

# CORPORATE RETREATS

## Beverages

Polar Bear Blend Fair Trade Coffee (per cup)	<b>2.95</b>
Polar Bear Blend Fair Trade Coffee (2 liter) 12 cup carafe	<b>30.00</b>
Polar Bear Blend Fair Trade Coffee 50 cup urn	<b>125.00</b>
Assorted Teas (per bag)	<b>2.95</b>
Punch (per liter) (non alcoholic)	<b>9.50</b>
Milk or Chocolate milk	<b>3.25</b>
Soft Drinks Canned	<b>2.95</b>
Badoit (sparkling water)	<b>3.50</b>
Dasani (still water)	<b>3.50</b>
Tropicana juice (orange or apple) per 1.8 liter pitcher	<b>15.00</b>

## Snacks

**(minimum 20 people)**

Berry and Yogurt Smoothies	<b>5.25</b>
Whole Fruit (bananas, apples, oranges)	<b>1.75</b>
Fruit Salad	<b>4.25</b>
Sliced fresh fruit and berry platter	<b>6.75</b>
Fresh fruit and berry skewers with honey yogurt (2 per person)	<b>6.75</b>
Individual Yogurts	<b>2.50</b>
Bagel and Cream Cheese	<b>4.50</b>
Croissants	<b>3.75</b>
Assorted Muffins	<b>3.25</b>
 Gluten free Muffins	<b>5.00</b>
Danish	<b>3.25</b>
Cookies	<b>3.25</b>
Banana Bread	<b>3.75</b>
Chocolate Brownies	<b>4.00</b>
 Vegan blueberry crumble	<b>4.50</b>
 Lemon slice	<b>4.50</b>

 Vegan Option

 Gluten Free Option

## Food Allergy Concerns?

Please talk to our catering office staff in advance about gluten, lactose or other dietary considerations, and we will be pleased to accommodate.

Additional charges may apply.

## Morning Smoothie Breakout

(minimum 20 people)

Mixed berry, banana and soy milk smoothies  
Selection of fresh baked muffins  
Sliced fresh fruit and berry platter  
Freshly brewed coffee, decaffeinated coffee and tea

• **14.50 per person**

## Afternoon Cookie Breakout

(minimum 20 people)

Assortment of fresh baked cookies  
Selection of canned soft drinks  
Sliced fresh fruit and berry platter  
Freshly brewed coffee, decaffeinated coffee and tea

• **11.00 per person**

## Afternoon Health Break

(minimum 20 people)

Assorted individual yogurts  
Assortment of granola bars  
Assorted fruit juices

• **7.50 per person**

## Continental Breakfast

(minimum 20 people)


Freshly brewed coffee, decaffeinated coffee and tea  
Selection of freshly baked pastries and muffins  
Fresh fruit and berry platter  
Orange and Apple juice

• **15.00 per person**

## Breakfast Buffet


(minimum 20 people)

Freshly brewed coffee, decaffeinated coffee and tea  
Orange and Apple juice  
Selection of freshly baked pastries and muffins  
Jams and butter  
Fresh fruit and berry platter

 Scrambled eggs

 Bacon

Sausage


 Hash browns

• **22.00 per person**


## Executive Breakfast Buffet

(minimum 20 people)

Freshly brewed coffee, decaffeinated coffee and tea  
Orange and Apple juice  
Selection of freshly baked pastries and muffins  
Jams and butter  
Fresh fruit and berry platter  
French toast with berry compote and syrup  
Eggs benedict with ham and hollandaise sauce

 Bacon


Sausage

 Hash browns

• **27.00 per person**

## Power Breakfast

(minimum 20 people)

 Freshly brewed coffee, decaffeinated coffee and tea  
Spinach, Kale, Mushroom and Swiss cheese frittata  
Build your own parfait (cottage cheese, yogurt, granola and fruit salad)  
Berry smoothie (mixed berries, soy milk, orange juice, and banana)

• **18.50 per person**



Vegan Option



Gluten Free Option

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## Breakfast Add-ons

### Quiche

choose from:

Spinach, green onion and Swiss cheese  
Broccoli and cheddar  
Spinach, tomato and feta  
Ham, mushroom and Swiss cheese

• **24.00 each (serves 8 people)**

### Frittata

choose from:

Spinach, green onion and Swiss cheese  
Broccoli and cheddar  
Spinach, tomato and feta  
Ham, mushroom and Swiss cheese

• **24.00 each (serves 8 people)**

## Lunch Buffets

### Soup, Salad and Sandwich Buffet

(minimum 20 people)


Assortment of premade sandwiches to include: ham and Swiss cheese, turkey and cheddar cheese, bbq chicken salad, grilled vegetable and hummus, roast beef and horseradish, tuna and egg salad on a variety of breads, rolls and wraps.


