.

SIDE SALADS

FRESH SELECTION OF SALADS 18

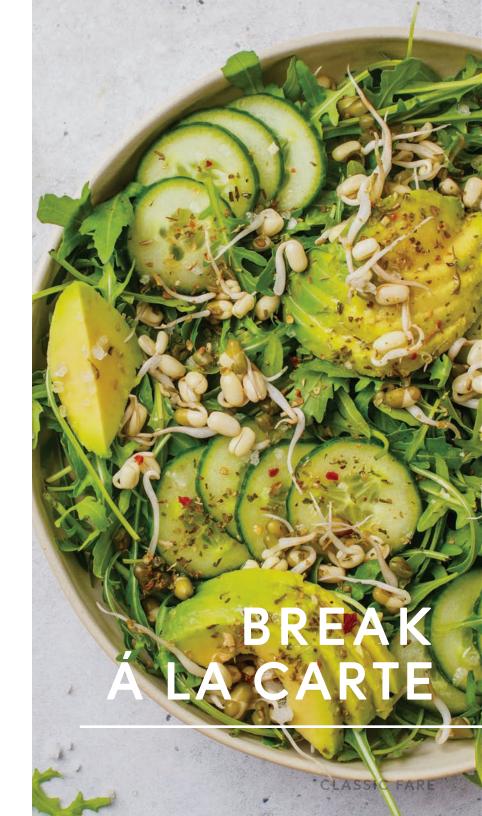
- Coleslaw
- · Potato Salad
- · Pasta Primavera Salad
- Fresh and Healthy
 Mediterranean Green Salad
- Garden Salad
- · Caesar Salad
- · Traditional Spinach Salad
- · Greek Salad
- Spinach Salad with Feta and Strawberries

Make your side salad a meal! Add Chicken, Salmon, Tofu, or Beef.



UTM Farms

We use UTM produce whenever possible!







A REFRESHING VARIETY

VEG MARKET VEGETABLE PLATTER 50 SERVES: 10

Assorted fresh vegetables served with hummus

√ FRESH FRUIT PLATTER 50 SERVES: 10

Seasonal fresh fruit garnished with berries

V HUMMUS & PITA 30 SERVES: 10

House made hummus served with fresh pita points

VEG SPINACH AND ROASTED RED PEPPER DIPS 30 SERVES: 10

House made dips served with pita points, tortilla chips and specialty crackers

V VEGAN MEZZA PLATTER 50 SERVES: 10

Roasted red pepper & bean dip, hummus, black bean dip, toasted pita points, celery and carrots, with roasted chickpeas and olives

VEG GOURMET CHEESE PLATTER 75 SERVES: 10

A selection of domestic and imported cheeses, garnished with fresh fruit, and served with assorted crackers

VEG CHEESE BALL 50 SERVES: 10

A delectable cheese ball prepared in house, featuring a winning combination of local Ontario cheddar, parmesan and herbed cream cheese, rolled in nuts

VEG ANTIPASTO PLATTER 90 SERVES: 20

Grilled eggplant, grilled zucchini, grilled peppers, grilled onions, grilled mushrooms, roasted garlic, and feta cheese, served with hummus and pita points



A REFRESHING VARIETY

LC ANTIPASTI PLATTER 150 SERVES: 20

Sliced prosciutto, sliced Genoa salami, sliced Calabrese salami, gherkins, Kalamata olives, grainy mustard, and house made crostini

VEG COLD SEAFOOD PLATTER 130 SERVES: 20

A wonderful selection of seafood based on market availability

LC CHARCUTERIE BOARD 210 SERVES: 20

An assortment of cured meats, pates, and pickled vegetables with toast baguette and house made condiments

VEG SAVOURY SMOKED SALMON AND HERBED CHEESECAKE 75 SERVES: 15

A take on the classic cheeseball. Cheesecake made with smoked salmon, shaved pickled red onion, capers, and sour cream. Served with crackers and crostini

OPEN FACED SANDWICH PLATTER 75 SERVES: 15

A beautiful arrangement of open faced sandwiches served on classic baguette. Fillings include a mixture of the following

- Herbed Goat Cheese with Roasted Vegetables
- Smoked Chicken Breast with Orange Basil Mayonnaise
- Shaved Roast Beef with Sautéed Mushrooms and Onions, topped with Provolone
- Smoked Salmon with Sweet Onion Cream Cheese
- Prosciutto with Sautéed Spiced
 Pears and Brie





MAKE IT SOUP'ER

SOUP OF THE DAY 4

Served with crackers

MEAT CHILI 5

Served with fresh rolls

VEG VEGETARIAN CHILI 5

Served with fresh rolls

SEAFOOD CHOWDER 5

Served with fresh rolls

SANDWICH SELECTIONS

TRADITIONAL WEDGE SANDWICH PLATTER 4.5

A selection of traditional wedge sandwiches on white & whole wheat bread

- Egg Salad
- Tuna Salad
- Sliced Turkey
- · Veggie and Hummus

CLASSIC-STYLE SANDWICHES 7.5

Served on a selection of bread or baguette with choice of 4 fillings

WRAPS OR PREMIUM SANDWICHES 7.5

Served on a selection of ciabatta buns, pretzel buns, wraps and baguette with choice of 4 fillings

CLASSIC, WRAPS AND PREMIUM SANDWICH FILLING CHOICES:

CLASSIC FILLINGS

- Mediterranean Grilled Chicken Pesto Mayonnaise
- Turkey with Cranberry Compote
- Black Forest Ham with Horseradish Mayonnaise
- Roast Beef with Stone Ground Mustard Mayonnaise
- Grilled Chicken Caesar
- * = Wrap option only

VEGAN & VEGETARIAN FILLINGS

- Red Pepper and Feta Spread with Grilled Vegetables
- Hummus and Fresh Vegetables
- Roasted Sweet Potato and Hummus
- · Tofu Banh Mi Ciabatta
- · Chickpea and Couscou*
- · Falafel with Hummus and Vegetables*
- Southwest Quinoa*



