



Sheraton

Sheraton on the Falls Hotel

5875 Falls Avenue . Niagara Falls . Ontario ON L2G 3K7 . Canada . Phone: 905-374-4445



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Breakfast Table

Breakfast menus are served buffet style and include chilled juices, seasonal cut fruits, fruit and low fat plain yogurt, freshly brewed Starbucks® regular and decaffeinated coffee and selection of Tazo® specialty teas. Fresh butter and fruit preserves are also offered with all pastries and toast options

Based on 75 minutes of continuous service and a minimum of 50 persons

Niagara & Shine Breakfast

Farm Fresh Scrambled Eggs
 Crispy Smoked Bacon
 Home Fries Garnished with Red Onions & Peppers
 Fresh Baked Basket of Croissants, Whole Wheat & Plain Toast 26.95

Canadian Breakfast

Farm Fresh Scrambled Eggs
 Crispy Smoked Bacon, Broiled Sausage
 Pancakes with Canadian Maple Syrup
 Home Fries Garnished with Red Onions & Peppers
 Fresh Baked basket of Breakfast Pastries, Whole Wheat & Plain Toast 27.95

Healthy Breakfast

Kashi Cereal with Milk
 Oatmeal Steel Cut Berries & Flaxseeds
 Omega 3 Scrambled Eggs
 Turkey Sausage
 Chilled Hard Boiled Eggs
 Whole Wheat & Plain Toast 24.95

Enhancements

Oatmeal or Porridge, Vanilla, Cinnamon 5.95

Pancakes with Canadian Maple Syrup 4.95

Assorted Cold Cereals with 2% & Almond Milk 4.95

Corned Beef Hash Sautéed Onions & Potatoes 5.95

Croissant with Black Forest Ham, Egg & Cheese 5.95

Whole Wheat & Regular Bagels with Cream Cheese 5.95

Add to Bagels, Smoked Salmon or Black Forest Ham & Swiss Cheese 8.95

Granola Yogurt & Berry Parfait 8.95



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French Canadian Breakfast

Sliced Tomato with Basil
 Farm Fresh Scrambled Eggs with Chives
 Sausage
 Grilled Canadian Bacon
 Golden Tater Tots with Smoked Paprika
 French Toast with Canadian Maple Syrup
 Buttery French Croissants, Whole Wheat & Plain Toast 27.95

President's Breakfast

100% Organic Granola Cereal with 2% and Almond Milk
 Farm Fresh Scrambled Eggs with Chives
 ^Eggs Benedict Florentine with Rich Hollandaise Sauce
 Home Fries Garnished with Red Onions & Peppers
 Fresh Baked Basket of Breakfast Pastries 28.95

^Consuming raw or undercooked eggs, meat, or seafood may increase risk of foodborne illnesses



We are committed to preparing our menus with the focus on environmental and socially-responsible grown products. To maintain this focus please note that some products on our sustainable menu offerings may change on short notice based on seasonal and regional availability. To stay true to our collaborative efforts to be environmentally sustainable, we will substitute appropriate alternatives as necessary



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Plated Breakfast

All plated Breakfast Menus includes Freshly Brewed Starbucks® Regular, Decaffeinated and a Selection of Tazo® Specialty Teas.

Sunrise Plated Breakfast

Fluffy Scrambled Eggs with Garden Chives and Grated White Cheddar
 Pork Sausage Links
 Home Fries Garnished with Red Onion and Peppers
 Accompanied with a Side of Sliced Seasonal Fruit 31

Traditional Plated Breakfast

*Traditional Eggs Benedict^
 Toasted English Muffin, Poached Egg, Back Bacon and Meyer Lemon and Cayenne Hollandaise
 Home Fries Garnished with Red Onion and Peppers
 Accompanied with a Side of Sliced Seasonal Fruit 35

* Maximum 80 Guests ^Consuming raw or undercooked eggs, meat, or seafood may increase your risk of foodborne illnesses

Enhancements

Pastry Basket (per piece) 3.95

Granola & Berry Yogurt Parfait 8.95

French Toast with Canadian Maple Syrup 4.95

*Upgrade to Smoked Salmon Benedict: Poached Egg, Capers, Bermuda Onion with Hollandaise 3

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Morning Break

Based on 30 minutes of continuous service

Health Break

Seasonal Fruits Skewers with Yogurt
 100% Organic Granola
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas 18.95

Fitness Fantastic

Gourmet Granola & Energy Bars
 Array of Garden Fresh Raw Vegetables
 Build Your Own Granola Yogurt Parfaits (Fruit & Plain Yogurt, Fresh Granola Toppings, Fresh Seasonal Berries and Selection of Sundried Fruits & Nuts)
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas 18.95

Cinnamon and Spice

Apple Cider with Cinnamon Sticks
 Whole Fresh Seasonal Fruits
 Sticky Mini Cinnamon Buns with Icing
 Carrot Spice Squares
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas 18.95

Deluxe Continental

Chilled Fruit Juices
 Seasonal Sliced Fruit & Berries
 Whole Fresh Seasonal Fruits
 Fresh Bakery Basket of Croissants, Danish & Muffins
 Fruit Preserves & Creamery Butter
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas. 24.50

Enhance your A.M. Break with a Jamie Kennedy Inspiration

Freshly baked currant scones with Jamie Kennedy preserves 5.95

Enhancements

Starbucks® Coffee, Decaffeinated, Tazo Specialty Teas® 3.95

Bottled Water 2.95

Perrier or Sparkling Water 4.95

Individual Fruit Juices 4.50

Pitchers of Juice (Orange, Grapefruit, Apple) 19.95

Individual Fruit Yogurts 3.50

Granola Yogurt & Berry Parfait *Kashi Crunch and Nuts 8.95

Seasonal Sliced Fresh Fruit 9.95

Whole Fresh Fruit Selection 2.50

Fruit Kabobs with Lime Yogurt Dip 9.95

Granola, Nutri-Grain or Power Bars 3.50

Home Style Cookies (per dozen) 24.95

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Sheep's milk yogurt with summer fruit preserves, organic granola
maple syrup 5.95

