



SHERATON

On The Falls Hotel



Meeting Menu Package 2019



Little Italy Package

Breakfast

Assorted fruit juices
Fresh sliced fruit
Assortment of fresh pastries, butter, preserves
Farm fresh scramble eggs
Crispy smoked bacon, broiled sausage
Home fries garnished with onions and peppers
Freshly brewed Starbucks coffee, decaf, Tazo tea

Morning Break

Biscotti, brownies and raspberry chocolate coffee cake
Freshly brewed Starbucks coffee, decaf, Tazo tea

Lunch

Build your own caesar salad
Antipasto display includes; marinated vegetables,
Roasted peppers, salami, capicola and italian cheeses
Gemelli Alfredo
Penne with marinara sauce
Hand crafted meatballs and sweet italian sausage
Fresh baked rolls, assorted Italian bread and butter
Assorted cakes
Freshly brewed Starbucks, decaffeinated and Tazo tea

Afternoon Break

Domestic and imported cheese display
Fresh fruit, assorted crackers
Freshly brewed Starbucks, decaffeinated and Tazo tea



Healthy Breakfast and Working Lunch Package

Breakfast

Assorted fruit juices

Assorted pastries, butter and preserves

Sliced fresh fruit

Individual non-fat and flavoured yogurt

Freshly brewed Starbucks coffee, decaffeinated and Tazo tea

Morning Break

Assorted coffee cakes

Freshly brewed Starbucks coffee, decaffeinated and Tazo tea

Soup and Sandwiches

Chefs soup du jour

Baby greens with assorted dressings

Chefs selection of sandwiches

Assorted torts and pies

Freshly brewed Starbucks coffee, decaffeinated and Tazo tea

Afternoon Break

Fresh oven baked cookies

Freshly brewed Starbucks coffee, decaffeinated and Tazo tea



Wrap It Up Package

Breakfast

Assorted juices
Power and granola bars
Assorted muffins and pastries, butter and preserves
Individual non-fat, plain and flavoured yogurt
Sliced fruit
Freshly brewed Starbucks coffee, decaffeinated and Tazo tea

Morning Break

Lemon poppy seed cake
Cranberry cake
Freshly brewed Starbucks coffee, decaffeinated and Tazo tea

Wrap and Salad Lunch

Apple fennel cole slaw
Rustic red skin potato salad
Assorted pickled vegetables and olives
Selection of hand made wraps
Roasted red pepper and grilled chicken
Flaked crab with lemon and dill
Roast beef, cheddar, and horseradish aioli
Julienne vegetables with tomato and pesto
Assorted desserts
Fresh fruit
Freshly brewed Starbucks coffee, decaffeinated and Tazo tea

Afternoon Break

Individual bags of chips, pretzels and bits and bites
Assorted soft drinks



Indoor Picnic Package

Breakfast

Assorted fruit juices
Assorted fresh pastries
Assorted individual yogurts, non-fat and flavoured
Fresh sliced fruit
Fresh farmed scrambled eggs
Breakfast sausage, and Canadian bacon
Golden tator tots with peppers and onions
Freshly brewed Starbucks coffee, decaffeinated and Tazo tea

Morning Break

Assorted scones with whipped butter and preserves
Freshly brewed Starbucks coffee, decaffeinated and Tazo tea

Indoor Picnic

Garden fresh greens with assorted dressings
Tomato and fresh basil salad
BBQ picnic potato salad
BBQ spiced rub chicken served with our homemade BBQ sauce
Seasoned potato wedges served with low-fat peppercorn ranch
Assorted condiments
Chef's choice of desserts
Freshly brewed Starbucks coffee, decaffeinated and Tazo tea

Afternoon Break

Tortilla chips
Diced tomato, sour cream, cheese, hot peppers, salsas
Assorted soft drinks