BREAKFAST BUFFET
(Minimum of 10 people)

CONTINENTAL
Croissant, Danish, muffin
Butter, jam, marmelade
Assorted juices and fruit salad

AMERICAN
Croissant, Danish, muffin
Butter, jam, marmelade
Assorted yogurts
Scrambled eggs, bacon, sausage
& breakfast potatoes

DELUX CONTINENTAL
Croissant, Danish, muffin
Butter, jam, marmelade
Assorted juices
Platter of sliced fruits
Assorted yogurts

A LA CARTE
(Minimum of 10 people)
Bagel and cream cheese
Pancakes with syrup
French toast with syrup
Yogurt and a granola bar
Platter of sliced fruits (serving for 2)
Coffee and tea: Individual cups
  - Urn of 20 cups
  - Urns of 30 cups
GIVE YOURSELF A BREAK
(Minimum of 10 people)
*Must be accompanied with lunch meals*

**THE EARLY BIRD**
Assorted muffins (2 per person)
Orange juice

**THE REFRESHER**
Mineral water
Assorted fruit juice
Soft drinks

**TAKE A SALTY BREAK**
Chips
Pretzels
Assorted nuts
Soft drinks

**LIGHT BREAK**
Granola bars
Assorted yogurts
Assorted fruit juice

**THE 3 O'CLOCK**
Homemade cookies
Arrangement of fresh fruits
Soft drinks

**TAKE A SWEET BREAK**
Chocolate brownies
Granola bars
Cookies

**THE BOOSTER**
Assorted fruit juice
Coffee & tea
EAT & RUN BUFFETS (LUNCH AND DINNER)
(Minimum of 10 people DELIVERY ONLY)

**WORKING LUNCH & SUPPER**
- Caesar salad
- Three (3) assorted pizzas
  *(2 slices per person)*
- Pasta (Chef's choice)
- Assorted desserts

**WORKING LUNCH #2**
- Three (3) mixed salads
- Assorted sandwiches
- Assorted tortilla wraps
- Pasta (Chef's choice)
- Assorted desserts
- Fresh fruit salad
- Bread rolls and butter

**WORKING LUNCH #3**
- Pizza squares
- Four (4) mixed salads
- Platter of assorted cold cuts and pâtés
- Assorted breads
- Canadian cheese platter
- Fresh sliced fruit
- Assorted desserts

**WORKING LUNCH #4**
- Pizza squares
- Four (4) mixed salads
- Platter of assorted cold cuts
  *(Choice of one (1) pasta dish)*
- Cheese cannelloni Florentine or Farfalle or penne primavera or Ravioli rosée
  *(Choice of one (1) meat dish)*
- Roast veal in a mushroom sauce or Salmon in a tarragon sauce or Chicken breast Cacciatore
- Fresh vegetables and potatoes or rice pilaf
- Assorted desserts
- Fresh sliced fruits
- Bread rolls and butter
SANDWICHES
(Minimum of 10 people)
All sandwiches are served with ciabatta, Panini, rye whole wheat ciabatta

Smoke meat (Lester's) on rye bread
Roasted beef with caramelized onions
Italian style sausage (pork) with grilled peppers
Chicken cutlet with marinated eggplants
Chicken Parmigiana
Grilled vegetables with reduced balsamic
Smoked salmon and cream cheese
Italian style cold cut sandwich

BAKERY STYLE PIZZA PLATTER
(Minimum of 10 people)

Classic tomato
Focaccia (olive oil and oregano)
Vegetarian (peppers, onions, mushrooms and cheese)
All dressed (pepperoni, peppers, mushrooms and cheese)

SIX (6) SLICES PER PIZZA
SALADS
(48 ounce bowls)

- Greek salad (feta, tomatoes, kalamata olives and oregano)
- Italian style salad (mascuohl salad, balsamic vinegar, olive oil, cherry tomatoes and cucumbers)
- Five (5) bean salad (balsamic vinegar and olive oil)
- Citrus salad (mesclun salad, with fruits and raspberry vinaigrette)