#### Salad

Mixed greens and vegetable salad with Honey balsamic vinaigrette and creamy dill dressing

#### Soup (select one)

Chicken noodle

 Creamy lemon chicken and rice  
Beef barley


 Cream of tomato and fennel

 Wild rice and mushroom bisque

  Carrot and ginger

Minestrone

Black bean with cilantro crème fraiche and tortilla crisps

 Curried cauliflower and crème fraiche  
Assortment of fresh baked cookies  
Coffee, decaffeinated coffee and tea  
• **23.00 per person**

### Gourmet Sandwiches, Salad and Soup

(minimum 20 people)

An assortment of gourmet sandwiches and wraps to include but not limited to: smoked salmon with dill cream cheese and cucumber, Black Forest ham with gruyere, roast beef with caramelized onions and horseradish aioli, bbq chicken and bacon, smoked turkey with basil aioli, grilled vegetable with hummus.

#### Salad

Caesar Salad


#### Soup (select one)

Chicken noodle

Creamy chicken and rice

Beef barley


 Cream of tomato and fennel

 Wild rice and mushroom bisque

  Carrot and ginger

Minestrone

Black bean with cilantro crème fraiche and tortilla crisps

 Curried cauliflower and crème fraiche  
Assortment of fresh baked cookies  
Coffee, decaffeinated coffee and tea  
• **26.00 per person**

*\*There will be an additional charge for gluten-free sandwiches and cookies*

 Vegan Option

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## Roasted Chicken Lunch

(minimum 20 people)

Assorted rolls and butter

### Salad (select two)


Caesar salad

Tossed salad with Ranch or herb vinaigrette

Greek salad

Spinach salad with strawberries, almonds, balsamic raspberry vinaigrette

### Chicken (select one)

 Roasted herb marinated chicken breast with a mushroom and roast shallot sauce

BBQ chicken breast with crispy onion straws

 Lemon and oregano roasted chicken breast on roasted garlic tomato sauce

 Provencal herb roasted chicken breast with bruschetta sauce

### Potato or Rice (select one)

Lemon and oregano roasted red potato

Herb roasted red potato

Garlic mashed potato

Wild Rice Pilaf

Seasonal fresh vegetable medley

Choice of sliced fresh fruit or assorted cookies

Coffee, decaffeinated coffee and tea

• 23.00 per person

## Roasted Salmon Lunch

(minimum 20 people)

Assorted rolls and butter

### Salad (select two)


Caesar salad

Tossed salad with Ranch or herb vinaigrette

Greek salad

Spinach salad with strawberries, almonds, balsamic raspberry vinaigrette

### Salmon (select one)

 Cedar plank roasted salmon on a Chardonnay cream sauce

 Lemon and dill roasted salmon on a roasted red pepper sauce

### Potato or Rice (select one)

Garlic mashed potato

Lemon and oregano roasted red potato

Herb roasted red potato

Wild rice pilaf

Seasonal fresh vegetable medley

Choice of fresh fruit or assorted cookies

Coffee, decaffeinated coffee and tea

• 27.00 per person

## Italian Pasta Lunch

(minimum 20 people)

Garlic toast

Minestrone soup

Italian chopped salad

Roasted vegetable and ricotta lasagna

 Braised bone in chicken in a roasted red pepper and tomato sauce

Biscotti and fresh fruit

Coffee, decaffeinated coffee and tea

• 26.00 per person

## Greek Lunch

(minimum 20 people)

Assorted rolls and pitas with butter

Lemon chicken soup

Greek Salad

Spanikopita

Lemon and oregano potatoes

 Roast chicken breast with tzatziki

Fresh sliced fruit and berry selection with

Greek yogurt and honey

Coffee, decaffeinated coffee and tea

• 26.00 per person

 Vegan Option

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## Indian Buffet

Naan bread with raita and cilantro mint chutney

Mixed greens with cucumber, radish, carrot, tomato dressed with a lemon and garam spice vinaigrette

Lemon basmati rice with peas

Vegetable Korma – vegetable curry with beans, peppers, carrots, peas and potatoes

Dal Tadka – lentil curry

Chicken tikka masala

Mango sorbet with sweetened condensed milk and candied pistachios

• **27.00 per person**

## Vegetarian Lunch

(minimum 20 people)

Assorted rolls and butter

-  Vegan hearty lentil and vegetable soup
  - Spinach, kale, pears, sundried cranberries, pumpkin seeds with Assiniboine Park honey poppy seed dressing
  - Vegan fresh vegetables and hummus
  - Herb roasted vegan red potatoes
  - Roasted vegetable and squash lasagna
  - Apple and berry cobbler
  - Coffee, decaffeinated coffee and tea
- **24.00 per person**

## The Comfort Lunch

(minimum 20 people)

Assorted rolls and butter

Chicken noodle soup

Caesar salad

Green beans and onions

Mashed potatoes

Meatloaf and pan gravy

Apple crumble

Coffee, decaffeinated coffee and tea

• **24.00 per person**

## Prairie Lunch

(minimum 20 people)

Rye bread and butter

Tossed salad with Assiniboine Park honey and poppy seed dressing

Rustic root vegetable and potato hash

Potato and cheese perogies with sour cream, bacon and fried onions

Pan fried pickerel with lemon and caper cream sauce

Apple and caramel bread pudding

Coffee, decaffeinated coffee and tea

• **27.00 per person**

### Dessert substitutions

Apple caramel bread pudding

Apple and berry cobbler

Banana bread pudding

Assortment of fresh baked cookies

Slice fresh fruit and berry platter

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