

# 2019 INSPIRING FROM WITHIN MENU

## Guests Arrival

Assorted Muffins, Danish, Croissants  
Breakfast Burritos  
Yogurt topped with Granola and Berries(nut free & ready to go)  
Hard Boiled Eggs  
Fresh Cut Seasonal Fruit Platters  
Fresh Whole Fruit  
Regular & Decaffeinated Coffee, Tea & Juice

## Morning Break

Assorted Granola & Cereal Bars  
Regular & Decaffeinated Coffee, Tea & Juices

## Lunch Buffet

Assorted Rolls & Butter on tables  
House Garden Salad & Spinach Salad with a variety of Dressings  
Wild Rice Pilaf  
Steak Stirfry and Chicken Strifry  
Baked Atlantic Salmon Filet  
Stirfried Vegetables  
Baked Potato Station with Choice of Toppings

## Beverages & Dessert

Regular & Decaffeinated Coffee & Tea  
Assorted Soft Drinks & Cold Beverages  
Assorted Mini Pastries & Mini Gourmet Donuts

\*Gluten free, vegetarian, & halal options will be available.