Fresh vegetable shooter 8.95



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Afternoon Break

Based on 30 minutes of continuous service

Royal Niagara Tea

Fresh Oven Baked Assorted Scones
 Fresh Butter & Fruit Preserves
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas. 19.95

What You Crave

Fresh Oven Baked Cookies
 Oatmeal Cinnamon Raisin, Double Chunky Chocolate Chips, White Chocolate Macadamia, Chocolate Chips
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas. 19.95

Niagara Apple Tree

Whole Crisp Apple
 Hot Apple Turnovers
 Apple Caramel Genoise
 Assorted Whole Fruit
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas. 19.95

Munchie Madness

Pretzels and Bits & Bites®
 Individual Bags of Potato Chips
 Warm Corn Chips
 Fresh Tomato Salsa, Authentic Guacamole & Sour Cream
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas. 19.95

Chocolate Dream

Chocolate Milk
 Chocolate Chip and Chocolate Fudge Cookies
 Fudge Brownie Squares
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas. 19.95

Enhancements

- Individual Fruit Juices 4.50
- Bottled Water 2.95
- Perrier or Sparkling Water 4.95
- Soft Drinks (cans-selection including Diet) 2.95
- Spring Water (750 ml) 7.95
- Pitchers of Juice (Orange, Apple, Grapefruit) 19.95
- Seasonal Sliced Fresh Fruit 9.95
- Whole Fresh Fruit Selection 2.50
- Fruit Kabobs with Lime Yogurt Dip 9.95
- Granola, Nurti-Grain or Power Bars 3.50
- Home Style Cookies (per dozen) 24.95
- Fresh Baked Squares (per Dozen- Date, Butter Tart, Fudge Brownies) 24
- Individual Bags of Potato Chips, Pretzels or Bits N' Bites 3
- Granola Yogurt & Berry Parfait *Kashi Crunch & Nuts 8.95
- Bread Pretzels with Regular and Whole Grain Mustard (per Dozen) 48
- Individual Fruit Yogurts 3.50
- Warm Corn Chips (Fresh Tomato Salsa & Authentic Guacamole) 9.95
- Kettle Chips & Dip 4.50



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Achieve

Artisanal local cheeses with fruit chutney and crisp crackers
 Season's harvest whole fruit selection
 Sweet potato wedge with low fat herb peppercorn ranch
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a
 Selection of Tazo® Specialty Teas. 24.95

Sheraton Hershey Break

Assorted Hershey Chocolate
 Cookies & Cream
 Milk Chocolate
 Chocolate Almond
 Glosette Raisins
 Reese's Pieces Peanut Butter Cups
 Goodies Licorice
 Signature Hershey Milk Chocolate Kisses
 Nibs Candy
 Jolly Rancher Fruit Hard Candy
 Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a
 Selection of Tazo® Specialty Teas. 26.95

Enhance your P.M. Break with a Jamie Kennedy Inspiration

Warm carrot and steel cut oat cake 6.95

Freshly baked currant scones with Jamie Kennedy
 preserves 6.95

Niagara peanut butter cookies 8.95

Niagara honey & walnut pastry 7.95

Niagara pear & hazelnut coffee cake 7.95

Warm spiced Niagara nuts 10.95

Warm spiced chocolate and Niagara raspberry drink with vanilla
 dipping straw 8.95



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Lunch Table

All menus served buffet style.

Fresh seasonal green salad with house dressings, seasonal fruits and daily dessert selection *Except where noted. Freshly brewed Starbucks® regular and decaffeinated coffee, selection of Tazo® specialty teas are also included.

Based on 75 minutes of continuous service and a minimum of 50 persons

The Boardroom

Tomato and Cucumber Salad
 Greek Pasta Salad
 Includes Chef's soup inspired by the bounty of Niagara
 Selection of Sandwiches on Fresh Bread & Rolls
 (Pre-made or Build your own)
 Grilled Mediterranean Vegetables
 Assorted Deli Meats
 Tuna Salad, Egg Salad
 Mustard & Mayonnaise 30.95

"Wrap" It Up

Apple & Fennel Slaw
 Rustic Red Skin Potato Salad
 Includes Chef's soup inspired by the bounty of Niagara
 Assorted Pickled Vegetables and Olives
 Selection Wrap Sandwiches in Soft Tortillas:
 Roasted Red Pepper & Chicken, Seafood, Beef, Grilled
 Vegetable 30.95

Enhancements

- Corn on the Cob (Seasonal) 1.50
- Onion Rings 1.50
- Vegetarian Burger 4
- BBQ Pork Ribs served with our Homemade BBQ Sauce 7.50
- Grilled Chicken Cacciatore 4
- Chicken Parmesan 4
- Broiled Basa with Sundried Tomato & Fennel 6
- Baked Seafood Medley in a Tomato Fennel Sauce 6
- Refried Beans 1
- Jalapeno Poppers with Sour Cream 6.50
- Mexican Pizza with Chorizo (12 sliced) 21
- Old Bay Seafood Medley Boil 9



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The Deli

Sweet & Sour Cole Slaw
 Deli Potato Salad
 Includes Chef's soup inspired by the bounty of Niagara
 Dill & Sweet Pickles
 Montreal Smoked Meat, Smoked Turkey, Black Forest Ham and
 Grilled Marinated Vegetables
 (Pre-made or Build your own)
 Freshly Baked Local Artisan Breads including Double Rye and
 Rolls
 Condiments, Sliced Cheddar & Swiss Cheeses
 Sliced Tomatoes & Fresh Lettuce 30.95

