

MyMeetingSpace and The Conference Place Catering Menu

Monday, January 08, 2018

Morning Selections

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| Bagel Bundle | Choice of plain or whole wheat bagels with butter or flavoured cream cheese. Served with coffee, tea, juice and water. Per Person. | \$5.50 |
| Muffin Bundle | An assortment of muffins with butter. Served with coffee, tea, juice and water. Priced per person. | \$5.55 |
| Assortment Bundle | An assortment of Danish, cinnamon buns, tea biscuits (cheese or raisin) with jams, jellies and peanut butter. Served with coffee, tea, juice and water. Per Person. | \$6.00 |
| Early Morning Energizer | An assortment of fresh granola and yogurt cups, fresh cut fruit and variety of healthy muffins. Served with coffee, tea, and water. | \$8.00 |
| Breakfast Buffet | Full breakfast consists of scrambled eggs, crispy bacon, home fries, toast and a fruit cup. Served with coffee, tea, juice and water. Per Person. | \$12.00 |

A La Carte

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| Assorted Yogurt | Per piece. | \$1.25 |
| Butter Tarts | Per piece. | \$1.25 |
| Whole Fruit | A fresh piece of whole fruit, based on seasonal availability. Per piece. | \$1.25 |
| Tea Biscuits (cheese or raisin) | Per piece. | \$1.40 |
| Assorted Bagels with Butter & Jam | Per piece. | \$1.50 |
| Assorted Granola Bars | Per piece. | \$1.50 |
| Cheese Buns | Per piece. | \$1.50 |
| Granola bars | An assortment of healthy granola bars. Per piece. | \$1.50 |
| Sweet Bread | Per slice of homemade sweet bread. Per piece. | \$1.50 |
| Assorted Muffins (served with butter/margarine) | Per piece. | \$1.55 |
| Croissants | Per piece. | \$1.55 |
| Fresh Fruit Cup | Per piece. | \$1.55 |
| Cinnamon Buns | Per piece. | \$1.65 |
| Assorted Danish | Per piece. | \$1.75 |
| Assorted Bagels with Cream Cheese | Per piece. | \$2.00 |
| Yogurt Parfait | Yogurt cup with fruit and granola. | \$2.00 |

Luncheon Selections

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| Deli Sandwich | A single Deli Sandwich | \$6.00 |
| Old Fashioned Sandwiches Bundle | Assorted sandwiches on a selection of white, brown and multi-grain bread, includes egg salad, tuna salad, black forest ham, turkey and roast beef. Served with a drink selection and side salad or dessert. Per guest. | \$9.00 |
| Deli Style Sandwiches Bundle | Assorted sandwiches on a selection of fresh buns and breads, includes turkey, ham, beef, tuna salad and salmon salad. Served with a drink selection and side salad or dessert. Per guest. | \$10.00 |
| Gourmet Wraps Bundle | Egg salad, tuna salad, salmon salad, chicken salad, sliced meats and vegetables. Served with a drink selection and side salad or dessert. Per guest. | \$10.00 |

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| Deli Style Sandwich Platter | Assorted sandwiches on a selection of fresh buns and breads, includes turkey, ham, beef, tuna and salmon salad. | |
| Small | Serves 5 | \$22.50 |
| Medium | Serves 10 | \$40.75 |
| Large | Serves 15 | \$62.00 |
| Gourmet Wrap Platter | Egg salad, tuna salad, salmon salad, chicken salad, sliced meats and vegetables. | |
| Small | Serves 5 | \$25.00 |
| Medium | Serves 10 | \$43.00 |
| Large | Serves 15 | \$65.00 |
| Soup of the Day | A bowl of the soup of the day. | \$2.00 |
| Soup of the Day (Vegetarian) | A bowl of the vegetarian soup of the day. | \$2.00 |
| The Deli Express Combo | An assorted Deli Sandwich and raw vegetable platter and dip served with your Choice of Soup of the Day or garden Salad, Includes a Drink Selection and dessert. | \$16.75 |
| Grilled Chicken Caesar Salad, Entree | Grilled Chicken on Caesar salad, served with a roll and butter, Includes a Drink Selection. | \$7.95 |
| Chef's Salad, Entree | Traditional chef's Salad, served with a roll and butter, Includes a Drink Selection. | \$8.95 |
| Boxed Sandwich Lunch | Includes a sandwich, dessert and pop in a boxed lunch container. | \$11.50 |
| Healthy Picnic Lunch | Assorted sandwiches on a selection of fresh wraps, bagels and breads; includes peanut butter and jam, egg salad, tuna salad and veggie. Served with potato salad, fresh cut fruit and veggies, iced tea and water. | \$14.95 |

