

Catering Menu

Create Your Own Break

Beverages

- Freshly Brewed Colombian Roast Coffee
- Decaffeinated Coffee and Assorted Teas \$2.30
- House-made Lemonade or Iced Tea \$2.95
- Regular, Diet and Caffeine Free 591 ml Pepsi Products \$2.95
- Still and Sparkling Mineral Waters \$2.95
- Bottled Water (500ml) \$2.50
- Assorted Juices \$2.95
- California Smoothie Bar:
Made with Assorted fruit and Berries, Yogurts and Fruit Juices \$3.95

From The Bakery

- Freshly Baked fruit Scones \$2.25
- Assorted Baked Fruit Breads \$2.25
- Lemon and Poppy Seed Pound Cake \$2.25
- Warm Jumbo Cinnamon Rolls \$2.25
- Dark Chocolate Brownies \$1.75
- Assorted Cookies (Chocolate Chip, Oatmeal Raisin, Peanut Butter, White Chocolate & Macadamia) \$1.75
- Assortment of Muffins/Danishes/Croissants \$2.30

Snacks and Bites

- Sliced Seasonal Fresh Fruit \$3.75
- Cheese & Crackers \$4.75
- Sliced Fresh Vegetables \$3.75
- Selection of Whole Fruit \$2.25
- Fresh Fruit Kebabs with Mint Yogurt Dipping Sauce \$3.25
- Dipped Chocolate Strawberries \$2.25
- Assorted Finger Sandwiches (three pieces per order) \$4.25
- Assorted Chips \$2.25
- Assortment of Candy, Granola and Power Bars \$2.25
- Gourmet Ice Cream Bars \$3.25
- Individual Assorted Yogurts \$2.25

All items are subject to a 16% gratuity and 13% sales tax

Trendz Theme Break Selection

The Chocolate Factory

Chocolate Dipped strawberries, chocolate nut & raisin bark, Chocolate Chunk Cookies, Chocolate truffle bars and ice cold chocolate milk

\$7.25 / person

Forbidden Treats

Assorted suckers, mini chocolate bars, potato chips, peanuts, and pop-corn, assorted soft drinks and water

\$7.75 / person

Healthy Alternatives

Assorted flavored fruit and yogurt smoothies, assorted fruit juices, granola breakfast bars and whole fresh fruit.

\$7.50 / person

The Ice Cream Wagon

Ice cream served in tuile baskets with chocolate, strawberry & butterscotch sauces, bananas, strawberries and other fun toppings we highly recommend that this break be enjoyed on time!

\$7.25 / person

All items are subject to a 16% gratuity and 13% sales tax

Breakfast

Breakfast buffet

Continental Breakfast

Yogurts, assorted breakfast pastries such as croissants, muffins, scones and Danish, fresh whole fruit, juice, coffee and tea

\$10.99/ person

Healthy Breakfast Buffet (minimum 10 people)

Scrambled eggs, glazed ham, oven roasted breakfast potatoes, granola bars, assorted fruit yogurts, whole fresh fruit, fruit, juice, coffee and tea

\$14.99/ person

Breakfast Buffet (minimum 10 people)

Scrambled eggs, bacon and sausage, oven roasted breakfast potatoes, assorted breakfast pastries, whole fresh fruit, juice, & coffee and tea

\$14.99/ person

Plated Service

Waffle Breakfast (minimum 10 people)

Sausage, fresh baked waffles with maple syrup, fresh strawberries and cream, assorted breakfast pastries, fresh cut melon, fruit, juice or water, coffee and tea

\$14.99/ person

Eggs Benedict (minimum 10 people)

Sausage, bacon, oven roasted breakfast potatoes, eggs benedict, assorted breakfast pastries, whole Fresh cut melon, juice or water, coffee and tea

\$15.99/ person

Steak and Eggs (minimum 10 people)

Sirloin steak grilled and served with parmesan & basil baked tomatoes, roasted breakfast potatoes assorted breakfast pastries, fresh cut melon, fruit, juice or water, coffee and tea

\$16.99/ person

Bacon n Eggs (minimum 10 people)

