



Morning



## Breakfast buffet \* Priced per person

Includes Starbucks freshly brewed coffee and teas / Add orange or cranberry juice \$5 per person

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| <p>✦ <b>Continental</b> . . . . . <b>\$27</b><br/>Seasonal sliced fruit, assorted individual yogurt, assorted house baked pastries including danishes, muffins, and croissants</p>   | <p>✦ <b>Morning Indulgence</b> Minimum 25 people . . . . . <b>\$34</b><br/>Assorted muffins, cheese croissants, bacon cheddar egg bites, spinach broccoli &amp; goat cheese egg bites, grilled tomatoes, sliced fruit and choice of pulled chicken or pork hash</p> |
| <p>✦ <b>Fresh Start</b> Minimum 25 people . . . . . <b>\$30</b><br/>Individual yogurt and berries with granola, assorted pastries and mini blueberry loaves, sliced fruit, grilled sour dough bread, smashed avocado and chilled hard-boiled eggs</p>        | <p>✦ <b>Hotel classic</b> Minimum 25 people . . . . . <b>\$35</b><br/>Assorted pastries including danishes, muffins, and croissants, scrambled egg, maple bacon and breakfast sausage, hash browns, and sliced fresh fruit</p>                                      |
| <p>✦ <b>Nova Scotian</b> Minimum 25 people . . . . . <b>\$36</b><br/>Maritime fishcakes with molasses baked beans, chow, brown bread, potato hash with chopped bacon and sausage</p>   | <p>✦ <b>Pancake breakfast</b> Minimum 25 people. . . . . <b>\$32</b><br/>Buttermilk pancakes with berry compote, chantilly cream, bacon, and mixed berry cups</p>   |
| <p>✦ <b>Canadian</b> Minimum 25 people . . . . . <b>\$39</b><br/>Farm fresh scrambled eggs, aged cheddar, hash browns, bacon strips, baked beans, buttermilk waffles with berry compote and whipped cream, maple apple crumble muffins, and sliced fruit</p> | <p>✦ <b>Build your own breakfast sandwich</b> Min. 25 people <b>\$30</b><br/>Fried egg, cheddar cheese, choice of bacon or sausage patty on an english muffin or bacon cheddar croissant. Served with potato wedges and whole fresh fruit.</p>                      |

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All prices are subject to a customary 19% taxable service charge and 14% applicable HST. Prices are subject to change.  
All prices are guaranteed 90 days prior to the function.



## Wake ups

- ✦ Individual yogurt . . . . . **\$5.50 each**  
Assorted and lactose free
- ✦ Build your own granola yogurt parfait **\$10.50 each**  
Homemade granola, vanilla yogurt, berry compote  
and fresh strawberries
- ✦ Individual Overnight Oat Cups . . . . . **\$12 each**  
Chilled oats with berries, peanut butter, chia seeds,  
pumpkin seeds and maple syrup
- ✦ Whole fresh fruit. . . . . **\$3.50 each**  
Bananas, apples, plums or pears
- ✦ Fruit cup . . . . . **\$10.75 each**  
Fresh cut seasonal fruit in individual cups
- ✦ Cereal boxes . . . . . **\$5.75 a person**  
Assorted individual cereals and 2% milk
- ✦ Chilled hard-boiled eggs. . . . . **\$22 a dozen**