BOXED LUNCHES

REGULAR BOXED LUNCHES 13

Sandwich on Ciabatta Select One (1):

- Tuna
- Egg Salad
- Roast Beef Roast Turkey
- Vegetarian

Comes With: Regular Potato Chips Piece of Whole Fruit 2 Freshly Baked Cookies Juice or Pop

PREMIUM BOXED LUNCHES 16

Sandwich on Pretzel Bun or Wrap Select One (1):

- Mediterranean Grilled Chicken with Pesto Mayonnaise
- Turkey with Cranberry Compote
- Hummus with Fresh Vegetables
- Roasted Vegetables with Red Pepper and Feta Spread
- Roast Beef with Stone Ground Mustard Mayonnaise

Comes With:
Small Chef's Choice Salad
Regular Potato Chips
Piece of Whole Fruit
2 Freshly Baked Cookies
Juice, Pop, or Bottled Water

FRESH MADE PIZZA

* 16" Pizza made fresh and cut into 8 slices. Personal sized no gluten pizza available

CLASSIC FLAVOURS 18

- Cheese
- Pepperoni Vegetarian
- Deluxe
- · Hawaiian Mediterranean

PREMIUM FLAVOURS 20

- Lotza Meatza
- BBO Chicken
- · Spinach & Ricotta
- Donair Style

PIZZA LUNCHEON 9

20 PERSON MINIMUM

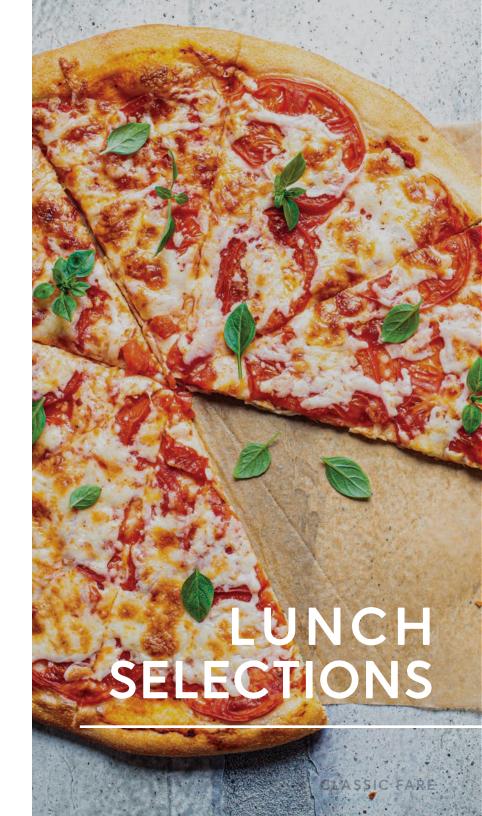
Build Your Own Caesar Salad

Gourmet Cookies

Whole Fresh Fruit

Assorted Individual Juice

Soda Water Service



HOT LUNCH BUFFETS

MEXICAN STYLE LUNCH 15

Chicken Fajitas

Seasoned Chicken, Sauteed Peppers and Onion, Soft Shell Tacos

Mexican Style Rice

Black Bean Salad

Chocolate Eclairs

ASIAN STYLE LUNCH 15

Select One (1):

- Sweet and Sour Chicken Stir Fry
- · Orange Ginger Pork Stir Fry
- Teriyaki Beef Stir Fry
- Vegetable Stir Fry

Vegetable Spring Rolls with Plum Sauce

Asian Mixed Green Salad

Vegetable Stir Fried Rice

Pineapple Coconut Squares

ITALIAN STYLE LUNCH 15

Select One (1):

- Beef Lasagna
- Vegetarian Lasagna
- · Spinach and Cheese Cannelloni

Classic Caesar Salad

Garlic Bread

Tiramisu Trifle

V VEGAN

INDIAN STYLE LUNCH 15.5

Warmed Flatbread with Raita Sauce

Butter Chicken

Steamed Basmati Rice

Vegetable Chickpea Curry

Market Green Salad

Coconut Cake

MEDITERRANEAN STYLE LUNCH 15.5

Select One (1):

- · Chicken Souvlaki with Tzatziki Sauce
- Pork Souvlaki with Tzatziki Sauce
- Falafel with Pita with Tzatziki Sauce

Greek Salad

Fatoush Salad

Antipasto Platter

Baklava

Fresh Fruit Salad

We can help you create the perfect menu to match your themed event.

Call us today to discuss!



COLD-PLATE LUNCHEONS



VEG VEGETARIAN COLD-PLATE 14

Village Style Greek Salad Tabbouleh Salad Marinated Grilled Vegetables Vegetarian Kibbeh Water Service Fair Trade Coffee and Tea Service

LC CHICKEN BREAST COLD-PLATE 15.5

Tender Sliced Herbed Chicken Breast Fresh Greens Sliced Brie Cheese Seasonal Sliced Fruit Spiced Pecans Water Service

LC SLICED BEEF COLD-PLATE 13

Tender Slices of Peppered Beef Pasta Primavera or Cauliflower Salad Spinach Salad topped with Mandarins, Strawberries, Almonds and Cheddar Cheese Water Service Fair Trade Coffee and Tea Service