Farm fresh scrambled eggs, bacon, sausage, roasted breakfast potatoes assorted breakfast pastries, fresh cut melon, fruit, juice or water, coffee and tea

\$14.99/ person

Farmers Breakfast (minimum 10 people)

Two poached eggs, home made baked beans, fish cake, roasted breakfast potatoes assorted breakfast pastries, whole fresh fruit, fruit, juice or water, coffee and tea

\$15.99/ person

All items are subject to a 16% gratuity and 13% sales tax

Lunch

Working Lunch

Barbecue

Chicken grilled with a tangy sauce and served with green beans, baked potatoes, tossed salad, chive dressing, potato salad, coleslaw & fresh fruit salad

\$14.99/ person

Tastes of Rome

Chicken cannelloni with tomato and béchamel sauce, cesar salad, tossed salad, garlic toast & served with a fruit tart

\$14.99/ person

Deli Sandwich Bar

Assorted sandwiches such as tuna, turkey, ham, roast beef & egg on specialty breads, served with freshly made soup and tossed salad, assorted cookies and squares

\$13.99/ person

Traditional Buffet

Roasted beef, with red wine sauce, oven roasted potatoes, brown sugar glazed carrots, tossed salad, potato salad and coleslaw, served with lemon and coconut meringue pies

\$17.99/ person

Plated Lunch

(Minimum 15 people)

\$21.00/ person

Appetizers

Oriental Spinach salad with an orange sesame seed dressing
Tossed salad with our own honey Dijon dressing and vegetable garnish
Chefs daily soup of the day (or let us know your favorite soup)
Nova Scotia fish soup with potato, haddock and a hint of bacon

Entrees

Grilled Chicken breast with mesclun greens with smoked cheddar and vinaigrette
Honey Balsamic glazed scallop skewer with risotto and fresh vegetables
Bacon wrapped loin of pork with a apple raisin sauce and garlic mashed potatoes
Cajun salmon with a fresh mango salsa on a bed of basmati rice
Striploin of beef with a bacon port jus, potatoes and vegetables
Oven roasted breast of chicken with garlic mashed potatoes and green beans

Dessert

Fresh strawberries and vanilla cream, in a chocolate bowl and berry coulis
Black cherry mousse cake with a white chocolate dome
Lemon filled cannoli with raspberries and a berry coulis
Chocolate crème brûlée with house made orange ice-cream
Cheesecake lets talk about your favorite selection

All items are subject to a 16% gratuity and 13% sales tax

Dinner

Dinner Buffet

\$35.00/ person

Appetizers and Salads

Medley of Garden Greens, Traditional Caesar, Broccoli Salad
Creamy Potato Salad; Coleslaw; Tomato & Cucumber Slices,
served with an assortment of Condiments & Dressings

Fresh Vegetable Crudités

Carrot Sticks, Celery Sticks, Mushrooms, Cherry Tomatoes
Green Pepper, Broccoli and Cauliflower served with Sour Cream & Herb Dip

Cheese Board

Canadian & Imported Cheese Display, Served with Fresh Fruit, Crackers & Condiments

Cold Meat and Deli Mirror

Black Forest Ham, Roast Turkey, Roast Beef
Smoked Turkey, Salami, Pepperoni, Montreal Style Smoked Meat

Entrees

(Choose any two entrees)

Oven Roasted Turkey with Dressing and pan-gravy,
Roasted Chicken with an orange cranberry jus, Roasted Beef, mushroom jus
Nova Scotia Haddock with Mussels tomato basil cream
Grilled Pork loin with prunes apples and roasted pecans
Atlantic Salmon with a roasted red pepper hollandaise sauce

Desserts

Chef's Cheesecake, Double chocolate cake, Crème Caramel, Squares,
Carrot Cake with Cream Cheese icing, Assorted Pies, Italian Trifle, Pastries, Tarts & served with coffee or Tea

Plated Dinner

\$27.00/ person

Appetizers

Oriental Spinach salad with an orange sesame seed dressing
Tossed salad with our own honey Dijon dressing and vegetable garnish
Chefs daily soup of the day, let us know your favorite soup
Nova Scotia Seafood chowder with potato, haddock and a hint of bacon