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## Baked best

- ✦ Assorted homemade muffins . . . . . **\$39 a dozen**
- ✦ Gluten free muffins . . . . . **\$52 a dozen**  
Chocolate or blueberry
- ✦ Assorted Danishes . . . . . **\$51 a dozen**
- ✦ Mini cinnamon rolls . . . . . **\$36 a dozen**  
Cream cheese glazed
- ✦ Croissants . . . . . **\$46 a dozen**  
Traditional butter and chocolate hazelnut drizzle
- ✦ Milk chocolate home baked danish . . **\$48 a dozen**
- ✦ Artisanal spinach & feta pastries . . . **\$69 a dozen**
- ✦ Crookies . . . . . **\$52 a dozen**  
Traditional butter croissant baked with a chocolate  
chip cookie center
- ✦ Homemade hand pies . . . . . **\$59 a dozen**  
Apple cinnamon and blueberry cream cheese
- ✦ Assorted mini danishes . . . . . **\$35 a dozen**
- ✦ Mini sweet loaves . . . . . **\$49 a dozen**  
Lemon poppyseed, blueberry lavender,  
and banana chocolate chip
- ✦ Homemade Almond  
Blueberry Tartlets. . . . . **\$56 a dozen**
- ✦ Scones . . . . . **\$49 a dozen**  
Fresh homemade scones with assorted jams and  
butter
- ✦ Bagels . . . . . **\$43 a dozen**  
Assorted flavours with cream cheese
- ✦ Cookies . . . . . **\$39 a dozen**  
House baked assortment
- ✦ Gluten free brownie. . . . . **\$6 each**  
Individually packed





## Break Time

- ✦ **Health full . . . . . \$17 per person**  
House made energy bites, individual yogurt, pumpkin protein power cookies and seasonal whole fruit
- ✦ **Sweet stuff . . . . . \$17 per person**  
Assorted cookies, rocky road bars, and gluten free brownies
- ✦ **Donuts . . . . . \$51 a dozen**  
Cinnamon sugar twists, apple fritters and boston creams
- ✦ **Individual veggies and dip . . . . . \$6 per person**
- ✦ **Energy bites . . . . . \$53 a dozen**
- ✦ **Homemade chocolate dipped granola bars . . . . . \$43 a dozen**
- ✦ **Mixed berry crumble bars . . . . . \$41 a dozen**
- ✦ **Rocky road bars. . . . . \$45 a dozen**
- ✦ **Pumpkin protein power cookies . . . \$62 a dozen**
- ✦ **Raspberry vanilla coconut bar . . . . \$45 a dozen**
- ✦ **Hummus dip . . . . . \$6 per person**  
With choice of vegetables or pita
- ✦ **Dried fruit cups . . . . . \$10 per person**  
Assortment of dried apples, cherries, dates, blueberries and apricots



## Grab and Go, Individually Packaged

- ✦ Oat and honey bars . . . . . **\$3 each**
- ✦ RX blueberry protein bar. . . . . **\$7 each**
- ✦ Special K dark chocolate  
almond granola bars . . . . . **\$3 each**
- ✦ Made with local  
peanut butter blondie bar .. . . . **\$5 each**
- ✦ Pringles original small can.. . . . **\$4 each**
- ✦ Pringles Sour Cream  
& Onion Small Can . . . . . **\$4 each**
- ✦ Doritos Nacho Cheese 70gr . . . . . **\$4 each**
- ✦ Smartfood White  
Cheddar Popcorn 45gr . . . . . **\$4 each**
- ✦ Miss Vickies Sea Salt  
and Malt Vinegar Potato Chips 30gr . . . . **\$3 each**
- ✦ Summer Fresh Dill Pickle  
Hummus and Crackers . . . . . **\$7 each**
- ✦ Salted and Candied Bagged Nuts . . . **\$8.50 each**

## Beverages

- ✦ Perrier & flavoured water . . . . . **\$5.75 each**
- ✦ San Pellegrino 275ml. . . . . **\$5.75 each**
- ✦ San Pellegrino or Evian 750ml . . . . . **\$10.50 each**
- ✦ Bottled water .. . . . **\$4.95 each**
- ✦ Assorted fruit juice. . . . . **\$5.25 each**
- ✦ Premium fruit & vegetable juices . . . . **\$6.50 each**
- ✦ Assorted soft drinks . . . . . **\$4.95 each**
- ✦ Carton of milk 250ml. . . . . **\$5.95 each**
- ✦ Hot chocolate . . . . . **\$4.95 each**
- ✦ Starbucks coffee . . . . . **\$4.95 each**
- ✦ Assorted teas . . . . . **\$4.95 each**

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