

out to

# Lunch

## Hot Working Lunch Buffet

(minimum 20 people)

### LITTLE ITALY

Radicchio lettuce, frisee lettuce and spinach leaves  
Balsamic and Italian vinaigrette dressing

Roma tomatoes with basil, onions, balsamic vinegar  
and bocconcini cheese

Veal picatta with sautéed olives, tomatoes and herbs  
Lime infused pilaf rice

Pizza Napolitano  
Four cheese mix, ham, artichokes, spinach and red onion

Pizza Milanese  
Roasted rosemary chicken, roasted red peppers, mushrooms,  
spicy Italian sausage and our four cheese blend

Italian buns

Tiramisu with fresh strawberries and whipped cream

Starbucks coffee, decaffeinated coffee and Tazo teas

\$32



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**THE CALIFORNIAN**  
(minimum of 20)

Butter leaf lettuce with mandarin orange sections  
Artisan lettuce with fennel julienne  
Citrus vinaigrette, sun dried tomato and oregano dressing  
Grilled chicken breast with Jack Daniels BBQ sauce  
Grilled beef medallions with sautéed red onions, avocado, tomatoes and cilantro  
Steamed baby potatoes with citrus scallion butter  
Grilled vegetables with balsamic vinegar, olive oil and herbs  
Freshly baked grainy buns and whipped butter  
Fresh fruit cocktail and biscotti  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$33

**THE PUB LUNCHEON**  
(minimum of 10)

Caesar salad  
House salad with radishes, green onions and grape tomatoes  
Peppercorn ranch and Italian dressing  
Chicken wings (salt and pepper or BBQ)  
Loaded, ham and pineapple or vegetarian pizza  
French fries or onion rings  
Herb and olive oil brushed mini baguettes  
Chocolate brownies  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$23



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## Sheraton Lunch Buffets

### **THE CAVALIER LUNCH BUFFET**

(minimum of 10)

#### **CHOOSE ONE:**

Roasted top sirloin of beef au jus  
Baked ham with pineapple sauce  
Roasted turkey breast with pan gravy

#### **CHOOSE ONE:**

Cheddar cheese perogies with sautéed bacon and onions  
Shanghai noodles with Chinese BBQ pork  
Beef bourguignon with three color pasta  
Wok fried steamed noodles with snow peas, cashew nuts  
and shrimp

#### **BUILD YOUR OWN SALAD BAR**

Romaine lettuce  
Artisan greens  
Cherry tomatoes  
Cucumber slices  
Broccoli florets  
Croutons  
Cheese cubes  
Sunflower seeds  
Bacon bits  
Diced eggs  
Black olives

Mini apple pie and blueberry tartlets  
Freshly baked rolls and whipped butter  
Starbucks coffee, decaffeinated coffee and Tazo teas

\$28



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## Sheraton Lunch Buffets

### **THE WESTERN**

(minimum of 15)

Mixed garden greens  
Peppercorn ranch and vinaigrette dressing  
Pasta salad with wild boar bacon, kernel corn, black beans,  
tomatoes and vinaigrette dressing  
Roasted top sirloin of beef with pan jus  
Oven roasted turkey breast with berry dressing  
Savoyard potatoes  
Honey glazed carrots  
A variety of dessert squares and éclairs  
Freshly baked buns and whipped butter  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$29

### **THE ORIENT EXPRESS**

(minimum of 15)

Chinese noodle salad with vegetables and shrimp  
Marinated Chinese cabbage salad  
Ginger beef  
Vegetable stir fry  
BBQ Chinese pork  
Stir fried rice  
Fortune cookies  
Fresh fruit tray  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$27

### **THE CAVALIER CHICKEN BUFFET**

(minimum of 15)

Romaine lettuce  
Sunflower seeds, bacon bits and dried cranberries  
Balsamic vinaigrette and ranch dressing  
Tomato, cucumber and radish tray with red onions,  
fresh basil and raspberry vinaigrette dressing  
Roasted chicken with white wine braised mushrooms  
Sautéed fingerling potatoes with aioli and rosemary  
Zucchini, red peppers and tomatoes sautéed with olive oil  
Mini crème brûlée and nanaimo bars  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$27