LC SALMON COLD-PLATE 17

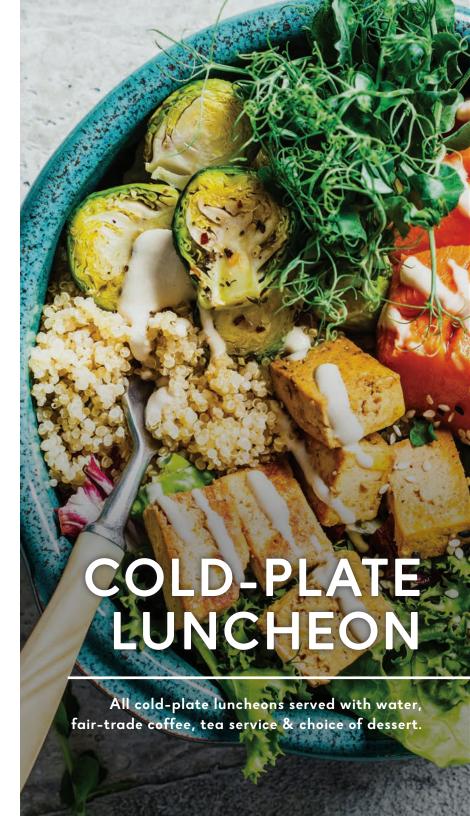
Herbed Baked Atlantic Salmon with Pickled Cucumber Mixed Green Salad with Herbed Goat Cheese Quinoa Salad Water Service Fair Trade Coffee and Tea Service



DESSERT CHOICES:

Naturally Sweetened with UTM Honey!

- New York Style Cheesecake
- Carrot Cake
- Fruit Flan



BBQ PACKAGES

PATIO BBQ 15

Hamburgers and Jumbo Hot Dogs
Lettuce, Sliced Tomato, Sliced Cheese, Mayo,
Pickles, Ketchup, Mustard, Relish
Classic Potato Salad
Classic Coleslaw
Traditional Tossed Salad
Assorted Dessert Squares
Sliced Fresh Watermelon
Iced Tea or Fruit Punch
Water Service

TAIL GATE BBQ 19

Spolumbo Sausage
Lettuce, Sliced Tomato, Sliced Cheese,
Mayo, Pickles
BBQ Chicken
Market Green Salad
Creamy Potato Salad
Assorted Squares
Fresh Vegetable Tray with Dip
Sliced Seasonal Fruit
Iced Tea or Fruit Punch
Water Service

WELLNESS BBQ 22

Lettuce, Sliced Tomato, Sliced Cheese,
Mayo, Pickles

*Vegetarian Burger Option Also Available
Mixed Greens Salad
Quinoa Salad with Fresh Vegetables
and Lime Dressing
Roasted Herb Potatoes
Fresh Sliced Watermelon
Build Your Own Greek Yogurt Parfait
Iced Tea
Water Service
Fair Trade Coffee Service

Grilled Chicken Breast with Whole Wheat Bun



DELUXE BBQ MENU

DELUXE 25

Red Bliss Potato Salad

Charred Onion and Whole Grain Mustard

Coleslaw

Hamburgers

Roasted Vegetable Platter

Garlic Confit and EVOO

Macaroni and Cheese

Hamburgers and Cheeseburgers

Corn on the Cob

Roasted Portobello Caps

Rosemary and Balsamic Vinegar

BBQ Marinated Grilled Chicken Breast

Corn on the Cob

Watermelon Wedges

Brownies

WINGS UP!

Wings (1/2 Pound)

Select One (1):

- Grade A Breaded
- Gluten-Free Non-Breaded

Fried to perfection then tossed in our signature sauces!

Select One (1):

- Mild
- Medium
- Salt and Pepper
- UTM Honey Garlic
- Hot UTM Honey Garlic



Served with:

Potato Salad

Coleslaw

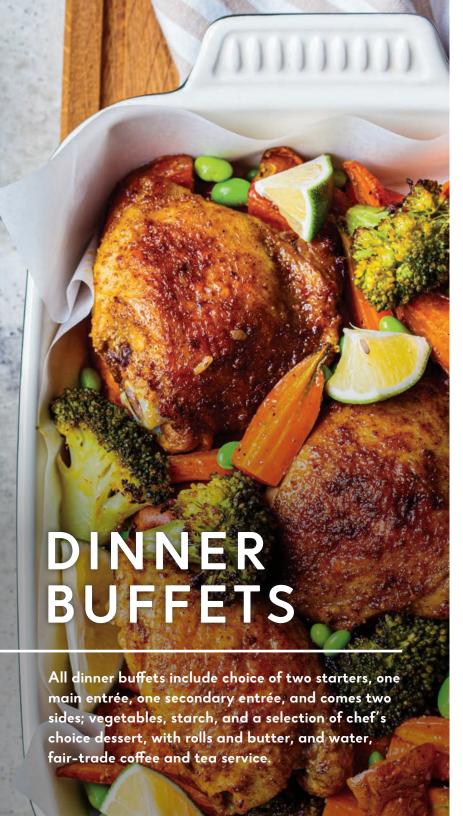
Assorted Soft Drinks and Bottled Water

Turn your BBQ into a Carnival themed event!

Contact your catering manager today.







BUILD YOUR DINNER BUFFET PACKAGE 25

APPETIZERS

Select Two (2):

- Thai Coconut Curry Soup
- Roasted Squash and Parsnip Soup with Chives
- · Traditional Caesar Salad

- · Spinach Salad with Pears and Walnuts
- Market Greens Salad
- Quinoa Salad with Fresh Lime Dressing Creamy Style Potato Salad
- · Creamy Pasta Primavera Salad

MAIN ENTRÉES

Select One (1):

- LC . Succulent Roast Beef
 Served with Au Jus
- LC . Roast Turkey
 Served with Apple and Pear Stuffing
- C Seared Salmon
 Served with Lemon Dill Sauce

- Herb Crusted Pork Tenderloin
 Served with Mango Salsa and Pork Reduction
- LC . Chicken Breast
- .c . Parmesan Crusted Haddock

SECONDARY ENTRÉES

Select One (1):

- VEG Vegetarian Lasagna
 Served with Garlic Parmesan Bread
 - Moraccan Stew
 Served with Rice
 - Spinach and Cheese Cannelloni
 - Chicken Fettucine Alfredo
 - Eggplant Parmesan



HOT DRINKS

FAIR TRADE COFFEE AND TEA 2
Regular and Decaf Coffee

HOT TEA 1.5 Regular and Herbal Tea

HOT CHOCOLATE 2

INFUSED WATER OPTIONS 3

- Basil Strawberry
- · Blueberry Lemon
- Mint
- UTM Honey
- Bright Citrus



COLD DRINKS

SODA 2

JUICE 2

BOTTLED WATER 2.5

PITCHERS OF JUICE 9

NON ALCOHOLIC PUNCH 12

PITCHERS OF ICE WATER 7

*Water service ordered without catering order is subject to minimum catering charges

NEED MORE CAFFEINE?

