

## **Conference Breakfast Selections\*\***

### **Continental Breakfast**

**15.00**

Assortment of chilled juices including our premium orange and apple juices, freshly baked breakfast pastries including: Donuts, danishes and fruit sticks. In-house baked bagels, fresh fruit tray, assorted yogurts along with house made granola Cereals. Hot beverages include coffee and an assortment of teas.

### **Stampede Breakfast**

**19.00**

Assorted chilled juices including our premium orange and apple juices, multi grain pancakes with real warm maple syrup, fresh scrambled eggs, crisp bacon, pork or beef sausage, hash brown potatoes and coffee with herbal tea selections.

### **Heart Smart Breakfast**

**18.00**

Our premium orange juice, fresh sliced fruits, scrambled egg whites, house made granola with dried fruits and nuts, a selection of low fat yogurts, freshly baked multi grain bread and low fat muffins, all condiments, coffee and a selection of herbal teas.

### **Commonwealth Breakfast**

**23.00**

Our premium orange and apple juices, made to order omelette from one of our chefs, traditional eggs Benedict, crisp bacon, maple Spolumbo's sausage, fresh potato hash browns with a selection of freshly baked breads and breakfast pastries, and fresh sliced fruit. Included is also a granola and yogurt station along with coffee and herbal teas.

### **Plated Breakfast**

**17.00**

Our premium orange juice, fresh brewed coffee and herbal teas served with our fresh scrambled eggs, crisp bacon or sausage and homemade hash browns. Fresh baked croissants at tables upon guest arrival.

### **Traditional Eggs Benedict**

**20.00**

Crisp English muffins, soft poached eggs and a handmade hollandaise sauce served with fresh sliced fruit, our premium orange and apple juices with fresh baked muffins on the table when our guests arrive.

\*\*Menus can be fully customized.

## **Conference Lunch Selections\*\***

### **Plated**

**21.00**

Marinated Italian chicken breast grilled and served on top of Bocconcini cheese, fresh basil and oven dried tomatoes. All this accompanied with barley pilaf and fresh broccoli spears.

### **Prime Rib**

**25.00**

Slow roasted Alberta prime rib served with traditional herb roasted potatoes and fresh vegetables.

### **Commonwealth Cordon Bleu**

**21.00**

Stuffed chicken breast with prosciutto ham and Gruyere cheese, served with a wild mushroom and tomato jam. The Commonwealth also comes with Buttermilk polenta and fresh vegetables.

### **Butter Chicken**

**19.00**

Traditional butter chicken cooked in our own Tandoor ovens served with vegetable biryani and fresh naan bread.

### **Baked Lasagne**

**18.00**

A robust tomato and beef sauce served with layers of noodles and cheese, with fresh baked garlic bread and Caesar salad.

**ADD SOUP OR SALAD APPETIZER FOR 3.75**

**ADD DESSERT FOR 4.25**

\*\*Menus can be fully customized.



## **Conference Lunch Buffets\*\***

### **PIZZA, PIZZA, PIZZA**

**23.00**

Handmade pizza on a crisp crust baked to perfection. Pizzas will include:

- Traditional Pepperoni & Cheese
- Grilled Chicken & Pesto topped with roasted peppers
- Italian grilled vegetables with a roasted garlic sauce
- Caramelized onion & BBQ steak pizza topped with bleu cheese
- Shrimp, red onion, pineapple and cilantro on a coconut and curry insipid sauce
- Sweet Dessert pizzas

### **Mexican Menu**

**27.00**

Authentic traditional Mexican cuisine offers something for everyone. This festive and fresh cuisine offers traditional dishes as well as new modern classics. Ingredients include:

- Pulled pork, beef or chicken tacos
- Corn tortillas
- White flour tortillas
- Chicken Mole
- Mexican fresh tossed salad
- Black refried beans
- Sour cream, cheese, red chopped onions, cilantro, lime wedges and green salsa
- Rice

*Dessert: Churro bites, rice pudding, Mexican flan, and bunuelos*

### **The Ultimate Soup & Sandwich**

**23.00**

Start with our homemade soups (chicken noodle, cream of mushroom, cream of broccoli & cheddar, beef barley or tomato)

Next is a great selection of assorted sandwiches (all our bread is baked fresh daily in our kitchen to ensure freshness for our guests)

Selection of two deli salads and tossed salads with our Coffee and Tea Service. As well as dessert squares and cakes.



