

## APPETIZERS

### SOUPS \$6

- NOVA SCOTIA SEAFOOD CHOWDER
- CORN CHOWDER
- WEST AFRICAN PEANUT
- TOMATO BASIL
- CREAM OF MUSHROOM
- POTATO BACON

### SALADS \$8

- SPINACH SALAD  
Spinach, mandarin oranges, red onion and almonds topped with a sweet and tangy poppy seed dressing
- CAESAR SALAD  
Romain lettuce, croutons, bacon and Parmesan cheese with Caesar dressings
- BEET & GOAT CHEESE SALAD  
A colorful mix of baby greens, beets, goat cheese, walnut, NS maple balsamic vinaigrette

## PLATED ENTRÉES

- GRILLED SALMON FILET WITH TANGY TOMATO VINAIGRETTE SAUCE  
With basmati rice and seasonal vegetables \$27
- BAKED LEMON HADDOCK FILET  
With Rice and seasonal vegetables \$25
- MARINATED CHICKEN BREAST  
With roasted potatoes and seasonal vegetables \$28
- HERB-CRUSTED NS LAMB CUTLETS  
With basmati rice or mashed potatoes and seasonal vegetables \$32
- FILET MIGNON WITH BÉARNAISE SAUCE  
With roasted garlic potatoes and seasonal vegetables \$32
- PORK LOIN WITH MUSHROOM SAUCE  
With mashed potatoes and seasonal vegetables \$28
- VEGETARIAN RAVIOLI  
With vegetable ratatouille and Parmesan cheese \$24

## DESSERT

### AN ASSORTMENT OF CHEF'S DAILY DESSERTS \$6

- FLOURLESS CHOCOLATE TORT  
Simple, elegant and timeless, like a little black dress. When you crave a knock-out chocolate punch in an unassuming delivery, the flourless chocolate torte is for you. It is also gluten-free.
- CHEESE CAKE  
Decadent cheesecake from creamy, smooth chocolate to light and fresh strawberry
- TIRAMISU  
Sponge cake, espresso-flavored mascarpone mousse, whipped cream and a dusting of cocoa
- FRESH FRUIT PLATE

Plated Lunch or Dinner prices are per person. All meals are served with coffee and tea.  
All soups are served with rolls and butter. Add tax & gratuity (16%)

## APPETIZERS

### SOUPS - \$5 PER PERSON

- NOVA SCOTIA SEAFOOD CHOWDER
- CORN CHOWDER
- TOMATO BASIL
- CARROT AND DILL
- CHICKEN VEGETABLE
- WEST AFRICAN PEANUT

### SALADS - \$6 PER PERSON

- ADD \$2 PER PERSON TO INCLUDE A SECOND SALAD.

- SPINACH SALAD  
Spinach, mandarin oranges, red onion and almonds topped with a sweet and tangy poppy seed dressing
- CAESAR SALAD  
Romain lettuce, croutons, bacon and Parmesan cheese with Caesar dressings
- MIXED GREEN SALAD  
A colorful mix of baby greens with cherry tomato, carrot, red onion and balsamic dressing

## ENTRÉES

### HOT ENTRÉES - \$23 PER PERSON (MINIMUM 20 PEOPLE)

CHOICE OF ENTRÉES - INCLUDES MARKET VEGETABLES & CHOICE OF SIDE.  
- ADD \$4 PER PERSON TO INCLUDE A SECOND ENTRÉE.

- CHICKEN KIEV  
Chicken breast stuffed with garlicky butter, then coated with golden breadcrumbs
- ROAST SIRLOIN OF BEEF  
Beef rubbed with herbs and spices comes with homemade gravy +\$3
- BAKED HADDOCK IN CREAM SAUCE  
Haddock baked to perfection with tangy cream sauce
- SLOW ROASTED SPICED PORK  
Coated with spice paste which adds a modern spin and gives an impressive finish +\$3
- MEAT OR VEGGIE LASAGNA WITH RICOTTA CHEESE  
Your choice of traditional bolognese sauce or vegetarian tomato sauce

### CHOICE OF SIDE

- HERBED ROASTED POTATO TATERS
- BASMATI RICE WITH FRIED VERMICELLI
- YUKON GOLD MASHED POTATO

## DESSERT

### \$5 PER PERSON

- APPLE PIE
- CHOCOLATE TORTE
- CHEESE CAKE
- BROWNIE WITH PEANUT BUTTER FUDGE
- COCONUT CREAM PIE
- FRESH FRUIT





- ASSORTED FRESH PASTRIES \$4 per person  
Muffins, croissant and danish

- SWEET TRAY \$4 per person  
Fresh baked cookies, squares and pastries

	SMALL (Serves 6-15)	MEDIUM (Serves 15-20)	LARGE (Serves 20-30)
• FRESH FRUIT TRAY	\$45	\$60	\$70
• CHEESE TRAY	\$45	\$70	\$95
• VEGGIE TRAY	\$30	\$40	\$50

- CONTINENTAL BREAKFAST \$15 per person  
Juice, assorted fresh pastries, fruit tray + coffee & tea

- BREAKFAST BUFFET \$20 per person  
Juice, fresh fruit, ham, sausage, bacon, hash browns and scrambled eggs + coffee & tea

- SANDWICH TRAY \$12 per person  
Assortment of chicken, turkey, beef, ham and veggie sandwiches

- TODAY'S SOUP \$6 per person  
Add roll \$1 each

- SALAD \$7 per person  
Garden, spinach, Caesar, Greek or homemade pasta salad

- HOT COFFEE/ TEA \$3 per person (minimum 10 people)

- BOTTLED WATER, JUICE & SOFT DRINKS \$3 each

- ALCOHOLIC BEVERAGES  
Dirty Blonde (473mL) \$9, Dirty Blonde Light (473mL) \$9, Frig Off (473mL) \$9