



SHERATON ON THE FALLS HOTEL

SHERATON



# BREAKFAST TABLE

Sheraton on the Falls Hotel  
2/21/2020

Breakfast Buffets include chilled juices, seasonal cut fruits, fruit 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

\$26.95

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

## CANADIAN BREAKFAST

\$27.95

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

## HEALTHY BREAKFAST

\$28.95

- Vector Cereal with Milk
- Oatmeal Steel Cut Berries & Flaxseeds
- Omega 3 Scrambled Eggs
- Turkey Sausage
- Chilled Hard Boiled Eggs

Whole Wheat & Plain Toast

## FRENCH CANADIAN BREAKFAST

\$28.95

- Sliced Tomato with Basil
- Vegan Oatmeal with Mixed Berry Compote
- Farm Fresh Scrambled Eggs
- Broiled Sausage
- Grilled Canadian Bacon
- Golden Tater Tots with Smoked Paprika
- French Toast with Canadian Maple Syrup
- Buttery French Croissants, Whole Wheat & Plain Toast

## PRESIDENT'S BREAKFAST

\$28.95

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

## 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 & ...

\$8.95

## GRANOLA YOGURT & BERRY PARFAIT

\$8.95

## WAFFLES HOMESTYLE - PER 1/2 DOZEN

\$26.00



SHERATON

5875 Falls Avenue Niagara Falls Ontario Canada | (905) 374-4445

# BREAKFAST TABLE

^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.

We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet, please be aware that they may be prepared in an environment where gluten is present. Please consult your physician as to your personal health decisions.

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.



# PLATED BREAKFAST

Sheraton on the Falls Hotel  
2/21/2020

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

## SUNRISE PLATED BREAKFAST

\$31.00

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

## GRANOLA & BERRY YOGURT PARFAIT

\$8.95

## FRENCH TOAST WITH CANADIAN MAPLE SYRUP

\$4.95

## \*UPGRADE TO SMOKED SALMON BENEDICT: POACHED EGG, CA...

\$3.00

## TRADITIONAL PLATED BREAKFAST

\$35.00

\*Traditional Eggs Benedict^

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

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

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Based on 30 minutes of continuous service

## HEALTH BREAK

\$18.95

- Seasonal Fruits Skewers
- Assorted Yogurts
- 100% Organic Granola
- Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas

## FITNESS FANTASTIC

\$18.95

- 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

## CINNAMON & SPICE

\$18.95

- 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

## DELUXE CONTINENTAL

\$24.50

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

## ENHANCEMENTS

Choose an enhancement below to compliment your break selection.

**STARBUCKS® COFFEE, DECAFFEINATED, TAZO SPECIALTY TEAS®**  
\$3.95

**BOTTLED WATER**  
\$3.50

**PERRIER OR SPARKLING WATER**  
\$4.95

**INDIVIDUAL FRUIT JUICES**  
\$4.95

**PITCHERS OF JUICE (ORANGE, GRAPEFRUIT, APPLE)**  
\$19.95

**INDIVIDUAL FRUIT YOGURTS**  
\$3.50

**GRANOLA YOGURT & BERRY PARFAIT**  
\$8.95

**SEASONAL SLICED FRESH FRUIT**  
\$9.95

**WHOLE FRESH FRUIT SELECTION**  
\$2.50

**GRANOLA, NUTRI-GRAIN OR POWER BARS**  
\$3.95

**HOME STYLE COOKIES**  
\$24.95 Per Dozen

**GLUTEN FREE BROWNIE (INDIVIDUAL)**  
\$5.75

**GLUTEN FREE GRANOLA BARS (INDIVIDUAL)**  
\$4.50

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# AFTERNOON BREAK

Based on 30 minutes of continuous service

## ROYAL NIAGARA TEA

\$19.95

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

## WHAT YOU CRAVE

\$19.95

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

## NIAGARA APPLE TREE

\$19.95

- Whole Crisp Apples
- Apple Turnovers
- Apple Caramel Genoise
- Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas.

## MUNCHIE MADNESS

\$19.95

- Pretzels and Bits & Bites® and 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.

## CHOCOLATE DREAM

\$19.95

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

## ACHIEVE

\$24.95

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

## ENHANCEMENTS

Choose an enhancement to compliment your break selection.

