



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
fresh cut fruit
sustainably 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

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 fingerling potatoes with onions
fresh cut fruit

fair trade/shade grown starbucks® coffee and organic tea 32

high fibre kashi® cereal bars 5

green tea orange banana smoothie 4

berry yogurt and all natural granola parfaits 5

artisan canadian cheese selection 9

all pricing is per person unless otherwise noted. prices are exclusive of 15% service charges, and applicable taxes. 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

green tea orange banana smoothie 4

high fibre kashi® 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

all pricing is per person unless otherwise noted. prices are exclusive of 15% service charges, and applicable taxes. prices are subject to change without notice



sustainable options - lunch

all plated lunches are three (3) courses and include freshly baked rolls and flatbreads with butter and 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 arugula 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

housemade banana and pecan pudding,crème anglaise

enhancements

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

all pricing is per person unless otherwise noted. prices are exclusive of 15% service charges, and applicable taxes. prices are subject to change without notice



sustainable options - reception

enhancements

organic corn chips, tangy tomato, mango and cilantro salsa 10
 selection of crisp raw vegetables, fire roasted pepper and basil dip 8
 local quebec and ontario artisional cheese board, mango chutney, fresh baguette 9
 hot smoked wild b.c. salmon platter, locally made baguette, pear and wine compote 16
 housemade yukon gold and sweet potato chips, roasted lime and pepper aioli 9
 organic striploin of beef, forest mushroom ragout, assorted mustards and rolls
 ~serves 30 x 3 oz portions~ 475

snow crab cakes, grilled pineapple and jalapeno salsa ~ price per dozen 45
 smoked salmon, wild rice blini, pickled asparagus, horseradish cream ~ price per dozen 45
 goat cheese, quince marmalade, garlic crostini ~ price per dozen 45
 niagara red wine poached pear, balderson cheddar, smoked ham ~ price per dozen 45
 quebec cheese and pear tart, caramelized onion jam ~ price per dozen 45
 beef striploin and mushroom brochette, maple bbq glaze ~ price per dozen 45

all pricing is per person unless otherwise noted. prices are exclusive of 15% service charges, and applicable taxes. prices are subject to change without notice



sustainable options - dinner

enhancements

all plated dinners are three (3) courses and include freshly baked rolls and flatbreads with butter and 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 of local 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

apple and raisin tart tartin, sweet cream

roasted peach cobbler, vanilla cream

dark chocolate and sundried cherry bread pudding, hazelnut anglaise

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

all pricing is per person unless otherwise noted. prices are exclusive of 15% service charges, and applicable taxes. prices are subject to change without notice