Salads

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| Salad Side | Choice of Caesar Parmesan, Greek & Feta, Pasta, Potato or Tossed. Per Guest. | \$2.10 |
| Salad Bowl | Serves 10 | |
| California Spring Mix | | \$15.00 |
| Potato | | \$15.00 |
| Tossed Garden | | \$15.00 |
| Caesar Parmesan | | \$18.00 |
| Greek & Feta | | \$18.00 |
| Mediterranean Greens | | \$18.00 |
| Pasta Salad | | \$18.00 |
| Tossed Greek Salad | Tossed salad with feta and Greek dressing. | \$18.00 |
| Traditional Greek Salad | Tomato, cucumber, onion, feta and Greek Dressing. | \$18.00 |
| Traditional Spinach Salad | Spinach, onion, mandarin oranges and dressing. | \$18.00 |

Pizza

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| Pizza Bundles | Per guest. Served with a drink selection and side. | |
| Cheese & Pepperoni | | \$7.00 |
| Meat Lover's Bundle | | \$9.00 |
| Vegetarian Bundle | | \$9.00 |
| Whole Pizza | 8 Slices. Cost per pizza | |
| Cheese & Pepperoni | | \$16.00 |
| Vegetarian | | \$18.00 |
| Hawaiian | | \$20.00 |

Hot Entrée's

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| Chicken Caesar Wraps | Served with a drink selection and dessert. Per Guest. | \$10.00 |
| Cheese Manicotti in a Basil Tomato Sauce | Served with garden salad, roll and butter. Served with a drink selection. Per Guest. | \$11.95 |
| Vegetable Quiche | Served with garden salad, roll and butter. Includes a drink selection. Per Guest. | \$11.95 |
| Lasagna - Meat | Served with garden salad, roll and butter. Includes a drink selection. Per Guest. | \$11.95 |
| Lasagna - Vegetarian | Served with garden salad, roll and butter. Includes a drink selection. Per Guest. | \$11.95 |
| Chicken Kebab | Served with rice, Greek salad, tzatziki sauce and pita. Served with a drink selection. Per Guest. <i>*This item can also be made Gluten Free.</i> | \$14.95 |
| Lemon Chicken | Served with wild rice, roll and butter. Includes a drink selection. Per Guest. <i>*This item can also be made Gluten Free.</i> | \$14.95 |
| Penne Chicken in Roasted Pepper Sauce | Served with garden salad, roll and butter. Includes a drink selection. Per Guest. <i>*This item can also be made Gluten Free.</i> | \$15.25 |
| Stuffed Chicken Dinner | Stuffed Grilled Chicken Breast served with Saffron Basmati Rice and garden mixed vegetables, leaf salad with feta cheese and a drink selection. Per Guest. | \$15.25 |
| Butter Chicken | Served with wild rice, and garden salad. Includes a drink selection. Per Guest. <i>*This item can also be made Gluten Free.</i> | \$16.95 |
| Chicken Supreme | Pan seared chicken breast, with vegetable pilaf and garden mixed vegetables. Served with a drink selection. Per Guest. | \$16.95 |
| Chicken Finger Platter | Breaded chicken fillets served with carrots & celery sticks and plum dipping sauce. Serves 10 | \$55.00 |
| Satay Platter | A selection of Jerk Chicken, Beef and Vegetable kabobs, served with carrot and celery sticks and ranch dipping sauce. Serves 10 <i>*This item can also be made Gluten Free.</i> | \$65.00 |
| Chicken Stir Fry | Served with rice, roll and butter. Includes a drink selection. Per Guest. <i>*This option cannot be made vegetarian. Please choose Vegetarian Stir Fry. *This item can also be made Gluten Free.</i> | \$15.25 |
| Vegetarian Stir Fry | Served with rice, roll and butter. Includes a drink selection. Per Guest. | \$15.25 |
| Gluten Free Luncheon | The daily gluten free lunch, served with a drink selection. Per Guest. | \$12.95 |
| Vegan Luncheon | A vegan friendly lunch, served with a drink selection. Per Guest. | \$12.95 |
| Halal | A daily Halal selection, served with a drink selection. Per Guest. | \$12.95 |
| Kosher | A daily Kosher selection served with a drink selection. Per Guest. | \$12.95 |