## INDIVIDUAL FRUIT JUICES

\$4.95

## BOTTLED WATER

\$3.50

## PERRIER OR SPARKLING WATER

\$4.95

## SOFT DRINKS (CANS-SELECTION INCLUDING DIET)

\$3.50

## 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, NUTRI-GRAIN OR POWER BARS

\$3.50

## HOME STYLE COOKIES

\$24.95 Per Dozen

## FRESH BAKED SQUARES (DATE, BUTTER TART, FUDGE BROWNI...)

\$24.00 Per Dozen

## INDIVIDUAL BAGS OF POTATO CHIPS, PRETZELS OR BITS & BITES

\$3.00

## GRANOLA YOGURT & BERRY PARFAIT \*KASHI CRUNCH & NUTS

\$8.95

## BREAD PRETZELS WITH REGULAR AND WHOLE GRAIN MUSTARD

\$48.00 Per Dozen

## INDIVIDUAL FRUIT YOGURTS

\$3.50

## WARM CORN CHIPS (FRESH TOMATO SALSA & AUTHENTIC GUA...)

\$9.95

## KETTLE CHIPS & DIP

\$4.50

## GLUTEN FREE COOKIES (INDIVIDUAL)

\$3.00

## GLUTEN FREE CHIPS

\$3.50 Per Bag

## GLUTEN FREE MUFFINS

\$22.00

1/2 dozen



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# AFTERNOON BREAK

## SHERATON HERSHEY BREAK

\$26.95

Assorted Hershey Chocolate including:

Cookies & Cream

Milk Chocolate

Chocolate Almonds

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.

## GLUTEN FREE GRANOLA BARS (INDIVIDUAL)

\$4.50

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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

## "WRAP" IT UP \$30.95

Apple Fennel Slaw  
Rustic Red Skinned Potato Salad  
Includes Chef's soup inspired by the bounty of Niagara  
Assorted Pickled Vegetables and Olives  
A Selection of Soft Tortilla Wraps:  
Roasted Red Pepper & Chicken  
Beef Pastrami, cheddar cheese, grainy mustard aioli  
Grilled Vegetable Hummus

## CREATE YOUR OWN DELI SANDWICHES \$34.95

SALADS (Choose 2 Types)  
Tomato and Cucumber Salad  
Mediterranean Pasta Salad with Sundried Tomato, Mayo & Pesto  
Asian Lo Mein Noodle Salad with Sesame and Hoisin  
Tomato Bocconcini Salad with Fresh Basil Balsamic Vinaigrette  
Greek Pasta Salad  
Sweet & Sour Cole Slaw  
Deli Potato Salad

## CLASSIC FAVORITE SANDWICHES

VEGETARIAN (CHOOSE 1 - Pre Made)  
Grilled Vegetables Hummus - Zucchini, Bell Peppers, red Onion,  
Sundried tomatoes, spinach  
OR  
Mediterranean Vegetarian - Eggplant, Zucchini, roasted red pepper,  
Falafel

## ASSORTED DELI SANDWICHES (Choose 1 type - build your own)

Italian Cold Cut  
Smoked Turkey  
Egg Salad  
Black Forest Ham  
Tuna Salad

## HOT SANDWICHES (Choose 1 type - build your own)

Battered Crispy Fish - Crispy Battered Haddock, lettuce, tomato,  
cracked pepper & lemon tartar sauce  
OR  
Red Hot Buffalo Chicken - Marinated chicken, Buffalo Wing Sauce,  
Blue Cheese Crumbles

