

À LA CARTE BREAKFAST & BREAKS

THE CONTINENTAL \$14.95

A selection of chilled juices
Sliced fresh fruit
Croissants, muffins, danishes, butter and fruit preserves
Freshly brewed organic fair trade coffee, decaffeinated coffee and a selection of teas

THE EXECUTIVE CONTINENTAL \$15.95

A selection of chilled juices
Sliced fresh fruit
Croissants, muffins, danishes, butter and fruit preserves
Bagels with cream cheese
Hot porridge and assorted cereals with ice cold milk
Waffles or pancakes or French toast with cinnamon
Freshly brewed organic fair trade coffee, decaffeinated coffee and a selection of teas

THE ENERGY \$16.95

A selection of chilled juices
Sliced fresh fruit
Healthy choice muffins
Hot porridge, bircher muesli, organic granola and low fat yogurt
Stewed prunes, dried bananas, apricots, almonds and walnuts
Fruit smoothies
Freshly brewed organic fair trade coffee, decaffeinated coffee and a selection of teas

THE CANADIAN \$18.95

A selection of chilled juices
Sliced fresh fruit
Croissants, muffins, danishes, butter and fruit preserves
Bagels with cream cheese
Assorted cereals with ice cold milk
Scrambled eggs with bacon, sausages and breakfast potatoes
Waffles or pancakes
Freshly brewed organic fair trade coffee, decaffeinated coffee and a selection of teas

BUILD YOUR OWN BREAKFAST

Eggs any style	\$3.00/person
Eggs Benedict	\$3.50/person
Bacon, sausage, ham or breakfast potatoes	\$2.00/person
Waffles or pancakes or French toast with cinnamon	\$2.00/person
Assorted cereals with ice cold milk	\$3.00/person
Kellogg's healthy snack bars	\$2.50/person
Bagels with cream cheese	\$3.00/person
Individual flavoured yogurts	\$3.00/person
Croissants, danishes or muffins	\$2.50/person
Sliced fresh fruit	\$3.00/person
Chilled fruit juices	\$22.00/pitcher
Organic fair trade coffee, decaffeinated coffee or tea	\$3.00/person



THEMED BREAKS

MORNING COFFEE BREAK \$10.95

Fresh fruit basket

Orange, grapefruit and apple juices, organic fair trade coffee and decaffeinated coffee, a selection of teas

AFTERNOON COFFEE BREAK \$12.95

Freshly-baked gourmet cookies and squares, assorted individual bags of chips

Soft drinks, organic fair trade coffee and decaffeinated coffee, a selection of teas

COOKIE MONSTER BREAK \$11.95

Gourmet chocolate chip, peanut butter, white chocolate macadamia nut and oatmeal raisin cookies

Regular & chocolate milk

Freshly brewed organic fair trade coffee, decaffeinated coffee and a selection of teas

ICE CREAM BREAK \$12.95

Selection of ice cream bars, cups and sandwiches

Orange sorbet

Selection of soft drinks

Freshly brewed organic fair trade coffee, decaffeinated coffee and a selection of teas

BALL GAME BREAK \$13.95

Mixed nuts, pretzels, individual bags of potato chips

Baked nachos with cheese served with salsa and sour cream

Chicken wings

Selection of soft drinks

Freshly brewed organic fair trade coffee, decaffeinated coffee and a selection of teas

CHOCOHOLIC BREAK \$15.95

Chocolate covered almonds, blueberries and strawberries

Two bite brownies and chocolate biscotti

Chocolate milk

Freshly brewed organic fair trade coffee, decaffeinated coffee and a selection of teas

TAPAS BREAK \$12.95

Vegetable crudité with hummus, babaghanoush and sundried tomato tapenade

Stuffed vine leaves and Kalamata olives

Beef or vegetable samosas

Freshly brewed organic fair trade coffee, decaffeinated coffee and a selection of teas

PERFORMANCE BREAK \$15.95

Vector energy bars (chocolate chip and berry burst)

Fresh strawberries, whipped cream and chocolate sauce

Spirulina power smoothies

Banana mango smoothies

Vitamin water, organic fair trade coffee and decaffeinated coffee, a selection of teas

INDIAN FLARE BREAK \$15.95

Vegetable pakoras, beef or vegetable samosas, lamb kathi kababs, chili sauce and tamarind chutney

Chai, plain sweet lassi, mango lassi

Freshly brewed organic fair trade coffee, decaffeinated coffee and a selection of teas



BUILD YOUR OWN BREAK

Assorted cookies or brownies	\$24.00/dozen
Assorted coffee cakes	\$2.00 per person
Assorted French pastries	\$30.00/dozen
Vegetable crudités with dip (serves 10)	\$35.00/platter
Assorted cocktail sandwiches	\$35.00/dozen
Beef or vegetable samosas	\$31.00/dozen
Bottled juices or Perrier	\$3.00/person
Soft drinks	\$2.00/person
Fruit smoothies	\$4.00/person