Greek Stuffed Pork Loin 3

Beef Souvlaki 6

Slow Roasted Sirloin 6

Slow Roasted Prime Rib 6

Indoor Picnic

Tomato & Fresh Basil Salad
 Mango Cole Slaw
 Potato Salad
 ^BBQ Spiced Rub Chicken Breast Served in our Homemade BBQ
 Sauce
 Marinated Sliced Flank Steak
 Seasoned Potato Wedges Served with Low Fat herb Peppercorn
 Ranch 34.95

Taste of Italy

Build Your Own Caesar Salad*
 Antipasto Display Includes: Marinated Vegetables, Roasted
 Peppers, Salami, Capicola & Italian Cheeses
 Gemelli Alfredo
 Penne with Marinara Sauce
 Hand Crafted Meatballs & Sweet Italian Sausage
 Fresh Baked Rolls, Assorted Italian Bread & Butter 34.95



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Build Your Own Burger Bar

Spring Mix & Citrus Salad, Maple Vinaigrette*
 Apple Fennel Coleslaw
 Creamy PEI Potato Salad

A Burger Bar Starts with a Good Hamburger Patty
 100% Canadian AAA Beef
 100% Canadian Chicken Breast
 Gluten Free Veggie

Cheeses: Cheddar, Swiss, Pepper Jack
 Toppings: Lettuce, Tomatoes, Avocado, Red Onions, Caramelized
 Onion, Sautéed Mushrooms, Bacon, Jalapeno Peppers, Vlasic
 Pickles

Condiments: Mayo, Yellow Mustard, Ketchup, Ranch, BBQ Sauce

Build Your Own Poutine
 Made with our Famous Homemade Gravy and Fresh Cheese
 Curbs

Nanaimo Bars, Butter Tarts, Cupcakes 34.95

The Classic Buffet

Tomato & Fresh Basil
 Cucumber Salad
 Tri Coloured Fusilli with Tomato & Fresh Basil Sauce
 ^Grilled Salmon with Dill Butter Sauce
 Oven Basted Breast of Chicken with Forest Mushroom Thyme
 Sauce
 Medley of Seasonal Vegetables
 Garlic Roasted Potatoes
 Fresh Baked Rolls with Butter 34.95

Mexican Fiesta

Mexican Style Chili
 Roasted Corn & Sweet Pepper Salad
 New Potato Salad with Chorizo Sausage
 Tri Coloured Nachos with Guacamole & Salsa
 Build Your Own Fajitas Station with Chicken & Beef
 Mexican Rice
 Medley of Seasonal Vegetables 34.95



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Mediterranean

Greek Salad with Feta*
 Trio of Marinated Olives, Hummus & Baba Ghanoush
 Grilled Sausage with Onions & Pepper
 Garlic and Oregano ^Marinated Chicken with Traditional Tzatziki
 Sauce
 Mediterranean Rice
 Diced Ripe Tomatoes, Lettuce, Red Onions
 Steamed Lemon Parsley Potatoes
 Fresh Pita Bread & Crusty Rolls 34.95

Bourbon Street

Salad Leaves with Julienne Vegetables, Hearts of Palm, Cherry
 Tomato, Goats Cheese & Cucumber Salad with Kiwi and
 Mandarin Oranges*
 Mediterranean Pasta Salad with Sundried Tomato, Mayo & Pesto
 Jambalaya with Chorizo Sausage, Bacon, Celery and Long Grain
 Rice
 ^Southern Catfish Crusted in Cornmeal with Roasted Fennel &
 Citrus
 ^Blackened Chicken with Classic Creole Sauce
 Medley of Vegetables 34.95

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Plated Lunch

Please select one soup or salad, entree and dessert. All menus are accompanied by Chef's daily starch and seasonal vegetables. Freshly baked rolls and butter along with brewed Starbucks® regular and decaffeinated coffee and a selection of Tazo® specialty teas are also included.

Soup & Salad

Organic Baby Greens with Ontario Grape Tomatoes, Julienne Carrot, Napa Cabbage, Raspberry Lemon Vinaigrette

Crisp Baby Romaine, Pancetta, Garlic Crouton, Kalamata Olive, Creamy Garlic Dressing

Baby Organic Greens, Oven Dried Tomato, Julienne Garden Vegetables, Citrus Herb Vinaigrette

Smoked Tomato and Lime Bisque with Chive Cream

Wild Woodland Mushroom with Scallions

South Western Roasted Chicken

Entrees

^Thyme Lemon Roasted Chicken with Sweet Peppers, Gemelli and a Fresh Basil Rose Sauce 39.95

Rich Beef Tenderloin in a Merlot and Smoked Bacon Stew Served on a Bed of Herbed Noodles 40.95

Chilean Spiced Rubbed Pork Loin with Dried Figs and Calvados Demi Glaze 39.95

^Ontario Supreme Chicken with Caramelized Vidalia Onion Port Demi 39.95

^Grilled Salmon Filet, Ginger Yuzu Reduction, Pineapple Cucumber Salsa 37.95

Enhancements

Individual Fruit Juices 4.50

Assorted Soft Drinks (cans- selection including Diet) 2.95

Perrier or Sparkling Water 4.95

Spring Water (750 ml) 7.95

Cheese Plate (served Family Style, per person) 9.95

Antipasto Plate (served Family Style, per person) 14.95

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Grilled Strip Loin of Beef with Merlot Reduction, Compound Butter 42.95