## CORN ON THE COB (SEASONAL) \$3.00

## ONION RINGS \$3.00

## GRILLED CHICKEN CACCIATORE \$6.00

## CHICKEN PARMESAN \$6.00

## BROILED BASA WITH SUNDRIED TOMATO & FENNEL \$6.00

## JALAPENO POPPERS WITH SOUR CREAM \$6.50

## MEXICAN PIZZA WITH CHORIZO (12 SLICED) \$24.00

## GREEK STUFFED PORK LOIN \$6.00

## BEEF SOUVLAKI \$6.00

## SLOW ROASTED SIRLOIN \$6.00

## SLOW ROASTED PRIME RIB - 50 OR MORE GUESTS \$9.00

## REFRIED BEANS \$3.00

## GLUTEN FREE DESSERT \$100.00 Strawberry Shortcake Slab 20 Servings

## GLUTEN FREE DESSERT \$150.00 Berry Cheesecake 16 Servings





# LUNCH TABLE

OR

The Great Reuben - Pastrami, Sauerkraut, Swiss Cheese and Russian Dressing

OR

Buttermilk Breaded Parmesan Chicken smothered in marinara sauce

OR

Slowed Cooked Pulled Pork with onions in a sweet Forty Creek BBQ Sauce

OR

Slow cooked Alberta Beef and hot gravy

Nanaimo Bars, Butter Tarts & Cupcakes

## INDOOR PICNIC

\$34.95

Tomato & Fresh Basil Salad

Mango Cole Slaw

Potato Salad

Baked Bean Casserole

^BBQ Spiced Rub Chicken Breast Served in our Homemade BBQ

Sauce

Marinated Sliced Flank Steak

Seasoned Potato Wedges

Herb Peppercorn Ranch

## TASTE OF ITALY

\$34.95

Build Your Own Caesar Salad\*

Antipasto Display Includes: Marinated Vegetables, Roasted

Peppers, Salami, Capicola & Italian Cheeses

Gemelli with pesto, spinach, peppers and Navy Bean

Penne with Marinara Sauce

Hand Crafted Meatballs

Chicken Cacciatore

Fresh Baked Rolls,

Assorted Italian Bread & Butter

## BUILD YOUR OWN BURGER BAR

\$34.95

Spring Mix & Citrus Salad

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



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# LUNCH TABLE

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 Curds

Nanaimo Bars, Butter Tarts, Cupcakes

## THE CLASSIC BUFFET

\$34.95

Tomato & Fresh Basil

Cucumber Salad

Gemelli with pesto, spinach, peppers and navy bean

^Grilled Salmon with ginger, soy and wilted spinach

Oven Basted Breast of Chicken with Forest Mushroom Thyme

Sauce

Medley of Seasonal Vegetables

Garlic Roasted Potatoes

Fresh Baked Rolls with Butter

## MEXICAN FIESTA

\$34.95

Mexican Style Chili

Roasted Corn & Sweet Pepper Salad

New Potato Salad with Chorizo Sausage

Tri- coloured Nachos with Guacamole & Salsa

Build Your Own Fajitas with Chicken & Beef

Mexican Vegan Rice with Pinto Bean, Peppers & Onion

Refried Beans

Medley of Seasonal Vegetables

## MEDITERRANEAN

\$34.95

Greek Salad with Feta\*

Trio of Marinated Olives

Traditional Tzatziki Sauce, Hummus & Baba Ghanoush

Grilled Sausage with Fennel & Sundried Tomato

Garlic & Oregano marinated Chicken with Diced Ripe Tomatoes &

Red Onions

Marinated Zucchini, Eggplant & Tofu

Mediterranean Rice

Steamed Lemon Parsley Potatoes

Fresh Pita Bread & Crusty Rolls



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# LUNCH TABLE

## BOURBON STREET

\$34.95

Salad Leaves with Julienne Vegetables, Hearts of Palm, Cherry  
Tomato, Goat Cheese and Mandarin Orange\* Dressing  
Tomato and Cucumber Salad  
Mediterranean Pasta Salad with Sundried Tomato, Mayo & Pesto  
Jambalaya with Beyond Meat Sausage, peppers and Long Grain  
Rice  
Broiled Ocean Sole with Spices  
^Blackened Chicken with Classic Creole Sauce  
Medley of Seasonal Vegetables

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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