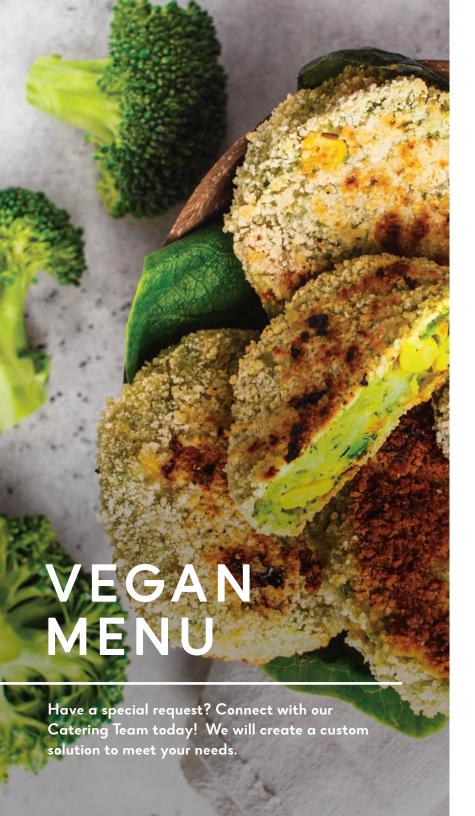
Looking for an elevated coffee station at your next all day meeting?

We also offer a Cold Brew, Nitro Coffee station with a variety

of flavour shots and non-dairy milks.







VEGAN

SWEET POTATO CHICKPEA OATMEAL BOWL 13

Topped with turmeric roasted chickpeas, sautéed baby spinach and roasted sweet potato

Black Bean Brownie

Feel good about this sweet treat made with black beans, oats, cocoa and maple syrup

SWEET POTATO TOFU GRAIN BOWL 13

Seven grain rice topped with southwest tofu, spinach, roasted sweet potatoes, black beans and lemon tahini dressing

Chocolate Beet Cake

LEMON TAHINI FALAFEL BOWL 13

Couscous topped with baked falafels, roasted ginger carrots and cauliflower, kale, spinach, red cabbage and lemon tahini dressing

Chocolate Aquafaba Mousse

This decadent chocolate mousse is made with aquafaba and chocolate chips

CHANA MASALA RICE BOWL 13

Basmati rice topped with chickpeas simmered in a garam masala, turmeric and pepper spiced tomato sauce

Chickpea Blondie

This better blondie is made with chickpeas, oats, apple sauce, maple syrup and chocolate chips

VEGAN Á LA CARTE 3

- Root Veggie Fries
- · Ginger Quinoa Pilaf
- · Vindaloo Cauliflower
- · Dukkah Sweet Potato
- Brussels Sprout Kimchi
- Collard Greens Slaw
- Spicy Tahini Power Greens
- Pita Crisps
- Crispy Chickpeas
- Beet Hummus
- Beet Ketchup
- Miso Mustard

VEGAN DESSERT OF THE MONTH!

Halo Chip Cookie 4

This delicious oatmeal chocolate chip cookie counts red lentils amongst the many reasons it sets itself apart from the rest

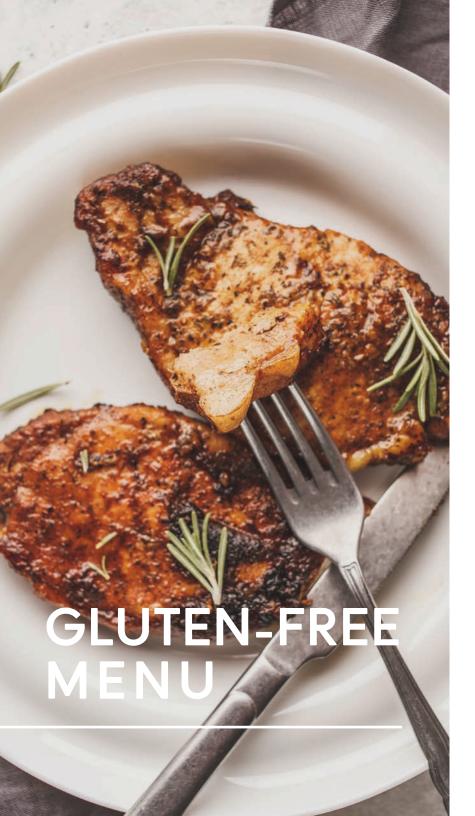


UTM Farms

We use UTM produce whenever possible!

V VEGAN VEG VEGETARIAN GF GLUTEN-FREE IN INDIGENOUS LC LOW-CARB





NO GLUTEN MEALS

MARRAKESH VEGETABLE STEW 14

Basmati Rice Chocolate Beet Cake Choice of Beverage

BAKED CAJUN COD 14

Roasted Baked Potatoes and Onion Steamed Vegetables Gluten Free Brownies Choice of Beverage

GLUTEN FREE PASTA FISULLI 15

Steamed Broccoli Fresh Salad UTM Honey and Lemon Vinaigrette Chef Selection Gluten Free Dessert Choice of Beverage