Afternoon Selections

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| A Light Snack | Assorted squares and cookies. Served with iced tea, soft drinks, coffee, tea and water. Per guest. | \$7.00 |
| Afternoon Break | Assorted Soft Drinks, coffee & tea, tray of assorted cookies or whole fruit pieces. Per guest. | \$4.50 |
| Assorted Squares and Cookies Bundle | Served with iced tea, soft drinks, coffee, tea and water. Per guest. | \$7.00 |
| Pick me Upper | choice of two items: cookies, Nanaimo bars, granola bars, whole fruit, Sun Chips, date squares or banana bread served with coffee, tea and water. Per guest. | \$8.00 |
| Trail-Mix | Granola bars, cookies and assorted whole fruits. Served with bottled water, coffee and tea. Per guest. | \$7.00 |

Specialty - Fruit and Vegetable Trays

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| Cheese and Cracker Bundle | A mix of cheese, crackers, fruit and yogurt. Served with coffee, tea, juice and water. Per Guest. | \$7.00 |
| Relish Platter | A combination of olives, pickles and pickled onions. | \$10.00 |
| Cheese & Crackers | An assortment of gourmet cheeses decorated with grapes and strawberries. Served with a variety of crackers. | |
| Mini | Serves 8 | \$25.00 |
| Small | Serves 15 | \$40.00 |
| Medium | Serves 25 | \$55.00 |
| Large | Serves 35 | \$70.00 |
| Fresh Vegetables & Dip Platter | An assortment of broccoli, cauliflower, cucumbers, celery, carrots and peppers. Served with dip. | |
| Mini | Serves 10 | \$15.25 |
| Small | Serves 20 | \$30.50 |
| Medium | Serves 30 | \$42.50 |
| Large | Serves 40 | \$50.00 |
| Fruit Platter | A colourful selection of strawberries, cantaloupe, honeydew, oranges, watermelon, kiwi and pineapple. Selection may vary with seasonal availability. | |
| Mini | Serves 8 | \$15.50 |
| Small | Serves 15 | \$32.00 |
| Medium | Serves 25 | \$52.00 |
| Large | Serves 35 | \$77.25 |
| Fruit & Cheese Platter | An assortment of fresh cut seasonal fruit and gourmet cheese. | |
| Mini | Serves 10 | \$25.00 |
| Small | Serves 15 | \$40.00 |
| Medium | Serves 25 | \$55.00 |
| Large | Serves 35 | \$70.00 |

Specialty - Cocktail and Hors D'oeuvres (All Minimum of 10)

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| Cocktail Oriental Chicken | A serving of oriental cocktail chicken skewers. | \$1.25 |
| Meatballs | A serving of Gourmet meatballs in sauce. | \$1.25 |
| Mini Quiche | A serving of Mini Quiche. | \$1.25 |
| Salmon Canapes | A serving of Salmon Canape. | \$1.25 |
| Stuffed Mushrooms | A serving of Stuffed button mushrooms | \$1.25 |
| Chicken Finger | A serving of Breaded chicken fillets served with carrots & celery sticks and plum dipping sauce. | \$1.50 |
| Chicken Fingers | A serving of Chicken fingers, with carrot and celery sticks and plum dipping sauce. | \$1.50 |
| Chicken Wings | A serving of chicken wings With your choice of BBQ or Sweet Chili sauce. | \$1.50 |
| Cocktail Sandwiches | A serving of cocktail sandwiches. | \$1.50 |
| Asian Platter | An assortment of Teriyaki Meatballs, Egg Rolls and Spring Rolls, with plum dipping sauce. | \$65.00 |

Special Events

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| BBQ, The Basics | All Beef Burgers and Hot Dogs, served with Onions, Tomato, Ketchup, Relish and Mustard. Comes with 2 Salad Choices, watermelon and Assorted Soft Drinks. Per Guest. | \$14.50 |
| BBQ, The Upscale BBQ | Sausages and Chicken Breast served with 3 salad selections, Seasonal Fruit Platter, Brownie Kabobs and Assorted Soft Drinks. Per Guest. | \$19.95 |