Desserts

Carrot Spice Cake, Cream Cheese Icing

Lemon Blueberry Mini Tart with Shortbread Crust

Pecan Mini Tart with Smooth Butterscotch and Roasted Pecan Halves

Double Chocolate Cake with Rich Decadent Belgian Chocolate

 **Sustainable Plated Lunch Option**

Hot Plated Lunch

Harvest Vegetable Soup with Fresh Herbs

^Pan Seared Salmon with Tomato Horseradish Salsa,

Accompanied with Wild Rice Pilaf and Roasted Baby

Beets 38.95

Lifestyle Plated Alternatives

Woolwich Farms Goat Cheese

Grilled Ontario Vegetable Napoleon

Basil Pesto

Varun Vegetable Curry

Basmati Rice

Coriander & Coconut Milk

Mushroom Ravioli

Sundried Tomato Pesto Sauce

Fresh Basil, Tomato & EVOO

Spring, Summer and Fall seasonal dessert options available. Please ask your Conference Services Manager. ^Consuming raw or undercooked eggs, meat, or seafood may increase your risk of foodborne illnesses



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Grab And Go

All boxes come with condiments and utensils.

The Canuck

Mixed Leaf Greens with Julienne Vegetables
 Chef Choice of Dressing
 Montreal Smoked Meat on Rye Bread
 Maple Cookies
 Potato Chips
 Whole Seasonal Fruit
 Bottle Water 24.95

Niagara on the Run

Mixed Baby Greens Garnished with Tomato
 Chef Choice of Dressing
 Chicken Vegetable Wrap
 100% Organics Granola Bar
 Whole Seasonal Fruit
 Kettle Chips
 Low Fat Yogurt
 Bottle Water 24.95

Niagara on the Green

Mixed Leaf Greens with Julienne Vegetables
 Chef Choice of Dressing
 Smoked Ham and Cheese Croissant
 Roasted Peanuts
 100% Organic Granola Bar
 Whole Seasonal Fruit
 Bottle Water 24.95

Enhancements

Tuscan Chicken
 Sundried Tomato Spread, Grilled Chicken, Roasted Peppers,
 Goats Cheese, Herb Focaccia 29.95

Beef & Brie
 Artichoke & Asiago Aioli, Sirloin Beef, Portobello Mushrooms &
 Brie Cheese, Flour Tortilla 29.95

Roasted Portobello & Camembert
 Artichoke & Asiago Aioli, Roasted Portobello Mushrooms,
 Zucchini, Roasted Peppers, Camembert, Rosemary
 Focaccia 29.95

Individual Fruit Juices 4.50

Assorted Soft Drink (cans-selection including Diet) 2.95



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Dinner Table

All Menus are served buffet style and include Chef's daily starch, seasonal vegetables *Except where noted, seasonal sliced fruits and daily dessert selection. Freshly baked Artisan rolls and butter. Freshly brewed Starbucks® regular and decaffeinated coffee, selection of Tazo® specialty teas are also included.

Based on 90 minutes of continuous service and a minimum of 50 persons

The Niagara

Tender Baby Greens with House Dressings
 Sundried Herb Tomato Pasta Salad
 Apple Fennel Cole Slaw
 Tomato Bocconcini Salad with Fresh Basil Balsamic Vinaigrette
 Bouquet of Vegetables with Roasted Red Pepper Dip
 Local Artisan and Imported Cheeses with Fruit Chutney
 Display of Cold Deli Meat, Smoked Salmon and Fresh Seafood
 Roast Prime Rib of Beef Wild Mushroom Jus
 Traditional Lasagna with Tomato Basil Sauce
 ^Chicken Coq au Vin
 ^Fresh Catch of the Day 59.95

East Meets West

Sweet Pepper and Thyme Bisque
 Asian Lo Mein Noodle Salad with Sesame and Hoisin
 Tomato, Red Onion and Baby Bocconcini Salad
 Mandarin Orange and Asian Greens Salad with Snow Peas,
 Crispy Noodles and Orange Sesame Dressing
 Baby New Potato Salad with Crisp Pancetta and Fresh Chopped Herbs
 Fresh Seafood on Ice
 ^Lemon Chicken Served with Crispy Leak and Oriental Mushrooms
 Sesame Ginger Beef with Cilantro, 5-Spice, Asian Slaw and Sweet & Sour Pork
 Garlic Fried Tofu, Tiger Shrimp and Udon Noodle Stir Fry
 Crisp Asian Vegetables, Wok Fried Rice*
 Chinese Fortune Cookies 59.95

Enhancements

Oriental Chicken or Beef Stir Fry with Sticky Rice 5.95
 Meat or Vegetarian Lasagna 5.95
 Tender Beef Stroganoff with Butter Egg Noodles 5.95
 Soup du Jour 3.95
 Add a Gourmet Salad 3.95
 Safed Chane (Chickpea Curry)
 Northern Indian Tanga Curry. 12
 Butter Chicken
 Popular Punjab Dish 12
 Chicken Chettinad
 Chettinad region dish of Tamil Nadu State 12
 Goan Shrimp Curry
 Delicious dish from Goa scented with Coconut 12
 Chicken Malai Tikka
 Chicken marinated in yogurt & spices, grilled 12
 Lamb Rogan-Josh
 One of the signature recipes of Kashmiri cuisine 12
 Kesar Pulao (Saffron Pilaf)
 Northern India 12

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The Whirlpool

Yukon Gold Potato and Leek Soup
 Holland Marsh Spinach, Goats Cheese, Shaved Red Onion and
 Cranberry Vinaigrette
 Classic Caesar Salad with Smoked Bacon, Parmesan
 Fusilli Pasta Salad with Sundried Tomatoes, Charred Vegetables
 Northern Smoked Trout, Peppered Smoked Mackerel, Variety of
 Fresh Mussels and Garnishes
 ^Ocean Sole with Chili, Lime and Coconut Crust
 *Garlic Studded Alberta Beef Striploin with Asparagus, Pearl
 Onions, Wild Mushrooms and Madagascar Peppercorn Jus
 Niagara Peninsula Chicken Breast Served with Roasted
 Tomatoes, Zucchini and Fennel, Sundried Tomato Cream 62.95

