



Sheraton

### Sheraton on the Falls Hotel

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



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## Meeting Menu Packages

All Day Meeting Packages includes continuous Starbucks® regular, decaffeinated coffee and selection of Tazo® specialty teas.

All menus are served Buffet Style.

Minimum 50 people

### All Day Meeting Package #1

Breakfast Table- Niagara & Shine  
 Includes chilled juices, seasonal cut fruits, fruit & low fat plain yogurt. Fresh butter and fruit preserves are also offered with all pastries and toast options  
 Farm fresh scrambled eggs  
 Crispy smoked bacon  
 Home fries garnished with red onions & peppers  
 Freshly baked croissants, whole wheat and plain toast options

Morning Break- Cinnamon & Spice  
 Apple cider with cinnamon sticks  
 Whole fresh seasonal fruits  
 Sticky mini cinnamon buns with icing  
 Carrot spiced squares

Hot Lunch Table- The Classic Buffet  
 Includes fresh seasonal green salad with house dressings, seasonal sliced fruits and daily dessert selections  
 Tomato and fresh basil  
 Cucumber salad  
 Tri coloured fusilli with tomato and fresh basil sauce  
 Grilled salmon with dill butter sauce  
 Oven basted breast of chicken, forest mushroom thyme sauce  
 Medley of seasonal vegetables  
 Garlic roasted potatoes  
 Fresh baked rolls with butter

Afternoon Break- What you Crave  
 Fresh oven baked cookies: Oatmeal cinnamon raisin, Double chunky chocolate chips, White chocolate macadamia, Chocolate chip 84

## Enhancements

Assorted Soft Drinks (cans- selection including Diet) 2.95

Individual Fruit Juice 4.50

Bottled Water 2.95

Perrier or Sparking Water 4.95



Alternative options can be provided for food allergies in advance of your event. Please ask your Convention Services Manager. Taxes and Fees are not included. Prices subject to change without notice. Our menus are priced based on best available selections therefore menu selections received less than 7 days prior to the 1st day of the group's arrival is subject to 25% surcharge. \*\* Any Special Meal Requests are subject to a 5.00 per person surcharge excluding vegetarian options.

**All Day Meeting Package #2**
**Breakfast Table**

Includes chilled juices, seasonal cut fruits, fruit & low fat plain yogurt. Fresh butter and fruit preserves are also offered with all pastries and toast options

**Canadian Breakfast**

Farm fresh scrambled eggs  
 Crispy smoked bacon, broiled sausage  
 Pancakes with Canadian maple syrup  
 Home fries garnished with red onions & peppers  
 Fresh basket of pastries, whole wheat & plain toast

**Morning Break**
**Health Break**

Seasonal fruit skewers with yogurt  
 100% organic granola

**Hot Lunch Table**

Includes fresh seasonal green salad with house dressings, seasonal sliced fruits and daily dessert selections

**Mexican Fiesta**

Mexican style chili  
 Roasted corn and sweet pepper salad  
 New potato salad with chorizo sausage  
 Tri coloured nachos with guacamole and salsa  
 Build your own fajitas station with chicken and beef  
 Mexican rice  
 Medley of seasonal vegetables

**Afternoon Break**
**Coffee Break**

Biscotti, Brownies and Raspberry Chocolate coffee cake 84



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**All Day Meeting Package #3**

## Breakfast Table

Includes chilled juices, seasonal cut fruits, fruit & low fat plain yogurt. Fresh butter and fruit preserves are also offered with all pastries and toast options

## French Canadian Breakfast

Sliced tomato with basil  
Farm fresh scrambled eggs with chives  
Sausage  
Grilled Canadian bacon  
Golden tator tots with smoked paprika  
French toast with Canadian maple syrup  
Buttery French croissants, whole wheat & plain toast

## Morning Break

## Royal Niagara Tea

Fresh oven baked assorted scones  
Fresh butter and fruit preserves  
Assorted whole fruits

## Hot Lunch Table

Includes fresh seasonal green salad with house dressings, seasonal sliced fruits and daily dessert selections

## Wrap &amp; Salad Lunch

Apple fennel coleslaw  
Rustic red skin potato salad  
Assorted pickled vegetables and olives  
Selection of hand made wraps: Roasted red pepper & grilled chicken, Flaked crab with lemon and dill, Roast Beef with cheddar & horseradish aioli, Julienne vegetables with tomato & pesto

## Afternoon Break

Tortilla chips  
Diced tomato, sour cream, cheese, hot peppers, salsas 84



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**All Day Meeting Package #4**

## Breakfast Table

Includes chilled juices, seasonal cut fruits, fruit & low fat plain yogurt. Fresh butter and fruit preserves are also offered with all pastries and toast options

## Canadian Breakfast

Farm fresh scrambled eggs  
Crispy smoked bacon, broiled sausage  
Pancakes with Canadian maple syrup  
Home fries garnished with red onions and peppers  
Fresh baked basket of breakfast pastries, whole wheat & plain toast

## Morning Break

## Niagara Apple Tree

Whole crisp apple  
Hot apple turnovers  
Apple caramel genoise

## Hot Lunch Table

Includes fresh seasonal green salad with house dressings, seasonal sliced fruits and daily dessert selections

## Indoor Picnic

Garden fresh greens with assorted dressings  
Tomato and basil salad  
BBQ picnic potato salad  
BBQ spiced rub chicken served with our homemade BBQ sauce  
Marinated flank steak  
Seasoned potato wedges served with low fat peppercorn ranch  
Assorted condiments  
Chef's choice of desserts

## Afternoon Break

## What You Crave

Fresh oven baked cookies: Oatmeal cinnamon raisin, Double chunky chocolate chip, White chocolate macadamia, Chocolate chips 84



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**All Day Meeting Package #5**
**Breakfast Table**

Includes chilled juices, seasonal cut fruits, fruit & low fat plain yogurt. Fresh butter and fruit preserves are also offered with all pastries and toast options

**French Canadian Breakfast**

Sliced tomato with basil  
 Farm fresh scrambled eggs with chives  
 Sausage  
 Grilled Canadian bacon  
 Golden tator tots with smoked paprika  
 French toast with Canadian maple syrup  
 Buttery French croissants, whole wheat & plain toast

**Morning Break**
**Cinnamon & Spice**

Apple cider with cinnamon sticks  
 Whole fresh seasonal fruits  
 Sticky mini cinnamon buns with icing  
 Carrot spice squares

**Hot Lunch Table**

Includes fresh seasonal green salad with house dressings, seasonal sliced fruits and daily dessert selections

**Mediterranean**

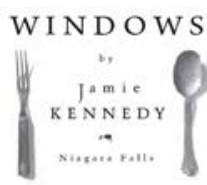
Greek salad with feta  
 Trio of marinated olives, hummus and baba ganoush  
 Grilled sausage with onions and peppers  
 Garlic and oregano marinated chicken with traditional Tzatziki sauce  
 Mediterranean rice  
 Diced ripe tomatoes, lettuce, red onions  
 Steamed lemon parsley potatoes  
 Fresh pita bread & crusty rolls

**Afternoon Break**
**Coffee Break**

Biscotti, Brownies and Raspberry Chocolate coffee cake 84



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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!

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