Southwestern Roasted Chicken

## INDIVIDUAL FRUIT JUICES

\$4.95

## ASSORTED SOFT DRINKS (CANS- SELECTION INCLUDING DIET)

\$3.50

## PERRIER OR SPARKLING WATER

\$4.95

## SPRING WATER (750 ML)

\$7.95

## CHEESE PLATE (SERVED FAMILY STYLE)

\$9.95 Per Person

## ANTIPASTO PLATE (SERVED FAMILY STYLE)

\$14.95 Per Person

## GLUTEN FREE INDIVIDUAL DESSERT

\$12.00

Berry Cheesecake

## ENTREES

### ^THYME LEMON ROASTED CHICKEN

\$39.95

with Sweet Peppers, Gemelli and a Fresh Basil Rose Sauce

### RICH BEEF TENDERLOIN

\$40.95

in a Merlot and Smoked Bacon Stew Served on a Bed of Herbed Noodles

### CHILEAN SPICED RUBBED PORK LOIN

\$39.95

with Dried Figs and Calvados Demi Glaze

### ^ONTARIO ROASTED CHICKEN BREAST

\$39.95

with Caramelized Vidalia Onion Port Demi

### ^GRILLED SALMON FILET

\$37.95

Ginger Yuzu Reduction, Pineapple Cucumber Salsa

### GRILLED STRIP LOIN OF BEEF

\$42.95

with Merlot Reduction, Compound Butter

## 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**

**\$38.95**

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

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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All options below include: condiments and utensils, mixed leaf greens with julienne Vegetables, chef's choice of Dressing , cookies, kettle chips, low fat yogurt whole seasonal Fruit 100% organic granola bar, bottle water

Maximum Order: 350

## PRICE INCLUDES 1 CHOICE PER PERSON

### THE PERFECT OLD-SCHOOL ITALIAN HOAGIE

\$32.95

Deli-sliced Ham  
Deli-sliced Capicola  
Deli-sliced Provolone Cheese  
Deli-sliced Genoa Salami  
Iceberg Lettuce  
Thinly sliced tomato  
Salt, Pepper, Italian Oregano

### GRILLED CHICKEN WRAP

\$32.95

Flour Tortilla with Grilled Chicken  
Mixed Bell Peppers  
Red Onion  
Freshly cracked pepper, herbs & spices  
Lemon Vinaigrette

### SMOKED TURKEY SANDWICH

\$32.95

Sliced Turkey  
Roasted Red Pepper  
Baby Spinach  
Jalapeno Monterey Jack cheese

### SPICY GRILLED VEGGIE HUMMUS SANDWICH

\$32.95

Mixed Roasted Veg  
Leafy Greens  
Hummus spread  
Hot Peppers

## INDIVIDUAL FRUIT JUICES

\$4.95

## ASSORTED SOFT DRINK (CANS-SELECTION INCLUDING DIET)

\$3.50

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# DINNER TABLE

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2/21/2020

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 \$59.95

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 Blue Cheese & Ranch Dips  
Local Artisan and Imported Cheeses with Fruit Chutney  
Display of Cold Deli Meat  
Roast Prime Rib of Beef with Wild Mushroom Jus  
Penne Pasta with Beyond Meat Sausage Crumble, Sundried  
Tomato & Spinach  
^Chicken Coq au Vin  
Broiled Basa Fillets

## EAST MEETS WEST \$59.95

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

## THE WHIRLPOOL \$62.95

Yukon Gold Potato and Leek Soup  
Spinach, Goat Cheese, Cranberry Salad  
Classic Caesar Salad with Smoked Bacon, Parmesan  
Fusilli Pasta Salad with Sundried Tomatoes, Charred Vegetables  
White Bean Eggplant Parmesan  
Ocean Sole with chili, lime and coconut crust  
\*Garlic Studded Alberta Beef Striploin , Pearl Onions, Wild  
Mushrooms and Madagascar Peppercorn Jus  
Niagara Peninsula Chicken Breast Served with Roasted Tomatoes,  
Zucchini and Fennel, Sundried Tomato Cream

## 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

## GLUTEN FREE DESSERT \$100.00

Strawberry Shortcake Slab  
20 Servings

## GLUTEN FREE DESSERT \$150.00

Berry Cheesecake  
16 Servings



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# DINNER TABLE

## ON THE FALLS

\$65.95

- Tender Baby Greens Salad with House Dressings
- Market Crudités with Hand Crafted Dips
- Oriental Noodle Salad
- Tomato and Fresh Basil Salad
- Caramelized Onion Potato Salad
- European Deli Meats
- Local Artisan and Imported Cheeses with Fruit Chutney
- \*Grainy Mustard Crusted Striploin of Beef
- Thai BBQ Chicken with Cucumber Pineapple Salsa
- Farfalle with Gardein Vegan Chicken, Peas, Basil and Lemon & Olive Oil
- ^Pan Seared Atlantic Salmon with Soy & Ginger

\*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

Sheraton on the Falls Hotel  
2/21/2020

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

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

## CHICKEN

\$63.50  
Herb Roasted Chicken Breast, Cheese Ravioli, Fire Roasted  
Tomato Basil Sauce