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## Sheraton Lunch Buffets

### **MEXICAN FAJITA BAR**

(minimum of 15)

Pasta salad with grilled vegetables and black olives  
Mixed greens and corn with avocado dressing  
Corn chips with salsa and sour cream  
Pan fried marinated chicken strips  
Pan fried marinated beef strips  
Sautéed onions with red and green peppers  
Warm tortilla shells  
Condiments: diced tomatoes, shredded lettuce, banana  
pepper rings, grated four cheese mixture and guacamole  
Ice cream sundae bar with chocolate sauce  
Assorted condiments provided  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$26

### **ROSA'S PASTA BAR**

Italian garden greens with avocado balsamic vinaigrette  
Roma salad  
Caesar salad  
Chicken strips, meatballs and Italian sausage  
Penne and three color fassili pasta tossed with olive oil  
Tomato, alfredo and meat sauce  
Italian buns  
Ice cream sundae bar with hot chocolate sauce  
Assorted condiments provided  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$25



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## Build Your Own Burger Bar

(minimum of 10)

Deluxe gourmet burgers with all your favourite toppings

Choice of one traditional burger

Choice of a second traditional burger add \$1 per person

### TRADITIONAL BURGERS:

Deluxe gourmet beef burger

BBQ grilled chicken breast

Vegetarian burger

### SPECIALTY BURGERS:

Turkey burger

add \$2 per person

Bison burger

add \$2 per person

Lamb burger with feta cheese

add \$3 per person

### TOPPINGS:

Sautéed mushrooms

Grilled bacon

Shredded lettuce

Cheddar cheese

Jalapeño jack cheese

Swiss cheese

Sliced dill pickles

Sliced tomato

Sliced onions

Chef's BBQ sauce

Mayonnaise

Mustard

Ketchup

Ciabatta buns

Kaiser buns

### YOUR CHOICE OF:

French fries, onion rings or sweet potato fries

A variety of chocolate brownies

Starbucks coffee, decaffeinated coffee and Tazo teas

\$21

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## Cavalier Working Luncheons

### **CALIFORNIA WRAPS**

(minimum of 6)

Artisan lettuce, fennel and carrot julienne, cherry tomatoes and balsamic vinaigrette dressing  
Variety of tortilla shells filled with cream cheese, lettuce, red and green peppers, assorted deli meats, salmon/seafood salad and garden vegetables  
Broccoli and cauliflower florets, carrot and cucumber sticks with tzatziki and ranch dressing  
Chocolate brownies and Nanaimo bars  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$22

### **THE ENTREPRENEUR**

(minimum of 6)

Soup of the day  
Caesar Salad  
French and multi-grain baguette sandwiches filled with a variety of deli meats, vegetarian and salmon/seafood salad fillings  
Relish and pickle tray  
Melon slices  
Crumble topped squares and mini toffee crème brûlée  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$23



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## Cavalier Working Luncheons

### THE DELI

(minimum of 10)

Spinach salad  
with toasted almonds and red pepper julienne  
Rye and crispy breads served open faced, topped with  
smoked salmon, shrimp, sliced eggs, deli meats  
and cheeses  
Fresh fruit tray  
A variety of pastries and dessert squares  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$25

### EXECUTIVE SANDWICHES

(minimum of 10)

Soup of the day  
Garden greens  
Variety of small grainy buns and artisan bread with a selection  
of spreads and aioli, shaved deli meats, cheeses, egg slices,  
smoked salmon and seafood salad  
Tomato and cucumber slices with red onions  
Sweet gherkins, spicy banana peppers and Kalamata olives  
Mini fruit tartlets, flans and pastry swans  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$27

### SUB STOP

(minimum of 10)