On The Falls

Garden Green Salad with House Dressings
 Market Crudités with Hand Crafted Dips
 Oriental Noodles Salad
 Tomato and Fresh Basil Salad
 Caramelized Onion Potato Salad
 European Deli Meats and Ocean Fresh Seafood on Ice
 Local Artisan and Imported Cheeses with Fruit Chutney
 *Grainy Mustard Crusted Striploin of Beef
 Thai BBQ Chicken with Cucumber Pineapple Salsa
 Forest Mushroom Ravioli with Scallions, Lemon and Olive Oil
 ^Pan Seared Atlantic Salmon with Chardonnay Cream
 Sauce 65.95

*A Carving Chef can be added at \$75.00 per hour ^Consuming raw or
 undercooked eggs, meat, or seafood may increase risk of foodborne
 illnesses



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Plated Dinner

Please select one soup, one salad, one entree and one dessert. Additional selections are available under the Enhancement section. All menus included freshly baked Artisan rolls and butter. Freshly brewed Starbucks® regular and decaffeinated coffee, selection of Tazo® specialty teas are also included.

The Soup Course

Butternut Squash with Chantilly Coriander Cream

Roasted Tomato Bisque with Pesto

Leek & Potato with Fresh Chives

Pheasant Consommé with Julienne of Vegetables & Orzo

Wild Woodland Mushroom

The Salad Course

Cucumber-bound Baby Greens, Oven Dried Tomato, Vibrant Julienne with Sweet Shallot Dressing

Seven Assorted Mesclun Salad Leaves with Asian Slaw, Crispy Lotus Chip, Sesame Ginger Dressing

Hearts of Romaine, Herbed Crouton, Pancetta, Shaved Parmesan, Creamy Garlic Dressing

Enhancements

Antipasto Selection, Prosciutto, Bocconcini, Chilled Melon, Marinated Vegetables, Assorted Cold Cuts & Provolone 14.95

Norwegian Smoked Salmon, Separated Boiled Egg, Pickled Capers, Pumpnickel Bread, Honey Mustard Drizzle 12.95

Chilled Tiger Shrimp with Baby Greens, Boursin Crostini and Tomato Coriander Vinaigrette 14.95

Rotini Pasta with Tomato Basil Sauce, Topped with Petite Ratatouille 9.95

Gemelli Tossed with Cherry Tomato, Fine Capers, Slivered Garlic, Fresh Breadcrumbs, Olive Oil 9.95

Penne with Our Signature Tomato Sauce, Topped with Sweet Italian Sausage and Spanish Piperade 9.95

Intermezzo
Orange, Lemon or Lime Sorbet with Vodka 6.50

Lobster Bisque 4

Baby Mesclun with Woolwich Goat Cheese, Dried Cranberries & Balsamic Vinaigrette 5

Sheeps Milk Feta Cheese, Baby Spinach, Kalamata, Olive, Cherry Tomatoes with Sundried Tomato Vinaigrette 5

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The Dessert Course

French Vanilla Bean Ice Cream and Seasonal Niagara Fruit in a Chocolate Tulip

Warm Country Apple Blossom, Velvety Crème Anglaise and Fresh Garden Berries

Caramel Latte Mousse in Espresso Soaked Sponge with Coffee and Caramel Roulade

Decadent Individual Chocolate Turtle Tart with Real Cream and Berries

Raspberry Almond Pistachio Sponge, White Chocolate Mousse, Raspberry Preserve

^Chicken

Grilled Tender Chicken Breast, Four Cheese Ravioli, Fire Roasted Tomato Basil Sauce 63.50

Oven Basted Breast of Chicken with a Wild Mushroom Ragout, Herb Roasted Potatoes 63.50

Sundried Tomato and Asiago Cheese Stuffed Chicken Breast, Cabernet Sauvignon Reduction, Buttermilk Mash Potato 63.50

Beef

Grilled 6oz Beef Tenderloin with a Pinot Noir Demi, White Truffle Dauphinoise 74.95

Grilled Ribeye with Merlot Reduction, Chili Dusted Shallot, Buttermilk Mash Potato 74.95

Grilled 10oz New York Striploin Steak, Anchovy Herb Butter, Wild Mushrooms, Roasted Garlic Fingerlings 63.50

Duo of Grilled Beef Tenderloin & Breast of Chicken, Merlot Reduction, Garlic Mash Potato 78.95


Sustainable

Duo of Grilled Beef Tenderloin & Pan Seared Atlantic Salmon, Beurre Blanc, Gremolata, Herb Roasted Potato 78.95

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^Fish

Citrus Peppercorn Tilapia, with Fire Roasted Tomato and Ancient Grains 61.95

Roasted Atlantic Salmon, Shellfish Beurre Blanc, Lobster Ravioli 61.95

Ocean Sole with Sri Lanka Chilies, Lime & Coconut Crust 61.95

^Consuming raw or undercooked eggs, meat, or seafood may increase risk of foodborne illnesses



We are committed to preparing our menus with the focus on environmental and socially-responsible grown products. To maintain this focus please note that some products on our sustainable menu offerings may change on short notice based on seasonal and regional availability. To stay true to our collaborative efforts to be environmentally sustainable, we will substitute appropriate alternatives as necessary



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Reception Table

The following are served stationed.

To achieve optimal selection and quantity, a minimum selection of three stations is recommended.

