

CORPORATE RETREATS

Beverages

Coffee (per cup)	2.50
Coffee (2 liter) – 12 cup carafe	27.00
Coffee 50 cup urn	110.00
Tea (per bag)	2.50
Punch (per liter) (non alcoholic)	8.95
Milk or Chocolate milk (per person)	2.50
Soft Drinks Canned	2.95
Badoit (sparkling water)	3.25
Bottled Water Dasani	2.95
Juice (per liter) (orange, apple)	10.25

Snacks

Berry and Yogurt Smoothies	5.25
Whole Fruit (bananas, apples, oranges)	1.75
Fruit Salad	3.75
Sliced Fresh Fruit & Berries	6.50
Fresh Fruit Skewers with honey yogurt (2 per person)	5.75
Individual Yogurts	2.25
Bagel and Cream Cheese	4.25
Croissants	3.25
Fresh Baked Muffins	2.95
Danish	2.95
Cookies	3.25
Poppyseed Roll	2.95
Scones or Biscuits	2.95
Banana Bread	2.95
Chocolate Brownies	3.75

Morning Smoothie Breakout

(minimum 20 people)

Mixed berry and yogurt 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**

Food Allergy Concerns?

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

Additional charges may apply.



Continental Breakfast

(minimum 20 people)

Coffee, decaffeinated coffee and tea
Selection of freshly baked pastries and muffins
Fresh Fruit Platter
Orange and apple juice

• **14.00 per person**

Breakfast Buffet

(minimum 20 people)

Coffee, decaffeinated coffee and tea
Orange and apple juice
Selection of freshly baked pastries and muffins
Preserves and butter
Fresh fruit platter
Scrambled eggs
Bacon
Sausage
Hashbrowns

• **21.00 per person**

Executive Breakfast Buffet

(minimum 20 people)

Coffee, decaffeinated coffee and tea
Orange and apple juice
Selection of freshly baked pastries and muffins
Preserves and butter
Fresh fruit platter
French toast with berry compote and syrup
Eggs benedict with ham and hollandaise sauce
Bacon
Sausage
Hashbrowns

• **26.00 per person**

Power Breakfast

(minimum 20 people)



Spinach, Kale, Mushroom and Swiss cheese frittata

Build your own parfait (Cottage cheese, yogurt, granola and fruit salad)

Berry smoothie (mixed berries, orange juice and banana)

• **18.50 per person**

Breakfast Add-ons

Quiche

choose from:

Spinach, green onion and Swiss cheese

Broccoli and cheddar

Spinach, tomato and feta

Ham, mushroom and Swiss cheese

• **22.00 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

• **22.00 each (serves 8 people)**

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Lunch

Soup and Sandwich Buffet

(minimum 20 people)

Assortment of premade sandwiches to include: ham, turkey, chicken salad, grilled vegetable, roast beef, tuna and egg salad on a variety of breads, rolls and wraps

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

• **19.00 per person**

Add Tossed or Caesar Salad

• **3.00 per person**

Gourmet Sandwiches and Soup

(minimum 20 people)

An assortment of gourmet sandwiches and wraps to include but not limited to; smoked salmon with caper aioli and cucumber, Black forest ham with gruyere, roast beef with caramelized onions and blue cheese, bbq chicken and bacon club, smoked turkey and grilled vegetable with hummus

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

• **23.00 per person**

Add Tossed or Caesar Salad

• **3.00 per person**

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Lunch Buffet

(minimum 20 people)

Roasted Chicken Lunch

Assorted rolls and butter

Salad (select two)

Caesar salad

Tossed salad with ranch or herb vinaigrette

Greek salad

Spinach, strawberries, almonds with balsamic raspberry vinaigrette

Chicken (select one)

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

BBQ chicken with crispy onion straws

Lemon and oregano roasted chicken on roasted garlic tomato sauce

Provençal herb roasted chicken with bruschetta sauce

Potato or Rice (select one)

Lemon and oregano roasted red potato

Herb roasted red potato

Rice Pilaf

Seasonal fresh vegetable medley

Choice of sliced fresh fruit or assorted cookies

Coffee, decaffeinated coffee and tea

• **21.00 per person**

Italian Pasta Lunch

Garlic toast

Minestrone Soup

Caesar salad

Roasted vegetable and ricotta lasagna

Chicken cacciatore

Biscotti and sliced fresh fruit

Coffee, decaffeinated coffee and tea

• **25.00 per person**

Roasted Salmon Lunch

Assorted rolls and butter

Salad (select two)

Caesar salad

Tossed salad with ranch or herb vinaigrette

Greek salad

Spinach, strawberries, almonds with balsamic raspberry vinaigrette

Salmon (select one)

Cedar plank roasted salmon on a rosemary

Chardonnay cream sauce

Lemon and dill roasted salmon on a roasted red pepper sauce

Potato or Rice (select one)

Lemon and oregano roasted red potato

Herb roasted red potato

Rice pilaf

Seasonal fresh vegetable medley

Choice of sliced fresh fruit or assorted cookies

Coffee, decaffeinated coffee and tea

• **25.00 per person**

Greek Lunch

Assorted rolls and pitas with butter

Lemon chicken Soup

Greek Salad

Spanikopita

Lemon Oregano Potatoes

Roast Chicken with Tzatziki

Fresh sliced fruit and berry selection with

Greek yogurt and honey

Coffee, decaffeinated coffee and tea

• **25.00 per person**

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Vegetarian Lunch

Assorted rolls and butter
Hearty lentil and vegetable soup
Spinach, kale, sundried cranberries, pumpkin seeds with Assiniboine Park honey and poppyseed dressing
Fresh vegetables and hummus
Herb roasted potatoes
Roasted vegetable and squash lasagna
Seasonal fruit tart with creme anglais
Coffee, decaffeinated coffee and tea

• 21.00 per person

The Comfort Lunch

Assorted rolls and butter
Chicken noodle soup
Caesar salad
Green beans and onions
Mashed potatoes
Meatloaf and gravy
Apple crumble with caramel sauce
Coffee, decaffeinated coffee and tea

• 23.00 per person

Asian Lunch

Build your own Pho soup (vegetable Pho broth, bean sprouts, basil, mint, rice noodles, hot sauce and hoisin)
Soba noodle salad; cabbage, cucumber, peas, carrots, red onion and ginger sesame vinaigrette
Black bean vegetable stir-fry
Mushroom fried rice
Honey garlic chicken with green peppers and broccoli
Exotic fresh fruit coconut cream flan
Coffee, decaffeinated coffee and tea

• 26.00 per person

Prairie Lunch

Rye bread and butter
Tossed salad with Assiniboine Park honey and poppyseed dressing
Rustic root vegetable and baby 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

• 26.00 per person

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