ROASTED PORK LOIN WITH CRANBERRY GLAZE 14

Basmati Rice Chocolate Beet Cake Choice of Beverage

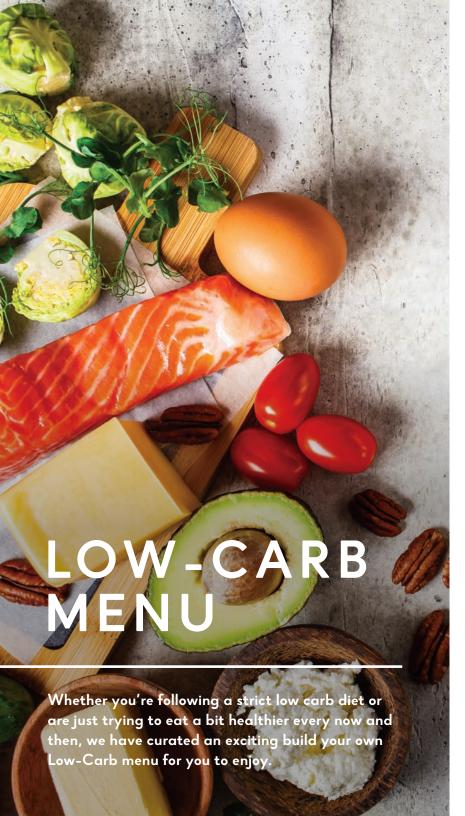
BBQ BEEF BRISKET 15

Grilled Zucchini Flowerless Chocolate Cake Choice of Beverage



Look out for new Gluten Free offerings Monthly!





LC LOW-CARB

BREAKFAST LETTUCE WRAPS 11

*Our Delicious Breakfast Biscuits And Wraps Low-Carb style

Select One (1):

- Chorizo Breakfast Wrap
 Egg, Chorizo Sausage, Potato, Caramelized
 Onion, Feta, Cheddar
- Sweet Potato Breakfast Wrap
 Egg, Sweet Potato, Caramelized Onion,
 Roasted Red Pepper, Spinach
- BLT Bagel
 Bacon, Lettuce, Tomato, Mayo
- Sausage & Egg Biscuit
 Breakfast Sausage, Scrambled Egg,
 Cheddar

Served With A Fresh Fruit Salad

MAINS 17

- Beef & Mushroom Meatloaf
 Sautéed Mushrooms, Bacon, Winter Cabbage
 Slaw, Chive & Horseradish Creme Fraiche
- Pan-Roasted Pork Tenderloin
 Charred Broccoli, Walnuts, Pancetta, Aged
 Cheddar, Dijon and Roasted Garlic Cream Sauce
- Moroccan Spiced Haddock
 Roasted Cauliflower Puree w/ Dill and Preserved
 Lemon, Olive Oil Almonds, Marinated Olives,
 Roasted Pepper, Harissa Aioli
- Mediterranean Baked Chicken
 Olive Oil, Lemon, Sumac, Thyme, Sautéed
 Cauliflower 'Rice' w/ Almonds, Scallions,
 Garlic & Olive Oil

Comes With: Soup Creole

Spiced Crème of Chicken & Celery, Smoked Paprika, Sassafras Chocolate Aquafaba Mousse

Choice of Hot and Cold Beverage

LITE FARE

BLACKENED CHICKEN AND AVOCADO SALAD 12

With An In House Made Olive Oil Vinaigrette



GRILLED SALMON GREEK SALAD 12

With Lemon Basil Dressing And UTM Honey Dressing

CAULIFLOWER TABBOULEH SALAD 12

With Sliced Beef



VEGAN VEG VEGETARIAN GF GLUTEN-FREE IN INDIGENOUS LC LOW-CARB





INDIGENOUS

BUILD YOUR OWN
INDIGENOUS MENU 35

STARTERS

Select One (1):

- Apple and Squash Soup
- Wild Rice and Berry Salad with Caramelized Shallot Dressing

MAIN

Select One (1):

- Blue and Mint Duck Breast
- · Griddled Maple Squash

SIDES

Select One (1):

- Layered Root Vegetable with Corn Milk and Herbs
- Fire Roasted Corn with Evergreen Salt

DESSERTS

Select One (1):

- Bannock with Cinnamon and Lavander Syrup
- Wild Rice Cookies
- · Amaranth and Cherry Cookies
- Sunflower Cookies

BEVERAGES

- · Maple and Evergreen Tea
- Water



INDIGENOUS

STARTERS 9

Three Sister's Soup

Traditional Three Sisters Soup made with Roasted Butternut Squash, Sweet corn and Green bean pureed with Vegetable Stock

Ojibway Corn Soup

White hominy corn, Heirloom beans, Rich Beef Bone Broth

Hunter's Stew

Slow braised Bison, with root vegetables

Sunchoke Soup

Slow Cooked Sunchokes, topped with dried Blueberries

Forest Mushroom Soup

Locally Foraged Mushrooms, and fresh aromatics of thyme, bay leaf and rosemary

MAIN 20

Wild Herb Crusted Rainbow Trout

Wild Herb crusted trout stuffed with aromatics of Carrot, Onion, ginger, and wild garlic

Venison Shank and Farro Risotto

Slow braised Venison Shank, slow cooked with farro and finished with sweet corn milk

Braised Bison and Corn Cakes

Braised Bison with cedar, juniper, and maple syrup on top of white and yellow corn cakes

Hunter's Stew with Smashed Squash

Selection of Venison, Bison and elk slow cooked with turnip, onion and carrots, served with Smashed Squash

SIDES 6

Dandelion and Flower Salad

Fresh Dandelion greens, fresh Berries garnished with edible flowers

Wild Rice and Strawberry Salad

Manitoulin Island Wild Rice, Strawberries, Fresh Local greens and a apple cider vinaigrette

Roasted Squash and Cranberry Salad

Butternut Squash Acorn Squash, Dried Cranberries and a Maple Dressing with Sumac

Fried Wild Rice Pilaf

Wild rice sautéed with fresh sweet corn, wild onions, wild ginger and garlic with birch syrup, Cranberries and Mushrooms





We want to help make your next event green and trouble free.

Through these menu offerings, our goal is to support a more sustainable food system - one that benefits our health, our communities and our environment. Here are some of the ways we work to develop sustainable and delicious menus:

LOCAL FOOD

Whenever possible, we will buy products from within a 100 KM radius, in an effort to support our local communities. Some local items will be subject to seasonal availability. If no option exists, we will make every effort to substitute the item(s) with a non-local organic product.