## OVEN BASTED BREAST OF CHICKEN

\$63.50  
with a Wild Mushroom Ragout, Herb Roasted Potatoes

## SUNDRIED TOMATO AND ASIAGO CHEESE STUFFED CHICKEN B...

\$63.50  
Cabernet Sauvignon Reduction, Buttermilk Mash Potato

## BEEF

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

## GRILLED RIBEYE WITH MERLOT REDUCTION

\$74.95  
Chili Dusted Shallot, Buttermilk Mash Potato

## GRILLED 10OZ NEW YORK STRIPLOIN STEAK

\$72.95  
Anchovy Herb Butter, Wild Mushrooms, Roasted Garlic Fingerlings

## ANTIPASTO SELECTION

\$14.95  
Prosciutto, Bocconcini, Chilled Melon, Marinated Vegetables,  
Assorted Cold Cuts & Provolone

## NORWEGIAN SMOKED SALMON

\$12.95  
Separated Boiled Egg, Pickled Capers, Pumpernickel Bread, Honey  
Mustard Drizzle

## CHILLED TIGER SHRIMP

\$14.95  
with Baby Greens, Boursin Crostini and Tomato Coriander  
Vinaigrette

## ROTINI PASTA WITH TOMATO BASIL SAUCE

\$9.95  
Topped with Ratatouille

## GEMELLI PASTATOSSED WITH CHERRY TOMATO

\$9.95  
Fine Capers, Slivered Garlic, Fresh Breadcrumbs, Olive Oil

## PENNE WITH OUR SIGNATURE TOMATO SAUCE

\$9.95  
Topped with Sweet Italian Sausage and Spanish Piperade

## INTERMEZZO

\$7.00  
Orange, Lemon or Lime Sorbet with Vodka

## BABY MESCLUN WITH WOOLWICH GOAT CHEESE

\$5.00  
Dried Cranberries & Balsamic Vinaigrette

## SHEEPS MILK FETA CHEESE

\$5.00  
Baby Spinach, Kalamata, Olive, Cherry Tomatoes with Sundried  
Tomato Vinaigrette



SHERATON

5875 Falls Avenue Niagara Falls Ontario Canada | (905) 374-4445

# PLATED DINNER

## DUO OF GRILLED BEEF TENDERLOIN & BREAST OF CHICKEN

\$78.95

Merlot Reduction, Garlic Mash Potato

## SUSTAINABLE

\$78.95

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

~~\$61.95~~

## FISH

Citrus Peppercorn Tilapia, with Fire Roasted Tomato and Ancient  
Grains

## ROASTED ATLANTIC SALMON

\$61.95

Shellfish Beurre Blanc, Lobster Ravioli

## THE DESSERT COURSE

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

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

Decadent Individual Chocolate Turtle Tart with Real Cream and  
Berries

^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.

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.



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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

\$16.00

## NACHO BAR WITH TRI COLOUR CHIPS, FRESH TOMATO SALSA, ...

\$11.95

## BASKET OF MIXED DELUXE NUTS

\$34.00

## SUSTAINABLE OPTIONS

\$9.95

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

## SEASONAL SLICED FRUITS AND BERRIES

\$9.95

## LOCAL ARTISAN AND IMPORTED CHEESE

\$16.95

with Grapes, Dried Fruit, Chutney, Water Crackers and Freshly  
Baked French Breads

## MARKET FRESH

\$14.95

Market Fresh 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

## THE SWEET TOOTH

\$16.95

Chef's Selection of Decadent Cakes  
Macarons  
Italian Pastries

## CHICKEN, BEEF AND SHRIMP SATAYS

\$16.95

Served with a Selection of Asian Dipping Sauce (3 pieces each)