Prices listed below are based on per person (excluding baskets)

Based on 60 minutes of continuous service

Basket of Pretzels or Assorted Potato Chips 16

Nacho Bar with Tri Colour Chips, Fresh Tomato Salsa, Guacamole 11.95

Basket of Mixed Deluxe Nuts 34

Sustainable Options

Garden Fresh Crudités with Hand Crafted Dips 9.95

Seasonal Sliced Fruits and Berries 9.95

Local Artisan and Imported Cheese with Grapes, Dried Fruit, Chutney, Water Crackers and Freshly Baked French Breads 16.95

Market Fresh

Market Crudités with Hand Crafted Dips
Vegetable Antipasto and Grilled Vegetables
Marinated Mushrooms, Mixed Olives and Homemade Pickles
Warm Spinach and Artichoke Dip, Hummus and Baba Ghanoush
Pita Triangles and Papadums 14.95

The Sweet Tooth

Chef's Selection of Decadent Cakes
Petite Fours
Macaroons
Italian Pastries 16.95

Enhancements

Chicken, Beef and Shrimp Satays. Served with a Selection of Asian Dipping Sauce (3 pieces each) 16.95

Premium Sushi

Avocado Ball, California Roll, Tempura Roll, Cucumber Roll, Crab Roll^ (consists of 60 pieces) 275

Exotic Sushi

Spicy Tuna Roll, Spider Roll, Tempura Roll, California Roll, Eel Sushi, Tuna Sushi and Salmon Sushi^ (consists of 50 pieces) 375

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Cold And Hot Canapés

The following can be served stationed or passed butler style.

Prices listed below are based on per dozen

* Minimum of 3 dozen per item

Based on 60 minutes of continuous service

Hot Hors D'Oeuvres*

Vegetable Spring Rolls with Plum Sauce 44.95

Assorted Petite Quiches with Chive Sour Cream 44.95

Spanakopita with Chipotle Sundried Tomato Aioli 44.95

Pork Pot Stickers with Peking Plum Sauce 44.95

Hand Made Tomato Drop Baskets with Ratatouille 44.95

Scallops Wrapped in Bacon 44.95

Fried Fantail Shrimp in Our Own Seafood Sauce 44.95

Mini Beef Wellington with Port Jus 44.95

Wonton Wrapped Torpedo Shrimp 44.95

Cold Hors D'Oeuvres*

Freshly Made Bruschetta, Fresh Baguette, Basil, Shaved Parmesan 29.95

Smoked Salmon Cream, Cucumber Dice, Crème Fraiche, Crispy Seasonal Cone 43.95

Micro Chicken Caesar in Handmade Wafer Cup 43.95

Mini Yorkshire Pudding with Smoked Beef and Parsnip 51.95

Enhancements

Premium Sushi

Avocado Ball, California Roll, Tempura Roll, Cucumber Roll, Crab Roll^ (consists of 60 pieces) 275

Exotic Sushi

Spicy Tuna Roll, Spider Roll, Tempura Roll, California Roll, Eel Sushi, Tuna Sushi and Salmon Sushi^ (consists of 50 pieces) 375

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Petite Blue Crab Cake with Lemon and Tarragon Aioli 51.95

Fresh California Rolls 51.95

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Action Stations

To achieve optimal selection and quantity, a minimum selection of three stations is recommended.

Based on 60 minutes of continuous service

Mash Potato Martini Station

Buttermilk Pesto Mash Potato
 Parmesan Wild Mushroom Mash Potato
 Lobster & Garlic Mash Potato
 Red Wine, Lobster, Marinara Sauces
 Bacon, Cheddar Cheese, Onion, Potato Straws, Chive,
 Sour Cream 17.95

Antipasto Station

Cold Grilled Marinated Vegetables
 Prosciutto, Salami, & Capicola and Italian Cheeses
 Iced Prawns and Calamari, Melon
 Served with Artisan Italian Breads and Condiments 18.95

The Deep Blue Sea*

Displayed on ice and served with lemon wraps
 Cocktail Sauce, Remoulade, Mignonette and Tabasco
 Prices listed below are based on per dozen

Cocktail Jumbo Shrimp 48.95

Oysters on the Half Shell 62.95

Mussels 41.95

Beet Cured and Traditional Side of Smoked Salmon
 Crème Fraiche, Shaved Bermuda Onions, Capers, Chives and
 Rye Toast (serves 25) 245.95

A Chef is available for enhancement at \$75.00 per hour

Enhancements

Tapenade Crusted Lamb Racks served with Minted Chorizo and
 White Bean Ragout 64.95

Roasted Turkey with Cranberry Mustard Relish and Jus, Included
 Sliced Mini Sourdough Buns (price per person) 17.95

Ontario Roasted Pork Loin Stuffed with Apple and Double
 Smoked served with Grainy Dijon Mustard Sauce (price per
 person) 14.95

Warm Shaved Montreal Smoked Meat with Light and Dark Rye,
 Dill Pickles, Regular and Whole Grain Mustard (price per
 person) 14.95

Roasted Sirloin of Beef with Peppercorn Demi, Includes Sliced
 Mini Dinner Rolls (price per person) 18.95

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Theme Reception

The following are served stationed

Based on 60 minutes of continuous service

Orient Express

Gingered Fried Beef with Crisp Vegetables
 Jasmine Steamed Sticky Rice
 Dim Sum, Pot Stickers & Vegetarian Spring Rolls with Dipping Sauces
 Fortune Cookies
 Priced per person 18.95

Viva Italia

Spiral Gemelli, Mushroom Ravioli, and Penne
 Classic Marinara and Creamy Alfredo Sauces
 Parmesan and Romano Cheeses
 Grilled Focaccia Toast
 Priced per person 19.95

