

EVERYTHING YOU NEED MEETING PACKAGES

Designed to provide everything you need for a successful, memorable meeting, our inclusive meeting packages offer great value.

MEETING PACKAGES INCLUDE:

Meeting room rental (for groups of 20 or more)
High speed WiFi
Flip chart

FULL DAY MEETING \$54.95

CONTINENTAL BREAKFAST

Croissants, danishes, muffins, whole wheat and white toast, butter and fruit preserves
Bagels with cream cheese
Assorted cereals with ice cold milk
Sliced fresh fruit
Orange, grapefruit and apple juices, freshly brewed Starbucks coffee, decaffeinated coffee and Tazo teas

MORNING COFFEE BREAK

Coffee cake
Snack bars
Fresh fruit basket
Orange, grapefruit and apple juices, freshly brewed Starbucks coffee, decaffeinated coffee and Tazo teas

LUNCH

See lunch selections

AFTERNOON COFFEE BREAK

Freshly-baked gourmet cookies and squares
Assorted individual bags of chips
Soft drinks, freshly brewed Starbucks coffee, decaffeinated coffee and Tazo teas

DELUXE FULL DAY MEETING \$64.95

CANADIAN BREAKFAST

Croissants, danishes, muffins, whole wheat and white toast, butter and fruit preserves
Bagels with cream cheese
Assorted cereals with ice cold milk
Scrambled or hard boiled eggs, sausages or bacon and breakfast potatoes
Waffles or pancakes or French toast with cinnamon
Orange, grapefruit and apple juices, freshly brewed Starbucks coffee, decaffeinated coffee and Tazo teas

MORNING COFFEE BREAK

Carrot cake and assorted scones
Snack bars
Sliced fresh fruit
Plain and flavoured yogurts
Orange, grapefruit and apple juices, freshly brewed Starbucks coffee, decaffeinated coffee and Tazo teas

LUNCH

See lunch selections

AFTERNOON COFFEE BREAK

Lemon crumb bars, honey pecan diamonds and freshly-baked gourmet cookies
Mixed nuts and pretzels
Soft drinks, freshly brewed Starbucks coffee, decaffeinated coffee and Tazo teas

SPECIALTY FULL DAY MEETING \$63.95

POWER UP BREAKFAST

Assorted low fat fruit yogurt with granola, raisins, almonds, pecans, cottage cheese and honey
Stewed prunes and apricots
Orange and grapefruit segments
International and domestic cheeses
Hard boiled eggs
Whole wheat bagels, rye and whole wheat toast, Becel margarine, fruit preserves and light cream cheese
Orange, grapefruit and apple juices, freshly brewed Starbucks coffee, decaffeinated coffee and Tazo teas

MORNING PERFORMANCE BREAK

Vector energy bars (chocolate chip and berry burst)
Fresh strawberries, whipped cream and chocolate sauce
Spirulina power smoothies
Banana mango smoothies
Vitamin water, freshly brewed Starbucks coffee, decaffeinated coffee and Tazo teas

ENERGY LUNCH

Avocado, tomato and arugula salad, almond couscous salad
Vegetable crudités
Hummus, artichoke dip and sundried tomato dip
Squash and chickpea soup
Grilled steak, chicken or vegetable sandwich with melted onions on a multigrain ciabatta
Whole wheat penne primavera
Whole wheat dinner rolls
Sliced fresh fruit
Orange, grapefruit and apple juices, freshly brewed Starbucks coffee, decaffeinated coffee and Tazo teas

AFTERNOON PERFORMANCE BREAK

Organic granola bars, mixed nuts, oatmeal raisin cookies, chocolate marshmallow bars
Energy drinks, vitamin water, freshly brewed Starbucks coffee, decaffeinated coffee and Tazo teas

LUNCH SELECTIONS

LUNCH BOX

Bottled apple juice, orange juice or water
Crisp garden greens with homemade vinaigrette
Piece of whole fruit and a breakfast bar
Choice of sandwich:
Beef sirloin, pickles, horseradish and mustard cream in a fresh ciabatta bun OR
Chicken or grilled vegetables with sour cream, salsa, lettuce, bell peppers and cheddar in a white or wheat tortilla OR
Tuna salad in a white or wheat tortilla
Freshly brewed Starbucks coffee and Tazo teas

BUILD YOUR OWN SANDWICH BUFFET

Chef's soup of the day
Crisp garden greens, pasta salad and coleslaw
Black forest ham, pastrami, hot Genova salami, smoked turkey, tuna salad and egg salad
Fresh breads, tomatoes, lettuce, onions, assorted cheeses and condiments
French pastries
Freshly brewed Starbucks coffee and Tazo teas

MEDITERRANEAN BUFFET

Pottage minestrone
Caesar salad, Greek salad, tomato and bocconcini salad
Chicken souvlaki with rice pilaf and tzatziki
Garlic linguini with bolognese or alfredo sauce
Spinach and ricotta cannelloni in blush sauce
Baklava and mini chocolate eclairs
Freshly brewed Starbucks coffee and Tazo teas

ASIAN PACIFIC BUFFET

Green vegetable salad with coconut dressing, Asian tofu salad
Vegetable spring rolls
Green Thai chicken curry or chicken in hot garlic sauce
Stir fried noodles, vegetable fried rice
Lychees with almond jelly, mango pudding
Freshly brewed Starbucks coffee and Tazo teas

LA MEXICANA BUFFET

Sopa de Ajo (Garlic Soup)
Mexican chopped salad with honey lime dressing, tomato and bean salad
Build your own fajita station with chicken or beef and traditional fixings
Vegetarian quesadillas
Fresh fruit salad and flan Mexicana
Freshly brewed Starbucks coffee and Tazo teas

All packages are priced per person and are subject to HST and a 15% service charge.