Entrees

Sautéed Seafood served with risotto and fresh vegetables and pesto cream
Bacon wrapped loin of pork with a apple raisin sauce and garlic mashed potatoes
Baked Atlantic Salmon with a vanilla beurre blanc sauce and risotto
Striploin of beef with a bacon port jus, potatoes and vegetables
Oven roasted breast of chicken with garlic mashed potatoes and green beans

Dessert

Chocolate Torte served with minted fruit and berries and coulis
Triple chocolate cheesecake served with fresh ganache and berry coulis
Lemon filled cannoli with raspberries and a berry coulis
Chocolate crème brulée with house made orange ice-cream
Cheesecake lets talk about your favorite selection

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Receptions

Hors d'oeuvres

On a Stick

Shrimp Cigar with Mustard Fruit
Chicken Satay with Peanut Sauce
Grilled Swordfish with Peppers and Mango Chutney
Beef Yakitori with Green Onions and Miso Dipping Sauce
Coconut Shrimp with Sesame, Sweet Chili Sauce
Mint Scented Lamb Kebab with Tzatziki

20.99/ Dozen

From Asia

Ginger Seared Ahi Tuna with Wasabi Cream
Crab and Spinach Rangoon
California Roll with Soya and Wasabi
Duck and Mushroom Spring Roll with Oyster Dipping Sauce
Assorted Nigri Sushi with Soya and Wasabi
Pork Shumai Dumpling with Teriyaki

22.99/ Dozen

Open Face Canapés

Garlicky Shrimp on corn bread with Avocado Relish
Prosciutto with Fig on Brie Crouton
NS Lobster Medallion on Brioche with Caviar Crème Fraiche
Bocconcini with Pear Tomato on a Basil Crostini
Seared Scallop on crouton with Pineapple Lime Salsa
Smoked Duck Roulade with Marmalade and Camembert
Dungeness Crab with sliced Egg on Sourdough

21.99/ Dozen

Breaded and Wrapped

Maryland Crab Cake with Chili Garlic Aioli
Phyllo Pouch with Chicken and Walnuts
Lobster Quesadilla with Jack Cheese and Avocado
Fried Portobello strudel with Sun Dried Tomato Sauce
Mini Salmon Wellington with Lemon Caper Aioli
White Asparagus Wrapped with Salmon Gravad Lax
Green Asparagus Wrapped with Prosciutto

21.99/ Dozen

Reception Displays

All displays are designed for a maximum of two hours.

The Cheese Board

Imported and Domestic Cheese with Dried Fruit, Nuts, Grapes
French Baguette and Carr's Biscuits

95.00/ Tray

Market Fresh Crudités

Assorted Crisp Vegetables
Guacamole and Sour Cream Onion Dip

75.00/ Tray

Balsamic and Olive Grilled Vegetables

Marinated and Grilled Vegetables with
Pico de Gallo and Roquefort Dip

75.00/ Tray

Smoked Salmon

Cold House-Smoked Salmon, Pumpernickel Bread,
Capers, Red Onions and Cream Cheese

105.00/ Tray

All items are subject to a 16% gratuity and 13% sales tax

From The Carving Board

All carved items are served with Silver Dollar Rolls and require a Specialty Chef Attendant
(Minimum 50 servings)

Roast of Australian Lamb

Wild Mushroom Crust, Minted Rosemary Jus
Serves 10 Guests per Rack

4.95/ person

Sage Roasted Turkey

Cranberry Relish and Mango Chutney
Serves 30 Guests per Turkey

4.95/ person

Bone-in Honey Glazed Ham

Spicy Pineapple Chutney, Pommery Mustard
Serves 40 Guests per Ham

4.95/ person

Pepper Crusted Roast Sirloin of Beef

Creamed Horseradish and Tarragon Mustard
Serves 35 Guests per Sirloin

4.95/ person

Lobster and Sorrel Stuffed Loin of Pork

Fig Chutney and Lemon Orange Marmalade
Serves 40 Guests per Loin

4.95/ person

Culinary Action Stations

All stations are designed for a maximum of two hours and require a Specialty Chef Attendant

