



sustainable options - breakfast

enhancements

**sustainable continental**

selection of crunchy, all natural granola with organic milk  
 medley of dried all natural berries, apricots, banana chips,  
 nuts, seeds and honey  
 fruit and berry low and non fat yogurt  
 freshly cut fruit  
 sustainable grown carrot and almond whole grain muffins  
 natural wood smoked muesli and blueberry bagels, light cream  
 cheese and preserves  
 fair trade/shade grown starbucks® coffee and organic tea 29

high fiber protein kasha® cereal bars 5  
 green tea orange banana smoothie 4  
 berry yogurt and all natural granola parfaits 5  
 artisan canadian cheese selection 9

**canadian hot breakfast table**

ontario farm fresh local scrambled eggs with organic cheddar  
 and regional herbs  
 flax and berry pancakes with cranberry sugarbush maple  
 syrup, vanilla whipped cream  
 all natural turkey sausages and smoked ham  
 slow roasted new fingerlings with onions  
 fresh cut fruit  
 fair trade/shade grown starbucks® coffee and organic tea 32

prices are per person unless otherwise noted. prices are subject to a 15% service charge, goods and services tax and provincial sales tax. prices are subject to change without notice



sustainable options - break

enhancements

**wellness**

crisp red and green ontario apples,orange wedges and bananas, dried berries and assorted organic yogurts, balderson® cheese display,fair trade shade grown starbucks® coffee and organic tea 17  
collection of local artisan cheese,ontario grape clusters and candied walnuts, quince marmalade, sliced french stick and whole grain flatbreads 16

green tea orange banana smoothie 4

high fiber protein kasha® cereal bars 5

**recharge**

collection of local artisan cheeses  
ontario grape clusters and candied walnuts  
quince marmalade  
sliced french stick and whole grain flatbread  
fair trade/shade grown starbucks® coffee and organic tea 16

prices are per person unless otherwise noted. prices are subject to a 15% service charge, goods and services tax and provincial sales tax. prices are subject to change without notice



**sustainable options - lunch**

**enhancements**

all plated lunches include fair trade/shade grown starbucks® coffee and organic tea.

**liquids or leaves choose 1**

sustainable carrot and ginger soup  
vine ripened tomatoes, micro seedling salad, fresh basil emulsion  
baby spinach and argula salad, pears and pumpkin seeds, artisan goat cheese, balsamic dressing

**main event**

roasted free range breast of chicken, glazed pearl onion and mushroom filling, wild garlic mashed potatoes, organic spring vegetables, niagara vqa reduction 43  
ontario pork loin, brown rice, organic green vegetables, grain mustard café au lait sauce 44  
locally farmed blackened rainbow trout, red quinoa, fruit salsa, farm fresh produce 45

**sweet endings choose 1**

ontario apple galette, whipped lavender cream  
coffee crème brulee, crushed cookie crumbs, almond nougat  
house made banana and pecan pudding, crème anglaise

local apple flan, crème fraiche, caramel sauce 8

roasted tomatoes, fresh mozzarella, field greens, basil dressing 12

organic spinach salad, local blue cheese, ripe roasted pears, sweet onion and garlic dressing 11

minestrone with organic black beans 7

prices are per person unless otherwise noted. prices are subject to a 15% service charge, goods and services tax and provincial sales tax. prices are subject to change without notice



sustainable options - reception

enhancements

selection of crisp raw vegetables, fire roasted pepper and basil dip

8

local quebec and ontario artisinal cheese board,mango chutney, fresh baguette

9

hot smoked wild b.c. salmon platter, locally made baguettes, pear and wine compote

16

tangy tomato, mango and cilantro salsa, organic corn chips

10

house made yukon gold and sweet potato chips, roasted lime and pepper aioli

9

organic strip-loin of beef, forest mushroom ragout,assorted mustards, rolls ~served 30-3oz portions

475

snow crab cakes,grilled pineapple and jalapeno salsa~per dz

45

smoked salmon,wild rice blini,pickled asparagus,horseradish cream~per dz

45

goat cheese, quince marmalade, garlic crostini~per dz

45

niagara red wine poached pear,balderson cheddar,smoked ham~per dz

45

quebec cheese and pear tart,caramelized onion jam~per dz

45

beef striploin and mushroom brochette, maple bbq glaze~per dz

45

prices are per person unless otherwise noted. prices are subject to a 15% service charge, goods and services tax and provincial sales tax. prices are subject to change without notice



**sustainable options - dinner**

all plated dinners are 3 courses and include freshly baked rolls and butter, fair trade/shade grown starbucks® coffee and organic tea

**liquids and leaves choose 1**

local greens, caramelized pecans, roasted pears, blue cheese crumbs, tarragon vinaigrette  
warm brie and pistachio crusted rice cake, micro seedlings, plum chutney  
spring pea soup, coriander and leek infused emulsion  
ontario wild mushroom bisque, croutons

**main event choose 1**

dry rubbed chicken breast, warm fingerling potato salad, stir fry natural vegetables 54  
ginger and scallion glazed salmon, organic red quinoa, local produce, warm lime emulsion 59  
ontario beef tenderloin, wild mushroom galette, market vegetables, natural reductions 63  
duo of arctic char and halibut, leek infused yukon mash, seasonal vegetables, roasted pepper, corn and leek salsa 60  
chili and coriander seared pork tenderloin, preserved apple sauce, olive polenta 58

**sweet endings choose 1**

chocolate pot du crème 12  
apple and raisin tart tatin, sweet cream 11  
roasted peach cobbler, vanilla cream 10  
dark chocolate and sun dried cherry bread pudding, hazelnut anglaise 12

**enhancements**

roasted tomatoes, fresh mozzarella, field greens, basil dressing 12

organic spinach salad, local blue cheese, ripe roasted pears, sweet onion and garlic dressing 11

minestrone with organic black beans 7

prices are per person unless otherwise noted. prices are subject to a 15% service charge, goods and services tax and provincial sales tax. prices are subject to change without notice