



# flavour

OF THE  
evening

## Plated Dinners

Based on a three course dinner.

Additional course

Add \$4

All plated dinners include:

Freshly baked rolls and whipped butter

Starbucks coffee, decaffeinated coffee and Tazo teas

### CHOICE OF SOUP OR SALAD

#### SOUPS

Cream of carrot

Blended with honey and ginger

Chicken consommé

With shitake mushrooms and vegetable julienne

Sweet potato soup

Flavored with maple syrup, garlic and chives

#### SALADS

California salad

Artisan greens with strawberry, mandarin oranges,  
toasted almond slices and raspberry vinaigrette

Cavalier Caesar salad

Romaine heart wedge topped with caesar dressing,  
croutons, freshly grated parmesan cheese, applewood  
smoked bacon bits and a lemon wedge

Garden salad

Frisée and artisan lettuce, roasted beets, sunflower seeds  
and honey Dijon mustard vinaigrette

Sweet butter leaf salad

Boston bibb lettuce, orange mandarin sections  
and creamy citrus dressing

Artisan lettuce and tomato salad

Bocconcini cheese, fresh basil and balsamic vinaigrette



# flavour

OF THE  
evening

## Entrées

All dinner entrées include chef's choice of potato or rice and vegetables

Your choice of:

**BAKED SUPREME OF CHICKEN STUFFED WITH WILD MUSHROOMS**  
Served with cream sauce \$42

**BAKED SUPREME OF CHICKEN STUFFED WITH GOAT CHEESE**  
Sun dried tomato and pesto cream sauce \$43

**GRILLED SUPREME OF CHICKEN WITH SHRIMP**  
Served with red pepper coulis \$43

**GRILLED TURKEY MEDALLIONS**  
Served with confetti salsa \$40

**GRILLED DUCK BREAST**  
Bordeaux jus and a trio of sautéed olives \$49

**BAKED HALIBUT FILLET**  
Crabmeat and shrimp cardinal sauce \$52

**GRILLED SALMON FILLET**  
Citrus fillets and gewürztraminer cream sauce \$43

**POACHED COD LOINS**  
With shrimp, mushrooms and parsley white wine sauce \$45

**ROASTED STUFFED PORK LOIN**  
Autumn dried fruit, apples and bacon chardonnay pork jus \$39

**GRILLED FILLET OF BEEF TENDERLOIN**  
Sauce choron and artichokes \$52

**ROASTED BEEF TENDERLOIN**  
Oyster, shitake, button mushrooms, shallots and Burgundy jus \$50

**ROASTED ALBERTA PRIME RIB OF BEEF**  
Black peppercorn and red wine jus \$46

**ROASTED NEW YORK STRIPLOIN**  
Dijon mustard and herb coated pan jus \$46

**GRILLED NEW YORK STRIPLOIN STEAK**  
Red onion, thyme and cabernet sauvignon confit \$49

**ROASTED TOP SIRLOIN OF BEEF AU JUS**  
All natural au jus \$39

**BEEF AND CHICKEN COMBO PLATE**  
Grilled fillet of beef tenderloin and a grilled chicken breast and wild mushroom cream sauce \$50



# sweet or savory?

## Desserts

Your choice of:

**NEW YORK STYLE CHEESE CAKE**

Chocolate mocha sauce coulis and whipped cream

**TRIO OF CHOCOLATE MOUSSE TOWER**

Raspberry sauce and whipped cream

**RASPBERRY AND CHOCOLATE MOUSSE TORTE**

Dark ganache glazed, bailey mocha sauce  
and whipped cream

**STREUSEL TOPPED APPLE TORTE**

Vanilla ice cream, chocolate coulis and whipped cream

# Stunner

it off

## Dinner Enhancements:

### **SORBET**

Inquire about chef's selection \$3

### **SEARED DIGBY SCALLOPS**

Root vegetable julienne, Pernod infused cream sauce \$10

### **BRUSCHETTA**

Toasted baguette, olive oil, garlic, marinated roma tomatoes and parmesan cheese \$6

### **SMOKED DUCK BREAST**

Fresh pineapple, Waldorf salad and walnuts \$15

### **BRAISED WILD BOAR**

Soft polenta \$14

### **SEAFOOD COCKTAIL**

Smoked salmon, candied salmon, smoked trout, smoked mackerel and white cocktail sauce with brandy and sherry \$12

### **TIRAMISU**

Fresh strawberries and whipped cream \$3

### **SHRIMP AND LOBSTER BISQUE**

Topped with crème fraiche \$8



# flavour

OF THE  
evening

## Sustainable Plated Dinners

Your choice of soup or salad  
Additional selection

Add \$6

### SOUP OR SALAD

Beef consommé with organic vegetable julienne

OR

California salad, fresh organic greens with yogurt dressing

OR

Strawberries, orange sections and toasted almond slices

### ENTRÉES - YOUR CHOICE OF:

Slow roasted all natural prime rib of beef, red wine flavored pan jus, locally grown yellow roasted potatoes and organic vegetables \$63