Shrimp Scampi

Large Gulf Shrimp Sautéed with Garlic
and Herbs Finished with Chardonnay
Served with Crostini

4.95/ person

Scallop Station

Sautéed with Shallots and Fresh Herbs
Served with herb aioli, Cracked Chilies,
Sun Dried Tomatoes and Garlic Crostini

4.95/ person

Truffled Mashed Potato Bar

Mashed Yukon Gold Potatoes Scented with Truffles
Served in Martini Glasses
Toppings Include Chopped Bacon, Parmesan Cheese,
Sun Dried Tomatoes, Chives, Caramelized Onions and Sour Cream

5.95/ person

Fajita Bar

Carne Asada and Chili Rubbed Chicken
Sautéed with Onions and Sweet Peppers
Served with Flour and Corn Tortillas, Shredded Lettuce,
Jalapeno Peppers, Jack Cheese, Pico de Gallo, Guacamole and Sour Cream

4.95/ person

All items are subject to a 16% gratuity and 13% sales tax

CASH BAR SERVICE

HST included

Liquor	\$4.50
Coolers.....	\$6.00
Domestic Beer	\$4.50
Cocktails	\$5.50
Wine (glass)	\$6.00
Liqueurs - Standard	\$5.50
- Premium	\$6.00

HOST BAR SERVICE

HST & Gratuity are additional

Liquor	\$3.50
Domestic Beer	\$3.50
Wine (glass)	\$4.35
Liqueurs - Standard	\$4.50
- Premium	\$5.00

RECEPTION PUNCH

Fruit Punch	\$50.00/gallon
Wine Punch	\$80.00/gallon
Alcoholic Punch	\$95.00/gallon
Tequila Punch	\$95.00/gallon

If consumption on a bar is less than \$300.00 a bartender fee of \$100.00 will be charged to the host

Drink Tickets are available if interested

Sparkling & Champagne

Banrock Sparkling (Shiraz) SE Australia		\$40
Valdo (Prosecco) Veneto, Italy ~ NV		\$50
Champagne Montaudon Pinot Noir/Pinot Meunier/Chardonnay) Champagne, France ~ NV	375ml	\$41
G.H. Mumm (Pinot Noir/Pinot Meunier/Chardonnay) Champagne, France ~ NV		\$106

Light & Crisp Whites

Aveleda "Vinho Verde" (Trajadura/Loureiro/Alvarinho) Minhos, Portugal ~ 2007		\$29
Bolla Soave (Garganega/Trebbiano) Veneto, Italy ~		\$30
Canaletto "del Venezie" (Pinot Grigio) del Venezie, Italy ~ 2007		\$35
Ironstone Vineyards "Obsession" (Symphony) Lodi, California ~ 2006		\$35
Grande Pre (Seyval Blanc) Annapolis Valley, Nova Scotia ~ 2007		\$37

Juicy & Fresh Whites

Lenz Moser "Selection" (Gruner Veltliner) Kremstal, Austria ~ 2007		\$30
Goats do Roam (Grenache Blanc, Clairette Blanc, Crouchen Blanc) Western Cape South Africa ~ 2006		\$32
Santa Rita "Gran Hacienda" (Sauvignon Blanc) Valle de Lontue, Chile ~ 2007		\$30
Blomidon Estate (L'Acadie Blanc) Annapolis Valley, Nova Scotia ~ 2007		\$34
Jost "Eagle Tree" (New York Muscat) Malagash Peninsula, Nova Scotia ~ 2006		\$43
Peter Lehmann "Woodbridge" Unwooded" (Chardonnay) Barossa Valley & Riverland, Australia ~ 2005		\$39
St. Hallet "Poacher's Blend" (Semillon/Sauv. Blanc/Ries.) Barossa Valley, Aus. ~ 2006		\$38
Lingenfelder "Bird Label" (Riesling) Pfalz, Germany ~ 2005		\$40
J.F. Lurton "Flor de Torrontes" (Torrontes) Valle de Uco, Argentina ~ 2006		\$38
Kim Crawford (Sauvignon Blanc) Marlborough, New Zealand ~ 2007		\$52
Spy Valley (Pinot Gris) Marlborough, New Zealand ~ 2007		\$53
Sokol Blosser "Evolution" (9 Grape Blend), United States ~ 12 th Edition		\$76

