

Executive Breaks

Special menus can be designed upon request.
Price is subject to a 15% gratuity and 5% GST.

Executive Breaks

Morning Bakery Basket \$14.00

- Fresh Assortment of Danish Pastries (2 per person), Muffins and Croissants
- Chilled Juice Coffee and Tea

Energizer \$10.00

- Basket of Assorted Breakfast Pastries Choice of Danish, Muffins, Croissants (1½ per person)
- Coffee and Tea

Tropical Duo \$10.00

- Fresh Baked Banana Bread Seasonal Sliced Fresh Fruit
- Coffee and Tea

Hot & Sweet \$8.00

- Creamy Hot Chocolate & Coffee
- Assorted Homemade Extra Large Cookies (2 per person)

Savory Break \$16.00

- Individual Potato Chips
- Deluxe Mixed Nuts
- Giant Soft Pretzels served with 3 mustard dips
- Mini Sandwiches
- Bottled Water
- Coffee and Tea

Sweet Break \$13.00

- Assorted Mini French Pastries
- Mini Toblerone
- Trail Mix
- Chocolate Dipped Strawberries
- Hot Chocolate
- Bottled Water
- Coffee and Tea

Nutri Break \$14.00

- Fresh Sliced Fruit
- Granola Bar **or** Power Bar
- Organic Individual Yogurts
- Fruit Juice
- Coffee and Tea

Fruit & Fibre \$15.00

- Assorted Flavored Yogurt
- Seasonal Sliced Fresh Fruit
- Nutri-Grain Bars
- Skim Milk, Mineral Water, Coffee and Herbal Tea

The following prices do not include 15% gratuity or 5% GST.

Coffee Break Items À la Carte

French Pastry (each)	\$4.00
Nanaimo Bar (each)	\$3.00
Chocolate Bar (each)	\$3.00
Nutri-Grain Bars (each)	\$2.75
Whole Fresh Fruit (each)	\$2.25
Fruit Kabobs with Yogurt Dip (each)	\$4.25
Fresh Fruit Tarts (each)	\$4.25
Apple Turnovers (each)	\$3.25
Individual Bag of Chips (each)	\$2.50
Individual Fruit Yogurt (each)	\$3.00
Individual Organic Yogurt (each)	\$3.75
Chocolate Dipped Strawberries (each)	\$2.75
Hagen Daaz Ice Cream Bar (each)	\$5.75
Yogurt Berry and Granola Parfait (each)	\$8.00
Cinnamon Buns (per dozen)	\$27.00
Danish (per dozen)	\$30.00
Muffins (per dozen)	\$27.00
Croissants (per dozen)	\$28.00
Assorted Cookies - Extra Large (per dozen)	\$18.00
Banana Bread (per dozen)	\$18.00
Assorted Wraps: Southwestern Chicken, Tandoori Chicken, Shrimp Curry	\$66.00
Seafood Salad, Beef (per dozen, served cold)	
Sliced Fresh Seasonal Fruit (per person - minimum 10)	\$6.00
Bowl of Fresh Strawberries with Whipped Cream (serves 12)	In season May 1 st to Sept 30th \$39.00 Off season Oct 1 st to April 30th \$65.00

Beverages

Coffee

- Per pot (10 cups) \$25.00
- Per thermos (16 cups) \$40.00
- Per thermos (50 cups) \$125.00

Tea, Orange Pekoe/Herbal Blend (per cup) \$2.50

Hot Chocolate (per cup) \$2.50

Assortment of Juices (per bottle) \$3.25

Iced Tea (per bottle) \$3.25

Mineral Water (per bottle) \$3.25

Assortment of Soft Drinks (per can) \$2.50

Fruit Juice Pitchers Orange, Grapefruit, Apple or Tomato (per pitcher, 1.8 L) \$20.00

Iced Tea with Lemon (per pitcher, 1.8 L) \$18.00

Milk, 2% or Skim (per pitcher, 1.8 L) \$18.00

Break Enhancements

Bagels à la Carte \$31.00

- Freshly Baked Assortment of Bagels Served with Butter, Preserves, Plain and Flavoured Cream Cheese
- Choice of any Three Cream Cheeses: Plain, Strawberry, Apple Cinnamon, Smoked Salmon, or Herb and Garlic