

BREAKFAST BUFFETS

CONTINENTAL BUFFET BREAKFAST

\$25 per person

Choice of Juices (your choice of 3):
Orange, Cranberry, Grapefruit, Pineapple, Peach, Apple, Tomato

Assorted Full Cream and Low Fat Yogurts

Cereals (3 Kinds), Dried Fruits and Mixed Nuts

From the Bakery

Assortment of Croissant, Danish Pastries, Muffins

Pain Au Chocolat, Selection of Breads

Unsalted Butter, Preserves and Jams

Full Cream, Low Fat and Soy Milk

Freshly Brewed Coffee or Fine English Tea

HEALTHY BUFFET BREAKFAST

\$29 per person

Choice of Juices (your choice of 3):
Orange, Cranberry, Grapefruit, Pineapple, Peach, Apple, Tomato

Vitality Juices (choose 1) \$6.50 each

Passion Fruit, Cantaloupe Melon, Mango and Blueberry

or

Apple, Mango, Pineapple, Blueberry and Strawberry

or

Carrot, Leek, Parsley and Ginger

Platter of Sliced Seasonal and Exotic Fruits with Berries

Assorted Low Fat Yogurts

Vegetable Crudité Composition

Selection of Salad Greens and Condiments

Cereals (3 Kinds), Granola Bars, Dried Fruit and Mixed Nuts

From the Bakery

Whole Wheat Bread, Pumpernickel and Rye Bread,
Sugar Free Preserves, Honey, Low Fat Margarine

Low Fat and Soy Milk

Decaffeinated Coffee and Herbal Tea

INTERNATIONAL BUFFET BREAKFAST

\$35 per person

Choice of Juices (your choice of 3):

Orange, Cranberry, Grapefruit, Pineapple, Peach, Apple, Tomato

Assorted Full Cream and Low Fat Yogurts

Platter of Sliced Seasonal and Exotic Fruits

Cereals (3 Kinds), Granola Bars, Dried Fruit and Mixed Nuts

From the Bakery

Assortment of Croissant, Danish Pastries, Muffins, Croissants

Pain Au Chocolat, Selection of Breads

Unsalted Butter, Preserves and Jams

Hot Buffet

Scrambled Eggs, Herb and Tomato Omelette

Bacon, Pork Sausages, Sautéed Mushrooms

Baked Tomatoes, Roasted Rosemary Potatoes

French Toast

Full Cream, Low Fat and Soy Milk

Freshly Brewed Coffee or Fine English Tea

INTERNATIONAL BUFFET BREAKFAST II

\$53 per person

Choice of Juices (your choice of 3):

Orange, Cranberry, Grapefruit, Pineapple, Peach, Apple, Tomato

Assorted Full Cream and Low Fat Yogurts

Platter of Sliced Seasonal and Exotic Fruits

Cereals (3 Kinds), Granola Bars, Dried Fruit and Mixed Nuts

Platter of Assorted Cold Cuts

Assorted Cheese Board with Condiments

Smoked Salmon Platter with Condiments

From the Bakery

Assortment of Croissant, Danish Pastries, Muffins

Pain Au Chocolat, Selection of Breads

Unsalted Butter, Preserves and Jams

Egg Station (Live)

1 chef is required for each 30 people - charged separately at \$40.00 per hour

One chef will prepare your favourite morning egg preparation
Omelette with Condiments, Scrambled Eggs, Fried Eggs, Boiled Eggs

Hot Buffet

Bacon, Pork Sausages, Sautéed Mushrooms

Baked Tomatoes, Roasted Rosemary Potatoes

Hash Browns, French Toast

Full Cream, Low Fat and Soy Milk

Freshly Brewed Coffee or Fine English Tea

ADDITIONAL JUICE SELECTIONS

\$6.50 per person

Mango and Lime Juice
or
Orange, Carrot and Apple Juice
or
Orange and Pineapple Juice
or
Kiwi and Honeydew Melon Juice
or
Papaya and Yogurt Smoothie
or
Papaya and Milk Smoothie
or
Mango and Yogurt Smoothie

ENERGY MORNING SHOOTERS

\$6.50 per person (included in the Healthy Breakfast Buffet)

Choose 1 from the following choices

Power Juices

Carrot, Apple, Kiwi and Parsley
Mint, Melon, Spinach and Parsley
Grape, Pear, Apple and Pineapple

Cleansing Juices

Orange and Mint
Prune, Pear and Apple
Carrot, Pear and Coriander
Watermelon, Green Melon, Broccoli and Watercress

Vitality Juices

Passion Fruit, Cantaloupe Melon, Mango and Blueberry
Apple, Mango, Pineapple, Blueberry and Strawberry
Carrot, Leek, Parsley and Ginger

LIST FOR CHOICE OF CEREALS

Homemade Granola

Corn Flakes

Frosted Flakes

Rice Krispies

All Bran

Raisin Bran

Special K

BREAKFAST ENHANCEMENTS

1 chef is required for each 30 people - charged separately at \$40.00 per hour

***Omelette Station (live)**

Cheese, Ham, Mushroom, Tomato, Peppers and Onions

\$ 13.50 per person

Angus Beef Medallion

Topped with Foie Gras and Poached Egg

\$18.50 per person

Poached Eggs Benedict

Toasted English Muffin, Canadian Bacon, Poached Egg, Hollandaise Sauce

\$ 15 per person

French Crepes

Filled with Black Cherries and dusted with Cinnamon

\$ 10 per person

Selection of Tropical Sliced Fruits

\$ 13.50 per person

Selection of Cold Cuts

Gammon Ham, White Turkey Breast, Milano Salami, Mortadella, Prosciutto

Cornichons, Cocktail Onions and Mustards

\$ 13.50 per person

Assorted French and Italian Cheeses

\$ 14.50 per person

French Toast or Pancakes
with Maple Syrup and Raisins
\$ 10 per person

Scottish Smoked Salmon
with Cream Cheese, Lemon, Onions, Capers and Bagels
\$ 16 per person

Canadian Bacon or Breakfast Sausages
\$ 6 per person