# MENU

## **East Indian**

**23.00**

Let your mouth travel to India with this menu.

You get choices of delicious:

- Butter Chicken
- Rogan Josh (beef curry)
- Saffron Rice
- Muttar Paneer
- Mixed Vegetable curry
- Vegetable Pakoras
- Green Salad

Desserts: Kheer, Gulabi, Cashew Rolls and Gulab Jamin

**\*\*Menus can be fully customized.**



## **Conference Breaks and Packages\*\***

### **Themed Breaks**

**A Little Chilly** **9.00**

An assortment of frozen treats that includes individual ice cream, Mini Hagen Daazs bars, ice cold pop and milk

Coffee and tea service

**Cookies and Milk** **8.00**

Jumbo fresh baked cookies, ice cold milk (chocolate and white)

Coffee, tea service

**Chocolate Time** **10.00**

A chocolate fountain with fresh cubed fruit and marshmallows, chocolate bars and brownies

Coffee and Tea service

**The Big Healthy** **9.00**

Fruit Kabobs, low fat yogurt w/granola, baked tortilla chips and salsa for dip

Bottled water, coffee and tea service

**Black Tie** **14.00**

Tuxedo Strawberries, assortment of cold hors d'oeuvres, Chilled prawns on ice

Coffee and tea service

All themed Breaks are to be used in conjunction with one of our meals. If you just want the break and no meal there will be an additional cost of 4.50

\*\*Menus can be fully customized.



### ***Beverages***

Coffee	50 cups - <b>72.00</b>
	100 cups - <b>129.00</b>
Regular and Herbal tea with hot water	50 cups - <b>74.00</b>
	100 cups - <b>148.00</b>

#### **Additional Beverages:**

Bottled water	<b>2.75</b>
Bottled juices	<b>3.00</b>
Canned pop	<b>2.00</b>
Juice (orange and apple)	60 oz jug - <b>20.00</b>

### ***From the Bakery***

Donuts, muffins and Danish	<b>27.00</b> per dozen
Fruit breads	<b>27.00</b> per dozen
Bagels with cream cheese	<b>27.50</b> per dozen
Granola bars	<b>27.50</b> per dozen
Assorted squares	<b>30.00</b> per dozen (36 bite size pieces per dozen)
Assorted Cookies	<b>18.00</b> per dozen
Whole fruit	<b>19.00</b> per dozen
Assorted individual yogurts	<b>30.00</b> per dozen or <b>3.00</b> each
Frozen treats	<b>3.50</b> each

### ***Reception Snacks***

Dry party snacks	<b>2.75</b>
Vegetable and dip	<b>3.25</b>
Seasonal fruit platter	<b>4.25</b>
Deli meat platter	<b>4.75</b>
Domestic cheese and cracker tray	<b>4.95</b>
Assorted Sandwiches	<b>4.95</b>



**Meeting Package**

**Breakfast**

Continental Breakfast served upon arrival.

**Am break**

Fresh coffee and tea service / an assortment of fruit breads, seasonal sliced fruits, and bottled water.

**Lunch**

Your choice of the following:

Mexican/Soup and Sandwich buffet/Indian Buffet

There is an option to upgrade to any of the buffets, please contact us for a quote.

**Afternoon Break**

Choose from one of our Themed Breaks

A little chilly/Cookies and milk/Chocolate time/Healthy/Black tie

**63.00 includes gratuities and GST – minimum 100 people**

**66.00 – fewer than 100 people**

**Larger price – waive room fee**