FAIR TRADE PRODUCTS

A third-party certification that guarantees that economic, social and environmental criteria were met in the production and trade of an agricultural product.

BREAKFAST

RISE AND SHINE CONTINENTAL 10

Assorted Organic Muffins, Scones and Fruit Breads Seasonal Fruit Salad Freshly Squeezed Orange Juice Fair Trade Coffee and Hot Water with Tea Bags

MORNING GLORY BUFFET 13

Free-Range Scrambled Eggs Hash Brown Potatoes from Local Growers Organic Bacon Fresh Fruit Tray Organic Yogurt Dipping Sauce

Á LA CARTE

SEASONAL FRUIT

& ORGANIC LOW-FAT YOGURT 10
LOCAL SEASONAL
VEGETABLE BREAKFAST PANINI 5
ORGANIC GRANOLA BARS 3
ORGANIC YOGURT 3

VEGAN VEG VEGETARIAN GF GLUTEN-FREE IN INDIGENOUS LC LOW-CARB



LUNCH

SIGNATURE SANDWICH BUFFET 17

* Includes your choice of 3 sandwiches, Tossed Organic Green Salad with Choice of Dressing, Choice of 2 Desserts, Fair Trade Coffee and Tea Service

Choice of Three Sandwiches:

- Brie, Apple and Spinach
 Brie with Local Organic Granny Smith Apples
 and Fresh Organic Baby Spinach on a French
- Tuna Salad with Apple MSc approved Tuna with Organic Red Peppers, Jalapeños and Cilantro, mixed with Garlic Lemon Juice and Tabasco Sauce, topped with Organic Lettuce in a Whole Wheat Pita
- Spinach and Artichoke Chicken
 Grilled Free-range Organic Chicken, topped
 with Organic Portabella, Avocado Spread, and
 sliced Organic Red Onion, served on Organic
 Whole Wheat Club Rolls
- Turkey and Balsamic Onion Quesadillas
 Organic Smoked Turkey with Balsamic-marinated Red Onions, with Local Cheddar
 Cheese, served on a Whole Wheat Tortilla
- Roasted Vegetable Sandwich
 Roasted Organic Bell Peppers, Eggplant,
 Garlic with Balsamic Vinegar, Basil, Oregano and White Wine on a bed of Arugula,
 on Organic Sourdough Bread

Choice of Two Desserts:

- Seasonal Fruit Salad
- Dark Chocolate Date Brownie
- Organic Strawberry Shortcake

FARMER'S BUFFET 19

Organic Greens Tossed with Tomatoes and Cheese Panzanella Salad Choice of Two Entrées:

- MSC Salmon with Organic Onion Marmalade and Potato Galette
- Free-Range Chicken Breast, Spring Tomato and Mushroom Ragout with Quinoa Pilaf
- Pesto Tofu and Roasted Tomato
 Casserole with Saffron Pinenut Risotto

Choice of One Dessert:

- Blueberry and Pomegranate
- · Chocolate Hazelnut

Organic Fair Trade Coffee Hot Water with Tea Bags Service



BOXED LUNCH

Our Boxed Lunches are available in reusable containers or alternatively in traditional compostable boxes.

We would like to say "Thank You" for helping us save valuable natural resources and reduce waste when you opt in for the reusable container; after purchasing 10 boxed lunches your next one is on us!

SLICE PORTOBELLO BAGUETTE 13

Organic Portobello with Organic Arugula and Sun-dried Tomato

TURKEY COBB LAVASH 14

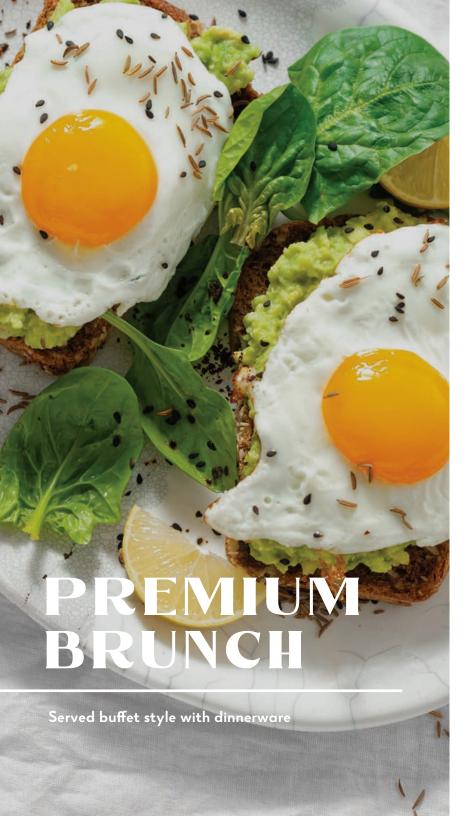
Bacon, Blue Cheese Crumbles and Avocado Mayo

ORGANIC GARDEN VEGETABLES AND BOURSIN SANDWICH 14

Garden Vegetable & Boursin and Grilled Vegetables

Each meal comes with fruit selection, a fresh baked brownie and a beverage.