OR

Roasted organic lamb leg with rosemary flavored pan jus and mint sauce, savoyard potatoes and seasonal organic vegetables \$63

OR

Organic turkey steaks pan fried with ginger flavored cranberry sauce, baked sweet potato wedges and seasonal organic vegetables \$63

### DESSERTS

Baked organic apples stuffed with raisins and almond paste, served with English cream prepared from free range eggs

OR

Organic berries in season, drizzled with Grand Marnier and topped with whipped cream



# flavour

OF THE  
evening

## Dinner Buffets

### **SHERATON BUFFET**

(minimum of 40)

Garden greens  
Tossed salad  
Caesar salad  
Oriental salad

Vegetable tray with goat cheese dill dressing

Carved triple A roasted Alberta top sirloin of beef

### **YOUR CHOICE OF:**

Poached haddock Bercy  
Carved roasted Pork loin stuffed with cranberry dressing  
Served with pork jus  
Herb crusted chicken breast

Herb and garlic flavored creamy mashed potatoes  
Honey glazed carrots  
Broccoli with freshly grated parmesan cheese

Freshly baked rolls and whipped butter  
Starbucks coffee, decaffeinated coffee and Tazo teas

### **DESSERT TABLE**

Mini toffee crème brûlée  
Chocolate mousse torte  
Nanaimo bars

\$42



# flavour

OF THE  
evening

## Dinner Buffets

### PREMIUM BUFFET

Artisan lettuce with ranch and blue cheese dressing

Boston Bibb lettuce with mandarin oranges  
and creamy citrus dressing

Caesar salad

Greek style penne pasta salad

Tomato and cucumber tray with red onions, fresh basil  
and balsamic vinaigrette

Seafood terrine with shrimp and green peppercorn dressing

Roasted Alberta prime rib of beef with pan jus

### YOUR CHOICE OF TWO:

Braised pork tenderloin with sweet and sour sauce

Roasted chicken with Italian herbs and mushrooms

Baked salmon with shrimp sauce Cardinal

Lemon flavored rice pilaf

Scalloped potatoes

Honey glazed carrots

Green beans with bacon and onions

Freshly baked rolls and whipped butter

Starbucks coffee, decaffeinated coffee and Tazo teas

### DESSERT TABLE

Mini toffee crème brûlée

Fruit tartlets

Chocolate mousse torte

Double chocolate brownies

\$62



# flavour

OF THE  
evening

## Dinner Buffets

### **SUPREME BUFFET**

Traditional tossed salad  
Baby greens  
Sundried tomato and ranch dressing,  
with raspberry vinaigrette  
Caesar salad  
Savoy cabbage and red apple salad with rice  
vinegar vinaigrette  
Asparagus vinaigrette

Proscuitto ham with gherkins

Roasted top sirloin of beef with cabernet sauvignon jus

### **YOUR CHOICE OF:**

Roasted chicken with olives and sauce diable  
Roasted leg of lamb with rosemary  
Poached cod with lemon-lime sauce

Basmati rice  
Roasted potatoes with onions  
Braised zucchini, red peppers, onions with herbs and tomato

Concasse

Freshly baked rolls and whipped butter  
Starbucks coffee, decaffeinated coffee and Tazo teas

### **DESSERT TABLE**

Cheese cake  
Strawberry mousse torte  
Nanaimo bars  
Chocolate torte

\$48



# flavour

OF THE  
evening

## Dinner Buffets

### CAVALIER BUFFET

Iceberg lettuce tossed with celery, carrots and fennel  
Baby spinach with almonds  
Peppercorn ranch, French dressing and balsamic vinaigrette  
Caesar salad  
Thai noodle salad with shrimp  
Tomato and cucumber tray with orange sections, red onions  
and raspberry vinaigrette

Gravlax with grainy mustard dill dressing

Roasted triple A New York Striploin with Bordeaux jus

### YOUR CHOICE OF TWO:

Carved baked ham, glazed with pineapple extract  
Braised pork tenderloin with wild mushroom sauce  
Grilled chicken breast with lemon sauce  
Baked steelhead trout with parsley, lemon butter

Creamy whipped potatoes with caramelized onions  
Rice pilaf  
Cauliflower polonaise  
Ginger flavored carrots  
Green beans with almonds

Freshly baked rolls and whipped butter  
Starbucks coffee, decaffeinated coffee and Tazo teas

### DESSERT TABLE

Ice cream sundae bar with assorted condiments  
Assorted tartelets and chocolate mousse torte

\$54