

NNONDBNGE
HOTEL\&CONFERENCECENTRETRURO

## à la carte (per person)

assorted muffins
fresh baked cookies ..... 3
scones with butter \& jam ..... 2.5
assorted snack bars ..... 3.5
low fat yogurt ..... 3.5
packaged cheese portions ..... 3.5 ..... 6
snack plate (fruit/cheese/crackers)
assorted whole fruitassorted ice cream treats3
potato chips3.5
yogurt parfaits ..... 8
gluten free muffins ..... 8
gluten free brownies ..... 8
gluten free lemon loaf ..... 8
gluten free cookies ..... 6 ..... 12
flourless chocolate torte
flourless chocolate torte
bottled juices ..... 3.5
bottled water ..... 3.5
specialty water ..... 4.5
assorted soft drinks ..... 3.5
fresh brewed coffee \& tea ..... 2.5
chocolate milk 2 L ..... 10

BOXED BREAKFAST TO-GO 14 per person-minimum order of 10 muffin, cereal bar, whole fruit, bottled juice \& low fat yogurt

## BOXED LUNCH TO-GO 16 per person-minimum order of 10

 assorted sandwiches, whole fruit, sweet treat, bottled water, low fat yogurt \& bag of chips
add an extra sandwich or salad for +4 GF bread option +2.5

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# BREAKFAST 

*minimum 15 people-all selections served buffet style with fresh brewed coffee \& tea, priced per person

## MAPLE DELIGHT 16

homemade waffles maple syrup, crisp bacon, breakfast sausage, home fried potatoes, assorted juice

HOT START 18 fresh fruit salad, toast, crisp bacon, breakfast sausage, scrambled eg.gs, home fried potatoes, assorted juice

# LUNCH SELECTIONS 

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## WORKING LUNCH 18

soup of the day, ham \& swiss OR roast beef \& cheddar on ciabatta *choice of white, multigrain and a tuna OR chicken salad wrap *choice of white, whole wheat, potato chips, pickles, cookies or squares *substitute GF bread +2.5 , evening service +4

CHILI 18
a hearty classic house made chili, fresh garden salad, w/choice of two dressings, tortilla chips, fresh rolls, cookies or squares

CHARBROILER (burger 22, chicken 24, steak 28) fresh garden salad, w/choice of two dressings, choose one of the following: 6oz. house made charbroiled cheeseburger 8oz. charbroiled chicken breast

7oz. charbroiled steak
etchup, mustard, relish, lettuce \& tomato served on the side, cookies or squares
ITALIAN 20
house made four layer meat lasagna, caesar salad, garlic bread sticks \& dessert *or choose vegetarian lasagna

GREEK 20
greek salad, grilled chicken souvlaki, house made tzatziki, pita bread, greek rice, lemon tarts *or choose grilled tofu souvlaki

ASIAN 20
orange ginger teriyaki OR honey ginger stir fry *sauces made in house (choose chicken, beef or tofu) steamed rice, cookies or squares

BBQ CHICKEN 24
bbq 1/4 chicken or full chicken breast \& roasted potatoes, fresh garden salad w/choice of two dressings, cookies or squares

BBQ RIBS 26
bbq fall-off-the-bone baby back ribs \& potato wedges, caesar salad, cookies or squares

## BUFFET DINNER SELECTIONS

*minimum 25 people


Dinner includes Chef's Choice of 4 fresh salads, seasonal vegetables, roasted or mashed potatoes-priced per person

CHOICE OF ONE ENTRÉE
ADDITIONAL ENTRÉE SELECTIONS \& COMBINATIONS AVAILABLE
whole roasted turkey 35
roast beef 35
bone-in leg of ham 32
pork loin 32
blackened haddock 37 rosemary roasted lamb 38
layered meat lasagna +9 medallions of chicken +8 montréal smoked meat +9 blackened haddock + 13 rosemary roasted lamb +13
bbq baby back ribs + 15
*prime rib available upon request at market price All buffets include baked rolls, fresh brewed coffee \& tea and a variety of desserts

## SERVED DINNER SELECTIONS

All entrées served with baked rolls, fresh brewed coffee or tea and a variety of desserts

CHOICE OF
ONE STARTER
Chef's soup of the day roasted beet salad caesar salad fresh garden salad

CHOICE OF
ONE ENTRÉE
roast turkey 37
roast beef 37
seared chicken supreme 35


# BUTLERED HORS D'OEUVRES 

priced per dozen

PLATTERS
*priced per person
CHEESE 8
FRUIT 8
VEGETABLE 6
DELI 8
SANDWICHES 7