BRUNCH

PREMIUM BRUNCH 35

Mixed Field Green Salad
Sliced Fruit and Berries
Breakfast Breads and Breakfast Pastries
Bagels and Cream Cheese
Fruit Preserves and Butter
Fluffy Scrambled Eggs
Cinnamon Raisin French Toast
Smoked Bacon and Country Sausage
Home Fried Potatoes
Chicken Piccata with White Wine,
Lemon and Capers
Slow Roasted Eye Round of Beef

Harvest Rice Pilaf Chef's Selection of Desserts Chilled Assorted Juices, Fresh-Brewed FAIR-TRADE Coffee and Decaffeinated Coffee Hot and Iced Tea

ENHANCEMENTS

OMELET STATION 8

YOGURT BAR 6

Fresh Berries, Granola, Honey, Pineapple and Melon

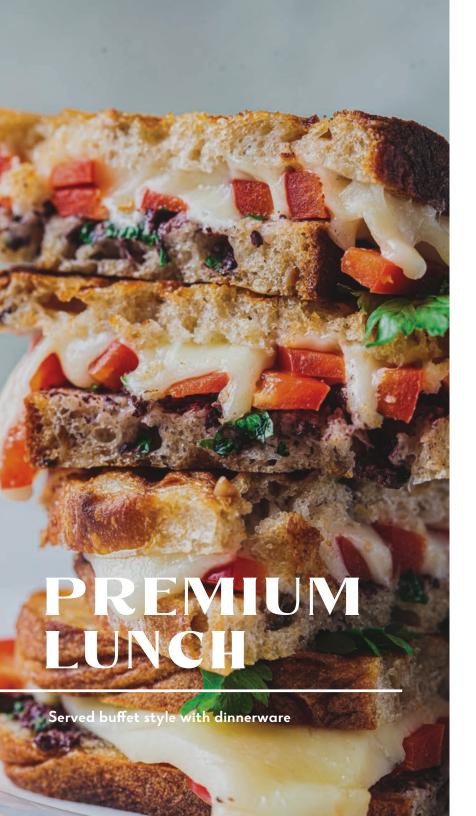
WAFFLE STATION 7

Fresh Whipped Cream and Berries

MIMOSA, BLOODY MARY & SANGRIA 10

Chef Attendant +100 (4 hour service)

V VEGAN VEG VEGETARIAN GF GLUTEN-FREE IN INDIGENOUS LC LOW-CARB



LUNCH

PREMIUM LUNCH 35

Chef's Selectional Soups and Salads Select One (1):

- Classic Caesar
 Crisp Romaine, Shaved Parmesan
 and Croutons
- Mixed Field Greens Cherry Tomato and Cheese Crisps
- Tomato and Mozzarella
 Balsamic Reduction
- Roasted Seasonal Vegetable Display

Sandwiches Select One (1):

- Freshly Roasted Turkey Breast
 Served with Roasted Peppers, Mesclun
 and Pesto Aioli on a French Baguette
- Carved Cured and Smoked Ham and Swiss
 Served on Rye Bread with Honey Whole Grain Mustard
- Roasted Vegetable Wrap
 Served with Alouette Herb Cheese
 and Spinach
- Roast Beef and Cheddar
 Served with Horseradish Cream and
 Field Greens on a French Baguette
- Grilled Chicken Salad
 Served with Grapes, Walnuts and Celery
 on Sourdough
- Roasted Pepper and Tomato
 Served with Mixed Greens, Mozzarella
 and Balsamic on Seven Grain Bread

Entrées

Select One (1):

- Penne Vodka
 Peas, Parmesan and Chile
- Rigatoni
 Traditional Bolognese Sauce
- Roasted Salmon
 Whole Grain Mustard Sauce
- Grilled Chicken Caprese
 Roasted Tomato and Mozzarella
- GF Roasted Chicken Breast
 Stuffed with Creamy Goat Cheese and Roasted
 Red Peppers with Basil Cream
 - Pork Loin rubbed with Garlic and Rosemary Served with House Made Apple Sauce
 - Grilled Herb Marinated Flank Steak
 Served with Charred Red Onion and
 Red Wine Jus

Dessert

Chef's Selection of Sweet Confections and Fresh Fruit





LUNCH/DINNER

PREMIUM PLATED: BUILD YOUR OWN MENU 40

Salads

Select One (1):

VEG . Classic Caesar

Crisp Romaine, Shaved Parmesan and Croutons

Spinach Salad Cranberry, Toasted Almonds, Crumbled Goat Cheese, Sherry Vinaigrette

VEG • Mixed Green Salad

Apple, Gouda, Almonds, Honey Vinaigrette

Desserts

Select One (1):

NY Style Cheesecake
Mixed Berries and Vanilla Cream

GF • Flourless Chocolate Torte

Chocolate Mousse Cake
 Mixed Berries and Vanilla Cream

Entrées

Select Two (2):

Chicken Marsala

GF • French Breast of Chicken

Honey and Rosemary Glazed with a Light Garlic

Rosemary Jus

LC . Grilled Flank Steak

Cracked Black Pepper Jus

Roasted Salmon
 Whole Grain Mustard Cream or Citrus Buerre
 Blance

Roasted Chicken Breast
 Stuffed with Creamy Goat Cheese and Roasted
 Red Peppers with Basil Cream

Mushroom Ravioli
 Marsala Cream

Served With:

Fresh-Brewed Fair-Trade Regular & Decaffeinated Coffee Hot Teas Water / Infused Water



LUNCH/DINNER

PREMIUM BUFFET 49

Chef's Selectional Soups and Salads Select One (1):

- Classic Caesar
 Crisp Romaine, Shaved Parmesan
 and Croutons
- Mixed Field Greens
 Cherry Tomato and Cheese Crisps
- Tomato and Mozzarella

 Balsamic Reduction
- V Roasted Seasonal Vegetable Display

Desserts

Assortment of Fresh Baked Cakes and Mini Pastries

Beverages

Fresh-Brewed Fair-Trade Regular & Decaffeinated Coffee Hot Tea Water

Entrées

Select Three (3):

- VEG Mushroom Ravioli

 Marsala Cream, Roasted Mushrooms, Spinach
- VEG Penne Vodka
 Peas. Chile and Parmesan
- GF . Sautéed Breast of Chicken
 - Fresh Made Bruschetta
- GF Roasted Sirloin of Beef
 Peppercorn Glaze
 - Braised Short Rib of Beef
 Truffle Jus
- VEG Tilapia Meuniere
 Brown Butter, Caper and Lemon
- VEG . Roasted Salmon
 Citrus Buerre Blanc

Chef Attendant +100 (4 hour service)