- Artichoke salad
- Quinoa salad

LUNCH BOXES MADE EASY
(Minimum of 10 people)
Choice of One (1) for every service

SANDWICHES AND WRAPS (Served on Ciabatta bread or Soft tortilla)
- Egg salad
- Grilled vegetables (peppers, mushrooms and eggplants)
- Grilled chicken (lettuce, tomato and mayonnaise)
- Italian cold cuts and cheese (Prosciutto, salami, provolone cheese)
- Chicken salad
- Smoked turkey
- Smoked salmon

SALAD (8 oz)
- Caesar salad
- Mixed green salad (Italian dressing)
- Vegetables and dip

DESSERT
- Two (2) home made cookies
- Fruit salad
- Whole fruit (Chef’s choice)

BEVERAGE
- Fruit juices box (Chef’s choice)
- Bottled water
CANAPES
*Minimum order of 5 dozen*
(Certain items are subject to change, depending upon availability)

**SELECTION A**

**“COLD”**
- Traditional bruschetta
- Scandinavian eggs
- Profiteroles stuffed with salmon
- Cheese kebabs
- Salmon roulade

**“HOT”**
- Mozzarella sticks
- Beef brochette
- Spicy mini meatballs
- Chicken wings
- Cocktail sausages
- Mini spring rolls
- Zucchini sticks

**SELECTION B**

**“COLD”**
- Shrimp cocktail
- Prosciutto with melon
- Seafood crackers
- Cherry tomatoes stuffed with tuna
- Antipasto scones

**“HOT”**
- Stuffed olives
- Mini arancinis
- Coconut shrimp
- Moroccan cigar
- Vol-au-vent
- Shrimp au Pernod
- Thai chicken kebab
- Jalapeño stuffed peppers

**SELECTION C**

**“COLD”**
- Sushi (maki)
- Boconcini and tomato brochettes
- Tapas cones
- Tortilla roulade

**“HOT”**
- Indian samosas
- Mini sliders
- Mini quiches
- Mini coquille St – Jacques
- Duck a l’orange
- Spanakopitas

**SELECTION D**

**CHEF’S CHOICE SPECIAL**
Chef’s choice selection from all three (3) options
PLATTERS AND BASKETS

FRUITS BASKETS
- Seasonal fruit dipped in chocolate (for 2 people)
- Basket of fruit with a bottle of water
- Basket of fruits with chocolates and a bottle of water
- Basket of fruits with chocolates and a bottle of House Wine

PLATTERS FOR TWO (2) PEOPLE
- Fruits, chocolates and water
- Fruits, chocolates and wine
- Fruits, cheese and water
- Fruits, cheese, chocolates and water
- Fruits, cheese, chocolates and wine

PLATTERS FOR TEN (10) PEOPLE OR MORE
- Cheese
- Cheese and fruits (Half portions)
- Cheese and fruits (Full portion)
- Cheese, fruits and pastries (Full portion)
BITS & PIECES

Bottled water (500ml)
Perrier (330ml)
Assorted fruit juice (300ml)
Soft drinks (cans)
Fresh fruit juices (pitcher)
Coffee or tea (per person minimum 10 people)
Thermos of coffee, tea (20 cups)
Urns of coffee, tea (30 cups)
Baker's basket
Bagels and cream cheese
Assorted home-made cookies (2 pp)
Assorted milk (200ml) (upon request)
Chocolate milk (200ml) (upon request)
Basket of nuts (8 people)
Basket of chips (8 people)
Basket of pretzels (8 people)
Basket of peanuts (8 people)
Platter of crispy vegetables and dip (15 people)
Platter of tea sandwiches or wraps with crispy vegetables Chef's choice (8 people) 2 per person
Assorted cheeses (4 pieces/pp) crackers and fresh fruits
Mirror or platter of sliced fresh fruits (10 people)
Mini assorted French pastries
Scones with butter and jam

STAFF FOR OUTSIDE CATERING

Waiters and Bartenders
Head waiter
Cook