Enhancements

Premium Sushi

Avocado Ball, California Roll, Tempura Roll, Cucumber Roll, Crab Roll (consists of 60 pieces) ^ 300

Exotic Sushi

Spicy Tuna Roll, Spider Roll, Tempura Roll, California Roll, Eel Sushi, Tuna Sushi and Salmon Sushi (consists of 50 pieces)
 ^ 375

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Host

Premium Brands	5.95
Liqueurs	6.95
Deluxe Liqueurs & Liquor	8.95
Domestic Beer	5.45
Imported Beer	6.95
House Wine	6.75
Soft Drinks	2.95
Fruit Juice	4.95
Bottled Water	2.50
Mineral Water	4.95

Enhancements

Vodka Punch	120
White Wine Punch	110
Sparkling Wine Punch	145
Fruit Punch (Non-Alcoholic)	60



Wine - White

White Wines from Niagara

Chardonnay, VQA, Black Reserve, Jackson Triggs
Rich and fresh with combined aromas and flavours of ripe apples, pears and vanilla 33.95

Peller Family Select Chardonnay (2013)
Smooth wine with green apple, citrus and honeydew melon 34.95

Sauvignon Blanc, VQA, Black Reserve, Jackson Triggs
A refreshing, easy to sip wine, displaying fresh aromatics of citrus, grapefruit, honeydew melon and hints of gooseberry and herbs. 34.95

Pinot Grigio, VQA, Niagara Services, Inniskillin
This wine displays fresh and inviting aromas and flavours of apple, citrus and tropical fruits with a crisp, refreshing finish 36.95

"Niagara Select" Riesling, VQA, Inniskillin
A lovely aromatic wine with flavours of citrus and honeydew melon 38.95

Gewurztraminer, VQA, Black Series, Jackson Triggs
Inviting floral aromas and flavours of tropical fruit, nicely balanced with a smooth, fresh finish 43.95

International White Wines

Monkey Bay Sauvignon Blanc, Marlborough, New Zealand
Fresh aromas and flavours of tropical fruit, citrus and herbs. Lively and approachable with an excellent balance of fruit sweetness and juicy acidity 43.95

White Zinfandel, Woodbridge, Robert Mondavi, California
Aromas and flavours of red berries with a hint of sweetness 34.95

Chardonnay Woodbridge, Robert Mondavi, California
Full bodied and rich with flavours of baked apples and spice 50.95

Lumina Pinot Grigio, Venezia Giulia, Ruffino, Italy
Fresh and crisp with flavours of citrus and green apple 59.95

Wine - Red

Red Wine from Niagara

Cabernet Sauvignon/Franc, VQA, Black Reserve, Jackson Triggs
Rich and rounded with aromas and flavours of red berries, plums and spice 33.95

Peller Family Select Cabernet Merlot (2013)
Fruit-forward flavours of plum, cherry and blackberry are accented by notes of spice and oak with more juicy berries on the finish 34.95

Shiraz Proprietor's Selection, Jackson Triggs
Aromas and flavours of juicy red fruits with vanilla and pepper 36.95

Merlot, VQA, Black Reserve, Jackson Triggs-
Aromas and flavours of cherry and black-fruit and spice with a rounded smooth finish 36.95

Pinot Noir, VQA, Inniskillin
Rich aromas and flavours of cherries, spice and nuts with a hint of floral offers a full-rounded lengthy finish 36.95

Meritage, VQA, Reserve Tier, Inniskillin
Full and smooth with flavours of ripe raspberries, plum and chocolate and black pepper 46.95

International Red Wines

Chianti, Ruffino, Italy
Floral and fruity aromas lead to lightly spicy scents of wild cherry and hazelnut 55.95

Valpolicella Classico, Folanari, Italy
Cherry, cloves, cedar on the nose; ripe cherry flavour with a slightly spicy, long finish 50.95

Malbec, Marcus James, Argentina
Aromas and flavours of ripe black berry, currant, plum, violet, cherry and herb 47.95

Cabernet Sauvignon, Woodbridge, Robert Mondavi, California
Rich ripe flavours and aromas of chocolate, ripe berries and spice fold into a long, full rounded finish 52.95

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Champagne, Sparkling & Ice Wines

President Dry White Cuvee, Ontario

A Fresh sparkling wine with a hint of sweetness 40.95

Cuvee Close, VQA, Jackson Triggs

A lovely refreshing sparkling wine with flavours of green apple, biscuit and mineral notes 44.95

Brut Imperial, Moet & Chandon, France

A traditional French champagne with flavours of baked bread, apples and a biscuit 159.95

Vidal Icewine, VQA, PR, Inniskillin

Luscious and rich with flavours of apricot, mango and litchi nut. A fresh crisp citrus acidity cleanses and refreshes on the finish 139.95

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Enhancements

- Premium Brands 8.25
- Liqueurs 9.50
- Deluxe Liqueurs & Liquor 12.25
- Domestic Beer 7.50
- Imported Beer 9.50
- Niagara Brewing Company Lagers 12.25
- House Wine 9
- Bottles of House Wine 47.75
- Soft Drinks 4.25
- Fruit Juice 6.25
- Mineral Water 6.75
- Bottled Water 4.25





Indian Cuisine Menu

(minimum of 50 ppl)

Chef Varun grew up in New Delhi the capital of India with a population of 22 million, a melting pot of culinary theatre. Although Indian food has a rich and complicated history, the secret to making it is very simple. It is a secret handed down from generation to generation. Varun was accepted to IHM (Institute of Hotel Management) where he graduated with honors. His culinary journey took him through prestigious hotels, such as The Ambassador and the Taj Mahal in New Delhi. He then moved to Canada graduating in 2011 from Culinary Management at Niagara College, and is presently showcasing his talents at the Sheraton on the Falls Hotel.