Garden greens  
Artisan sub buns  
Butter, mayonnaise and a variety of condiments  
Shredded lettuce, tomato, cucumber, dill pickle slices,  
black olives and marinated spicy pepper rings  
Assorted domestic cheese slices  
Roast beef, sun dried tomato and basil turkey, ham, pastrami  
and genoa salami  
Vegetable tray with dip  
Assortment of squares  
Starbucks coffee, decaffeinated coffee and Tazo teas  
\$23

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## Plated Luncheon

Based on a three course meal  
Additional course \$3

### ALL LUNCHES INCLUDE:

Your choice of soup or salad (see below)  
Chef's choice of vegetable  
Freshly baked assorted buns and butter  
Choice of dessert  
Starbucks coffee, decaffeinated coffee and Tazo teas

### SOUPS

Daily soup, prepared in-house with fresh ingredients  
Oven roasted tomato and herb bisque  
Minestrone soup (vegetarian)  
Beef barley soup  
Italian wedding

### SALADS

Trio of lettuce with grape tomatoes, radish slices  
and green onions served with house dressing  
Tomato and cucumber salad with mandarin orange slices,  
red onion rings and raspberry vinaigrette dressing  
Spinach salad, sunflower seeds and diced red pepper  
served with apple cider vinaigrette dressing  
Artisan lettuce with mango, strawberries, toasted almond  
slices and honey yogurt dressing  
Romaine lettuce with crispy wild boar bacon julienne,  
cherry tomatoes and cheese cubes drizzled  
with balsamic vinaigrette

### ENTRÉES - YOUR CHOICE OF:

Grilled 6oz New York striploin steak  
with sautéed mushrooms and stuffed baked potato \$32  
Roasted stuffed pork loin garnished with peaches  
served with pan jus, Savoyard potatoes \$27  
Baked chicken supreme with artichokes, black olives  
and sun dried tomato and pesto sauce, served with  
rice pilaf \$30  
Grilled salmon fillet  
with sautéed cucumber, tomato and cilantro \$30  
Alberta prime rib of beef au jus served with roasted potatoes \$30  
Chicken piccata with lemon sauce served with rice pilaf \$28  
Turkey medallions with berry coulis and fruit garnish  
served with basmati rice \$30

### DESSERTS

#### YOUR CHOICE OF:

Toffee crème brûlée  
Strawberry trifle with whipped cream  
New York style cheese cake with Baileys mocha sauce  
Chocolate coated raspberry mousse cake with fresh  
fruit garnish  
Streusel topped apple pie with caramel sauce  
and whipped cream



# sweet or savory?

## Lunch Enhancements

Antipasto plate	\$8
Meat lasagna with tomato concasse	\$6
Smoked seafood in a martini glass with spicy tomato aioli	\$12

## Dessert Enhancements

Cavalier ice cream sundae bar with hot chocolate and strawberry sauce Assorted condiments provided	Add \$4
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## Sustainable Plated Luncheon

Includes freshly brewed Starbucks coffee and decaffeinated coffee and Tazo teas  
Assorted whole grain buns and rosette of whipped butter

### STARTERS

Chicken soup with wild rice and organic vegetables

OR

Organic baby spinach leaves with toasted almonds  
and strawberry slices, served with house dressing

### ENTRÉES

Oven roasted organic turkey breast with autumn fruit  
dressing and pan gravy, mashed organic or locally grown  
potatoes and seasonal vegetables \$40

OR

Roasted organic pork loin with natural wild mushrooms,  
pan jus, organic seasonal vegetable and yellow potatoes \$39

OR

Grilled free range chicken breast with organic baby greens,  
cherry tomatoes, fennel, feta cheese and vinaigrette dressing \$37

### DESSERTS

Bread pudding prepared with free range eggs and topped  
with seasonal berry compote

OR

Fruit flan served with vanilla ice cream



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## Sustainable Soup, Salad and Sandwich Bar

Chicken, vegetable and wild rice soup

Oven roasted organic meats served on grainy breads  
with green leaves, aioli and spreads