PREMIUM BBQ

PREMIUM BARBEQUE 35

C Roasted Vegetable Platter
Garlic Confit and EVOO
Macaroni and Cheese

Red Bliss Potato Salad

Charred Onion and Whole Grain Mustard

Mixed Greens Salad

Assorted Toppings and Trio of Dressings Hamburgers and Cheeseburgers Corn on the Cob

V Roasted Portobello Caps
 Rosemary and Balsamic Vinegar
 BBQ Marinated Grilled Chicken Breast
 Pulled Pork

VEG Salmon Steaks with Citrus Vinaigrette Corn Bread Chocolate Cake Squares Seasonal Cobbler

ENHANCEMENTS

VEG SHRIMP KABOBS

GF SAUSAGE AND PEPPERS

V VEGAN VEG VEGETARIAN GF GLUTEN-FREE IN INDIGENOUS LC LOW-CARB



PREMIUM PLATTERS

RAW AND HEALTHY FRESH VEGETABLE CRUDITÉS 8

Chef's Specially Selected Raw Vegetables with Assorted House Made Dipsand Dressings

RUSTIC ANTIPASTO 12

Herb Roasted Vegetables, Caponata, Brined Olives, Marinated Artichoke Hearts, Fresh Mozzarella, Whipped Cannelloni Beans, Aged Asiago and Provolone Cheeses, Roasted Peppers, Genoa Salami, Soppressata and Pepperoni. Served with Assorted Crostini and Bread Sticks

MEDITERRANEAN DIPS AND SPREADS 10

Hummus, Tapenade and Cucumber Raita Served with Toasted Flatbreads, Crostini and Bread Sticks

ARTISAN CHEESE 12

Freshly Baked Crostini and Flat Breads accompanied with Grapes and Berries

BUTCHER'S BLOCK

HERB ROASTED TENDERLOIN OF BEEF 16

Served with Red Wine Sauce and Horseradish Cream and Snowflake Rolls

ROASTED TURKEY 12

Lemon Thyme and Butter Rubbed Whole Turkey Served with Sage Pan Gravy and Cranberry Apple Chutney

BAKED HAM 12

Honey Mustard Glaze, Sweet and Sour Sauce and Grilled Pineapple

FENNEL DUSTED PORK LOIN 12

House Made Apple Sauce and Calvados Jus



STATIONS

DIM SUM 14

Fried and Steamed Dumplings to include Shumai, Spring Rolls, Wontons and Pot Stickers. Served with Soy Sauce, Spicy Mustard, Cucumber and Ginger Salad, Duck Sauce and Black and White Sesame Seeds

SOUTH OF THE BORDER 12

Tasting of Chicken and Vegetable Empanadas, Cheese Quesadillas, Tortilla Chips, Fire Roasted Salsa, Sour Cream, Guacamole, Bean and Pepper Salad and Street Style Corn

SUSHI AND SASHIMI 20

A Seasonal Selection of the Freshest Fish and Vegetables available served with Traditional Accompaniments

SLIDERS 10

Select Two (2):

- Cheeseburger Sliders with Lettuce, Tomato and Red Onion
- Crab Cake Sliders served with Cocktail Sauce, Tartar Sauce, and Remoulade Sauce
- Pulled Pork Sliders served with Tangy Slaw
- Warm Tomato and Mozzarella with Pesto Sliders

PASTA 12

Choose Two (2):

- Penne Vodka with Peas, Parmesan and Chile
- Rigatoni with Traditional Beef Bolognese Sauce
- Cheese Tortellini with Roasted Pepper and Alfredo Sauce
- Orecchiette with Broccoli Rabe, Garlic, Chile and Olive Oil
- Mushroom Ravioli with Spinach in Marsala Cream Sauce
- Shell Pasta with Vegetables, Garlic, Light Parmesan Cream

Served with Fresh Baked Italian Breads

ASIAN STIR FRY 14

Choose Two (2):

- Chicken
- Beef
- Petite Shrimp

Stir Fried Vegetables in an Orange Ginger Garlic Sauce Served with Jasmine or Fried Brown Rice

Chef Attendant +100 (4 hour service)



STATIONS

MACARONI & CHEESE 9

* Add Lobster 5

Crumbled Bacon, Broccoli, Sauteed Mushrooms and Onions, Peas, Grilled Chicken, Scallions

STREET TACOS 10

Choose Two (2):

- · Pulled Chicken Tinga
- Ground Beef
- Chipotle Pork Carnitas

Served with Shredded Lettuce, Pico de Gallo, Mexican Cheese, Pickled Red Onion, Sour Cream, Slaw, Lime Wedges, Hot Sauce, Cilantro, Warm Corn and Flour Tortillas

BONE-OUT WINGS 9

Bone-Out Wings (Buffalo, BBQ and Sesame) with Blue Cheese, Ranch and Celery Chef Attendant +100 (4 hour service)

Looking to have a themed event?

Our expert Event and Catering staff can help. Reach out to us to build your event and custom menu today!



PREMIUM DESSERTS

MINIATURE DESSERTS 9

Chocolate Covered Strawberries, Tarts, Pies, Pastries, Mousse Parfaits and Cannolis

ICE CREAM SUNDAES 7

Vanilla Bean Ice Cream and Chocolate Ice Cream with Assorted Toppings

THE CANDY SHOP 8

Caramel and Chocolate Drizzled Popcorn, Tootsie Rolls, Lollipops, M&M's, Gummy Bears, Jelly Beans, Swedish Fish, Twizzlers, Starburst, Mini Hershey Bars, Reeses Pieces

COOKIES AND MILK 6

Chocolate Chip, Oatmeal and Peanut Butter Cookies served with Regular and Chocolate Milk

BAKERS DONUT WALL 6

Assorted Donuts paired with Warm Apple Cider

See what one of our satisfied customers said about one of our themed events:

"The Willy Wonka event felt like I was in the movie! Thank you for being so creative and the homemade chocolate blueberry cake was SUPERB!!" - Higher Education Client

