

awake



INTERNATIONAL  
CENTRE



13-01-09

## breakfast selections

*(Minimum of 20 Guests)*

### Orion Continental | 10

Chef's Basket of Freshly Baked Mini Croissants, Danishes & Muffins  
Fruit Preserves and Whipped Butter  
Assortment of Fresh Fruit Juices  
Freshly Brewed Regular & Decaffeinated Coffee  
Array of Specialty Teas with Lemon, Honey & Milk

### Orion Deluxe Continental | 14

Vibrant Display of Sliced Fresh Fruit Garnished with Berries  
Individual Activia Yogurt  
Chef's Basket of Freshly Baked Mini Croissants, Danishes & Muffins  
Fruit Preserves and Whipped Butter  
Assortment of Fresh Fruit Juices  
Freshly Brewed Regular & Decaffeinated Coffee  
Array of Specialty Teas with Lemon, Honey & Milk

### Aquarius Breakfast | 22b / 26p

Chef's Basket of Freshly Baked Mini Croissants, Danishes & Muffins  
Fruit Preserves and Whipped Butter  
Vibrant Display of Sliced Fresh Fruit Garnished with Berries  
Scrambled Eggs with Chopped Chives  
Crisp Maple Bacon and Farmer's Sausage  
Seasoned Breakfast Potatoes  
Assortment of Fresh Fruit Juices  
Freshly Brewed Regular & Decaffeinated Coffee  
Array of Specialty Teas with Lemon, Honey & Milk

### Vela Retreat | 25 b / 29 p

*(Minimum of 300 Guests)*

Chef's Basket of Freshly Baked Mini Croissants, Danishes & Muffins  
Fruit Preserves and Whipped Butter  
Vibrant Display of Sliced Fresh Fruit Garnished with Berries  
Choice of the "Bennie" with Country Ham or Spinach  
Belgium Waffles served with Warm Berry Compote and Maple Syrup  
Grilled Roma Tomatoes, Seasoned Breakfast Potatoes  
Assortment of Fresh Fruit Juices  
Freshly Brewed Regular & Decaffeinated Coffee  
Array of Specialty Teas with Lemon, Honey & Milk

*minimum set breakfast price of \$10.00 per guest minimum guarantee of 20 guests, surcharges may apply*

### Phoenix Fit | 22

Fresh Fruit Kebobs with Minted Honey Yogurt Dip  
 Individual Activia Yogurt with Muesli, Granola  
 Assorted Fruit Smoothies  
 Mini Low Fat Muffins with Fruit Preserves and Butter Alternative  
 Multigrain, Whole Wheat & Flax Bagels with  
 Selection of Low Fat Flavored Cream Cheeses  
 Assortment of Fresh Fruit Juices  
 Freshly Brewed Regular & Decaffeinated Coffee  
 Array of Specialty Teas with Lemon, Honey & Milk

## breakfast enhancements

(Minimum of 20 Guests)

### Nova Scotia Smoked Salmon | 8 pp

Cream Cheese & Bagels, Lemon, Onion, Capers

### Assorted Bagels | 4 pp

with Garlic & Herb, Cranberry, Traditional Cream Cheese, Butter and a Toaster

### Buttermilk Pancakes | 5

Syrup, Warm Fruit Compote, Maple Syrup & Butter

### Belgium Waffles | 5

Maple Syrup, Warm Fruit Compote & Butter

### Individual Vegetarian Breakfast Quiche | 5.5

### The "Bennie" with Country Ham and Spinach | 5.5

Served on a Toasted English Muffin

### Individual Cold Cereal served with Milk | 3.5

### Omelette Station | 9

Omelette Station Chef\* preparing "Made to Order" Omega 3 Omelettes  
 Selection of fillings to include Cheddar Cheese, Ham, Mushrooms, Peppers, Scallions,  
 Bacon, Smoked Salmon, Tomatoes, Salsa

*30 dollars per hour min. 3 hours per Chef*

*\* Station chef mandatory minimum*

*set breakfast price of \$10.00 per guest*

*minimum guarantee of 20 guests, surcharges may apply*

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## Decadent Brunch Buffet | 40

*(Served for a maximum duration of two hours – Minimum of 50 people)*

### Fresh Start

Gourmet Seafood Pasta Salad  
Traditional Greek Salad with Crumbled Feta and Kalamata Olives  
Organic Greens with Chef's Array of Dressings  
Grainy Mustard Potato Salad  
Moroccan Couscous Salad  
Vine Ripened Tomato, Bocconcini and Fresh Basil  
Crudité's with Trio of Mediterranean Dips

### Rise 'n' Shine

Eggs Benedict, Scrambled Eggs, Crisp Maple Bacon, Country Sausage and Ham  
French Toast, Belgium Waffles with Warm Berry Compote, Maple Syrup  
Danish Pastries, Muffins, Croissants and Artisan Bread Rolls

### Chilled

Deli Style Platter of Assorted Meats and Cold Cuts  
Smoked Salmon & Seafood Platter  
Domestic Cheese Tray Presentation  
Fresh Seasonal Sliced Fruit

### Hot Plates

Select (2) two of the following items:  
Roasted Striploin of Beef with Red Wine Jus  
Seared Salmon with Black Bean Sauce or Melon Ginger Salsa  
Beef Stroganoff served with Basmati Rice  
Grilled Chicken Breast with Wild Mushroom Ragout  
Spinach & Ricotta Cannelloni Topped with Tomato Basil Sauce

### Finish Sweet

Selection of Fresh Fruit Pies, Cookies, Dessert Squares and Brownies  
Freshly Brewed Regular & Decaffeinated Coffee  
Variety of Specialty Teas with Lemon, Honey & Milk  
Chilled Assortment of Fresh Fruit Juices

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