Pickle spears

Organic tomato wedges

Organic cheddar cheese

Three salads prepared from seasonal ingredients

Crème brûlée prepared with free range eggs  
\$36

## Sustainable Breaks

### REFRESH

Freshly baked muffins

Natural yogurt, fresh organic seasonal berries  
and toasted almonds

Starbucks coffee, decaffeinated coffee and Tazo teas  
\$15

### THE ENERGIZER

Fresh seasonal fruit

Freshly baked cookies

Organic dried fruit and nut mix

Gerold Steiner carbonated natural spring water

Starbucks coffee, decaffeinated coffee and Tazo teas  
\$13



take a

time out

## All Day Breaks

### **SUGAR BREAK**

An assortment of mini cookies, mini chocolate bars,  
mini Nanaimo bar squares and éclairs

Assorted soft drinks

Starbucks coffee, decaffeinated coffee and Tazo teas

\$12

### **THE HEALTH BREAK**

Orange, carrot, and V8 juice

Natural plain yogurt, almond granola, seasonal berries,  
flaxseed and fresh fruit cocktail

Lemon tea bread with blueberries

Variety of Tazo teas and milk

\$14

### **ENGLISH TEA TIME**

Freshly baked scones

with clotted cream, strawberry and raspberry jams  
and orange marmalade

Mini lemon muffins

Almond clusters

Cucumber finger sandwiches

Variety of Tazo teas, Starbucks coffees, milk and cream

\$17

### **ALOHA BREAK**

Tropical fruit punch

White chocolate and macadamia nut cookies

Variety of coconut macaroons

Sliced pineapple, banana and papaya

Kona coffee

\$13

take a

time out

## All Day Breaks

### THE SPA BREAK

Carrot, orange and cranberry juice  
Perrier water  
Variety of yogurt drinks  
Three melon fruit tray  
Vegetable tray with house dip  
Starbucks coffee and decaffeinated coffee and Tazo teas  
\$16

### THE COOKIE MONSTER

A variety of premium cookies  
Triple chocolate brownies  
White and chocolate milk  
Starbucks coffee and decaffeinated coffee and Tazo teas  
\$13

### THE BALL PARK BREAK

Giant pretzels  
Mustard and onion dip  
Duo of warm corn chips  
Salsa, sour cream and guacamole  
Mini chocolate bars  
Variety of soft drinks  
\$13

### THE MEXICAN FIESTA BREAK

Build your own "Taco in bag"  
Tortilla chips, ground beef or chicken, shredded cheese,  
salsa, guacamole and sour cream  
Refreshing mini Coronita's, ice cold lemonade and ice tea  
\$17

### MAKE IT PINK

Yummy pink cupcakes  
Strawberry ice cream  
Watermelon slices  
Pink meringue cookies  
Served with pink lemonade  
\$13

Add pink sparkling wine for additional \$32 per bottle



take a

time out

## All Day Break Enhancements

### **BAKERY BASKET**

Variety of freshly baked pastries and tea bread  
Accompanied by whipped butter and fruit preserves \$30 per dz

### **FRESH SEASONAL FRUIT TRAY**

Sliced seasonal fresh fruits \$8 per person

### **FRESHLY BAKED CROISSANT BASKET**

Filled with chocolate, almonds and apricot croissants \$30 per dz

### **BASKET OF WHOLE FRUIT**

Fresh seasonal fruit selection \$3 per person

### **JUMBO COOKIES**

Variety of freshly baked gourmet cookies \$22 per dz

### **SUNRISE SUNDAE**

Natural plain yogurt, granola, fresh fruit and berries \$5

### **TRAIL MIX PACKAGES**

Each \$4

### **DOMESTIC CHEESE BOARD**

A variety of Canadian cheese, garnished with fresh fruit  
Accompanied by a selection of crackers \$8 per person