Specialty Cakes

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| | Choose from Strawberry Shortcake, Hazelnut Cream, Lemon & Cream Shortcake, Carrot Cake or Triple Chocolate. | |
| Small | Serves 20 | \$30.00 |
| Medium | Serves 40 | \$65.00 |
| Large | Serves 75 | \$125.00 |
| Cupcake | Gourmet frosted cupcakes. Minimum 12 | \$2.00 |

Desserts

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| Cookies | A selection of fresh baked cookies. Priced per cookie. | \$1.00 |
| Rice Krispie Squares | A tray of Rice Krispie Treats. Minimum order of 20, price per piece | \$1.25 |
| Cookie, Special Event | Each | \$1.50 |
| Apple square | per piece | \$2.00 |
| Assorted Desserts | Assorted Cakes and Squares. Per piece. | \$2.00 |
| Cheesecake | per piece | \$2.00 |
| Date Squares | per piece | \$2.00 |
| Lemon-Coconut Squares | per piece | \$2.00 |
| Nanaimo Bars | per piece | \$2.00 |
| Rocky Road Brownies | per piece | \$2.00 |
| Sweet Treats Platter | An assortment of Lemon Coconut squares, Nanaimo bars, Rocky Road brownies, Tripleberry Crumble, Date Squares, cheesecake and homemade butter tarts. | |
| Small | Serves 10 | \$20.00 |
| Medium | Serves 20 | \$40.00 |
| Large | Serves 25 | \$50.00 |
| Simply Chocolate Platter | An assortment of Chocolate Deep Dutch Brownies, Tiger Brownies, Haystack Brownies, and Nanaimo Bars. 4 pieces per person. | \$39.00 |
| Brownie Kabob Platter | An assortment of Tiger and Haystack Brownies, skewered with strawberries. 2 skewers per person, Serves 10 | \$45.00 |
| Ice Cream Bars | Ice Cream Bars. Minimum of 10 | \$2.00 |
| Ice Cream Drumsticks | Ice Cream Drumsticks. Minimum of 10 | \$2.00 |
| Ice Cream Sandwiches | Ice Cream Sandwiches. Minimum of 10 | \$2.00 |
| Ice Cream Sundae | Build your own Sundaes with a selection of toppings. Minimum of 10 and approval from Nutrition and Food Services | \$2.00 |
| Triple Berry Crisp (Hot) | A pan of Hot Triple Berry Crisp. An Ontario Shores classic. Serves 30 | \$45.00 |

Beverages

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| Small Juice | Small Juice carton | \$0.50 |
| Milk 1% Chocolate | each (250ml) | \$1.05 |
| Milk 2% White | each (250ml) | \$1.05 |
| Lemonade | per cup | \$1.25 |
| Ice Tea | each (255 ml) | \$1.50 |
| V8 Juice | each (125 ml) | \$1.50 |
| Assorted Juices | each (255 ml) | \$1.55 |
| Assorted Soft Drinks | each (255 ml) | \$1.55 |
| Assorted Soft Drinks - Diet | each (255 ml) | \$1.55 |
| Hot Chocolate | per cup | \$1.00 |

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| Tea - Assorted | A mix of herbal, orange pekoe and earl grey tea bags. Priced per cup. | \$1.30 |
| Tea - Herbal | per cup. | \$1.30 |
| Tea - Orange Pekoe | per cup. | \$1.30 |
| Coffee | per cup. | \$1.60 |
| Coffee - Decaffeinated | per cup | \$1.60 |
| Coffee - Hazelnut | per cup. | \$1.70 |
| Coffee - Irish Cream | per cup | \$1.70 |
| Coffee - Vanilla | per cup | \$1.70 |
| Punch | Celebratory Punch, price per cup. | \$1.00 |
| Bottled Water | Per bottle. | \$1.25 |
| Pitchers of Water | Pitcher of Ice water, serves 8 | \$2.50 |
| Cooler of Water | A large cooler of ice water. Holds up to 35-40 glasses of water | \$5.00 |
| Urn of Hot water | An urn of hot water. | \$2.50 |