Passage to India - Hot Lunch

Fresh seasonal green salad with house dressings
 Tomato and fresh basil salad
 Mango coleslaw
 Potato salad
 Butter Chicken
 Chicken Malai Tikka
 Safed Chane (Chickpea Curry)
 Kesar Pulao (Saffron Pilaf)
 Seasonal sliced fruits
 Daily dessert selection
 Starbucks® regular and decaffeinated coffee and selection of Tazo® specialty teas 48.95

The Spice Trail - Dinner

Tamatar ka Shorba
 Indian Mixed Bean Salad
 Pickled Onion and Cucumber Salad
 Fresh Seafood Platter
 Chicken Chettinad
 Sesame Ginger Beef with cilantro, 5- Spice
 Goan Shrimp Curry with Kesar Pulao
 Crisp Asian vegetables, wok fried rice
 Seasonal sliced fruits
 Daily dessert selection
 Freshly brewed Starbucks® regular and decaffeinated coffee and selection of Tazo® specialty teas
 68.95

Enhancements

Safed Chane (Chickpea Curry)
 Northern Indian Tandy Curry 12

Butter Chicken
 Popular Punjab Dish 12

Chicken Chettinad
 Chettinad Region dish of Tamil Nadu State 12

Goan Shrimp Curry
 Delicious dish from Goa, scented with Coconut 12

Chicken Malai Tikka
 Chicken marinated in yogurt & spices, grilled 12

Lamb Rogan-Josh
 One of the signature recipes of Kashmiri cuisine 12

Kesar Pulao (Saffron Pilaf)
 Northern India 12

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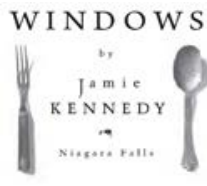
India Falls - Dinner

Garden green salad with house dressings
 Market crudité's with hand crafted dips
 Oriental noodle salad
 Kachumbari salad
 Pickled onion and cucumber salad
 Local artisan and imported cheeses with fruit chutney
 Safed Chane (Chickpea Curry)
 Lamb Rogan-Josh
 Thai BBQ chicken with cucumber-pineapple salsa
 Forest mushroom ravioli with scallions, lemon and olive oil
 Pan seared Atlantic salmon with chardonnay cream sauce
 Seasonal sliced fruits
 Daily dessert selection
 Starbucks® regular and decaffeinated coffee and selection of
 Tazo® specialty teas
 68.95

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Chef

Executive Chef Stacey Trottier

As the Executive Chef at the Sheraton on the Falls Conference Centre, Stacey has over 25 years of culinary experience. Stacey is a graduate with honors from Niagara College of Applied Arts and Technology, where he was awarded the Business Faculty Award. Early in his career he spent time as an apprentice with the Niagara Parks Commission. After completing his apprenticeship, he continued on as Sous Chef with White Oaks Resort and Spa. His career has taken him to the island of Grenada to La Source Resort and Spa then returning to Canada as the Sous Chef for a private Golf and Country Club. In 1996, he began his long-standing and loyal position with the Sheraton on the Falls. He has had the pleasure of preparing meals for celebrities and some of Canada's most prestigious dignitaries. Stacey was also given the opportunity to appear on television programs, such as Canada A.M. and Breakfast Television. Being a local resident along with his familiarity with what the Niagara Region has to offer, you can expect a unique and colourful palate pleasing cuisine including the best local ingredients.

Chef, Varun Sarin

Varun grew up in New Delhi the capital of India with a population of 22 million, a melting pot of culinary theatre. Although Indian food has a rich and complicated history, the secret to making it is very simple. It is a secret handed down from generation to generation. Varun was accepted to IHM (Institute of Hotel Management) where he graduated with honors. His culinary journey took him through prestigious hotels, such as The Ambassador and the Taj Mahal in New Delhi. He then moved to Canada graduating in 2011 from Culinary Management at Niagara College, and is presently showcasing his talents at the Sheraton on the Falls Hotel.

Executive Chef Jamie Kennedy

For over three decades Jamie Kennedy has been instrumental in shaping the culinary landscape in Canada. His innovative approach to gastronomy, commitment to sustainable agriculture and advocacy of local food have been unwavering. He has been executive chef and owner of several acclaimed Toronto restaurants, including Palmerston, Jamie Kennedy at the R.O.M. (a.k.a. JK ROM), and the Jamie Kennedy Wine Bar. His company, Jamie Kennedy Kitchens, currently comprises Gilead Café and Bistro, Jamie Kennedy Event Catering, Jamie Kennedy at the Gardiner Café, and Provenance Regional Cuisine. In 2010, Jamie was honoured for his contributions with two major appointments; with Chef Michael Stadtländer, he was awarded for his leadership at the inaugural Governor General's Award in Celebration of the Nation's Table, and soon after he was appointed to the rank of Member of the Order of Canada. Sheraton on the Falls Collaborates with Jamie Kennedy to Create Exceptional Meetings! Working with the award winning Conference Services Team and Executive Chef Stacey Trottier, Jamie Kennedy brings his culinary inspiration and sustainable kitchen philosophy's to meetings at the Sheraton on the Falls. With the assistance and talents of Sheraton's food professionals Jamie's seasonal and regionally inspired menus provide an exceptional foundation to a unique meeting experience in a first class meeting destination. Tailored menus, creative team building food activities, chef table dinners and cooking demonstrations are available to meeting delegates wishing to hire Celebrity Chef Jamie Kennedy. At Sheraton, we strive to exceed guest expectations! We are Niagara's leading conference and meeting venue. We Make Great Meetings Happen!