### **INTERNATIONAL CHEESE BOARD**

A variety of fine international and import cheeses garnished  
with fresh fruit and accompanied by a selection  
of crackers \$10 per person

### **FINGER AND COCKTAIL SANDWICHES**

A variety of small sandwiches with an array of fillings \$30 per dz

### **DOUBLE CHOCOLATE BROWNIES**

Each \$3

### **INDIVIDUAL YOGURT**

Served with granola and sunflower seeds \$2.50

### **ICE CREAM SUNDAE BAR**

Vanilla ice cream with all the trimmings \$4 per person

### **ASSORTED GRANOLA AND FRUIT BARS**

Each \$2.50

### **COFFEE BREAD**

A selection of coffee bread \$30 per dz

### **NACHO CHIPS**

With sour cream, salsa and guacamole  
Bowl \$6

### **CHOCOLATE DIPPED STRAWBERRIES**

Per dozen \$18

### **SEASONAL VEGETABLE TRAY**

Served with dill and garlic aioli \$7 per person



let's get **Crackin'**

**Brunch Buffet**

A variety of chilled fruit juices  
Fresh seasonal fresh fruit tray

Fresh baked croissants, mini Danish and muffins  
Tea bread slices  
Grainy buns and whipped butter  
Domestic cheese board

Artisan lettuce  
Butter leaf lettuce  
Romaine lettuce  
Baby spinach  
Croutons  
Sunflower seeds  
Sliced mushrooms  
Parmesan cheese  
Tomato and cucumber tray  
Oriental noodle salad  
Gravlax with mustard dill dressing  
Farm fresh scrambled eggs  
Vegetable frittata with salsa dressing  
Bacon and sausages  
Jackson potatoes

**YOUR CHOICE OF:**

Carved roasted top sirloin of beef au jus  
Carved baked ham with pineapple mango sauce  
Carved turkey breast with berry sauce

**YOUR CHOICE OF:**

Beef bourguignon  
Chinese five spice chicken drumsticks and thighs  
Vegetarian pasta tossed in tomato sauce

An array of pastries and cakes  
Mini toffee crème brûlée  
A variety of dessert squares

Starbucks coffee, decaffeinated coffee and Tazo teas  
\$34

**BRUNCH ENHANCEMENT:**

Ice cream sundae bar Add \$4  
Assorted condiments provided



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IN A  
pod

Gluten Free Options

Choice of soup or salad  
Additional selection Add \$4

**SALADS**

House salad with balsamic vinaigrette

Butter leaf lettuce with mandarin orange sections  
and sweet orange dressing

Romaine lettuce with sunflower seeds, dried cranberries,  
broccoli florets, cherry tomatoes and vinaigrette dressing

**SOUPS**

Chicken consommé with vegetable julienne

Tomato bisque with fresh basil

Minestrone soup

**ENTRÉES**

Grilled supreme of chicken \$32  
Served with rice pilaf and asparagus and red peppers

Grilled top sirloin steak \$29  
Served with a baked potato and seasonal vegetables

Grilled New York striploin steak with sautéed garlic mushrooms \$32  
Served with mashed potatoes and red wine jus

Turkey steaks with berry sauce \$30  
Served with pilaf rice, broccoli and sautéed peppers

**DESSERTS**

Fresh fruit with berries

Raspberry panacotta with whipped cream and fruit garnish

Strawberries marinated with red wine and grand marnier

Kiwi infused parfait glace with kirsch

# Wine

OF THE  
CROP

## Vegetarian Options

### ENTRÉES

Grilled Tuscany vegetables \$32  
Served on rice pilaf

Vegetarian lasagna \$33  
Baked with four cheeses and tomato sauce

Potato gnocchi \$33  
Sautéed with grilled vegetables and Italian herbs

Stir fry vegetables with black bean and ginger sauce \$30  
Served with steamed rice

Fried tofu with ginger sauce \$29  
Served with steamed rice and black beans

Meatless meatballs \$30  
Served with pasta, sautéed peppers and spicy tomato sauce