Big & Bold Whites

KWV (Chardonnay) South Africa ~ 2006		\$33
Sumac Ridge (Gewurztraminer) Okanagan Valley, BC ~ 2006		\$46
Margan Family (Semillon) Hunter Valley, Australia ~ 2006		\$52
Louis Latour "Duet" (Chardonnay, Viognier) Vin de Pays, France ~ 2006		\$51
Blomidon Estates Chardonnay- Annapolis Valley, Nova Scotia ~ 2006		\$44
Caymus "Conundrum" (Blend) California ~ 2006		\$65

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Light & Lively Reds

Saurus (Pinot Noir) Patagonia, Argentina ~ 2007	\$37
Vineland (Cabernet Franc) Niagara Peninsula, Canada ~ 2006	\$47
Posada del Rey (Tempranillo) Spain, 2007	\$29
Louis Latour (Pinot Noir) Cote d'Or, France ~ 2006	\$55
La Spinetta Barbera d'Asti "Ca di Pian" (Barbera) Piedmont, Italy ~ 2005	\$94
Sokol Blosser (Pinot Noir) Dundee Hills, Oregon ~ 2005	\$105

Silky & Smooth Reds

Cuvee des Galets (Grenache/Carignan/Cinsault) Cotes du Rhone, France ~ 2006	\$32
Fairview "The Goatfather" (Cab./Shiraz/Merlot) Coastal Region, South Africa ~ 2005	\$43
Jost (Leon Millot) Malagash Peninsula, Nova Scotia ~ 2006	\$36
Lindemans Bin 40 (Merlot) North Eastern Victoria Australia ~ 2007	\$38
Renzo Masì Chianti (Sangiovese) Tuscany, Italy ~ 2006	\$39
Mawson's "Hillblock 3" (Cabernet Sauvignon) Wrattenbully, Australia ~ 2004	\$47
Jost "Trilogy" (Baco Noir/Leon Millot/Marchael Foch) Malagash Peninsula, N.S. ~ 2005	\$47
A. Mano (Primitivo) Puglia, Italy ~ 2006	\$51
Marchesi de Frescobaldi "Nipozzano Riserva" (Sangiovese) Chianti Rufina, Italy ~ 2005	\$59
Casajus Vendimia Seleccionada (Tempranillo) Ribera Del Duero, Spain ~ 2005	\$72
La Spinetta "Sassontino" (Sangiovese) Tuscany, Italy ~ 2004	\$125

Rich & Powerful Reds

Montes "Classic Series" (Cabernet Sauvignon) Colchagua Valley, Chile ~ 2006	\$36
Finca Las Moras Reserve (Malbec) Tullum Valley, San Juan, Argentina ~ 2007	\$36
Water Wheel "Memsie" (Shiraz/Cabernet/Malbec) Victoria, Australia ~ 2007	\$40
Deen De Bortoli "Vat 1" (Petite Sirah) South Eastern Australia ~ 2005	\$45
Schild Estate "GMS" (Grenache/Mourvedre/Shiraz) Barossa, Australia ~ 2007	\$47
Rymill "mc2" (Bordeaux Blend) Coonawarra, Australia ~ 2001	\$47
Peter Lehmann "Weighbridge" (Shiraz) Barossa Vally & Riverland Australia ~ 2007	\$44
Francis Ford Coppola "Rosso" (Zinfandel)/Syrah/Cabernet) Lodi & Paso Robles, California ~ 2005	\$53
Incognito (Blend) Lodi, California ~ 2005	\$64
Michael David "7 Deadly Zins" (Zinfandel) Lodi, California ~ 2006	\$59
Montes "Alpha" (Syrah) Colchagua Valley, Chile ~ 2006	\$70
Tait "Ball Buster" (Shiraz/Cab. Sauvignon/Merlot) Barossa Valley, Australia ~ 2006	\$79
Domaine de la Charbonniere Chateauneuf-du-Pape (Blend) Rhone Valley, France ~ 2006	\$82

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