## PREMIUM SUSHI

\$300.00

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

## EXOTIC SUSHI

\$375.00

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

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# COLD AND HOT CANAPÉS

Sheraton on the Falls Hotel

2/21/2020

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**  
\$38.95

**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

**BACON WRAPPED SCALLOPS**  
\$44.95

**FRIED FANTAIL SHRIMP IN OUR OWN SEAFOOD SAUCE**  
\$44.95

**MINI BEEF WELLINGTON WITH PORT JUS**  
\$44.95

**FRESHLY MADE BRUSCHETTA, FRESH BAGUETTE, BASIL, SHAV...**  
\$38.95

**SMOKED SALMON CREAM, DICED CUCUMBER , CRÈME FRAIC...**  
\$51.95

**MICRO CHICKEN CAESAR IN HANDMADE WAFER CUP - 5 DOZEN...**  
\$51.95

**MINI YORKSHIRE PUDDING WITH SMOKED BEEF AND PARSNIP ...**  
\$51.95

**PETITE BLUE CRAB CAKE WITH LEMON AND TARRAGON AIOLI**  
\$51.95

**FRESH CALIFORNIA ROLLS - 10 DOZEN MINIMUM**  
\$51.95

## PREMIUM SUSHI

\$300.00

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

## EXOTIC SUSHI

\$375.00

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

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To achieve optimal selection and quantity, a minimum selection of three stations is recommended. Based on 60 minutes of continuous service

## MASHED POTATO MARTINI STATION

\$17.95

- Buttermilk Pesto Mash Potato
- Parmesan Wild Mushroom Mash Potato
- Lobster & Garlic Mash Potato
- Bacon, Cheddar Cheese, Onion, Potato Straws, Chive,
- Sour Cream

## ANTIPASTO STATION

\$18.95

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

## THE DEEP BLUE SEA\*

- Displayed on ice and served with lemon
- 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 and Capers,  
Chives. Served with Rye Toast (serves 25) 245.95

## TAPENADE CRUSTED LAMB RACKS

\$64.95

- served with Minted Chorizo and White Bean Ragout

## ROASTED TURKEY

\$17.95

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

## ONTARIO ROASTED PORK LOIN

\$14.95

- Stuffed with Apple and Smoked Bacon served with Grainy Dijon  
Mustard Sauce (price per person)

## WARM SHAVED MONTREAL SMOKED MEAT

\$14.95

- with Light and Dark Rye, Dill Pickles, Regular and Whole Grain  
Mustard (price per person)

## ROASTED SIRLOIN OF BEEF

\$18.95

- with Peppercorn Demi, Includes Sliced Mini Dinner Rolls (price per  
person)

## GLUTEN FREE INDIVIDUAL DESSERT

\$12.00

- Berry Cheesecake

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

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# THEME RECEPTION

The following are served stationed Based on 60 minutes of continuous service

## ORIENT EXPRESS

\$18.95

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

## PREMIUM SUSHI

\$300.00

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

## EXOTIC SUSHI

\$375.00

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

## VIVA ITALIA

\$19.95

- Spiral Gemelli, Mushroom Ravioli, and Penne served with Classic Marinara, Herb Pesto & Alfredo Sauce
- Parmesan and Romano Cheeses
- Grilled Focaccia Toast
- Priced per person

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**PREMIUM BRANDS**

\$6.50

**LIQUEURS**

\$7.00

**DELUXE LIQUEURS & LIQUOR**

\$8.95

**DOMESTIC BEER**

\$6.25

**HOUSE WINE**

\$7.00

**IMPORTED BEER**

\$7.00

**SOFT DRINKS**

\$3.50

**FRUIT JUICE**

\$4.95

**BOTTLED WATER**

\$3.50

**MINERAL WATER**

\$4.95

**NIAGARA BREWING COMPANY LAGERS**

\$9.25

**VODKA PUNCH**

\$120.00

**WHITE WINE PUNCH**

\$110.00

**SPARKLING WINE PUNCH**

\$145.00

**FRUIT PUNCH (NON-ALCOHOLIC)**

\$60.00



**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 Estate, 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

Riesling/Gewurztraminer Open Wines, VQA, Niagara  
An aromatic wine with a slight touch of sweetness. Featuring flavours of citrus, tropical fruit and floral notes. 43.95

**INTERNATIONAL WHITE WINES**

Sauvignon Blanc, Monkey Bay, 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

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

**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

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

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

Inniskillin Cabernet/Shiraz, VQA Niagara  
A rich wine featuring flavours of dark fruit, toast and a slight smokiness. Long smooth finish 39.95

**INTERNATIONAL RED WINES**

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

Valpolicella Classico, Folonari, 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

**VALPOLICELLA CLASSICO, FOLONARI, ITALY**

\$50.95

Cherry, cloves, cedar on the nose; ripe cherry flavour with a slightly



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

Brut Imperial, Moët & 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

spicy, long finish

**MALBEC, MARCUS JAMES, ARGENTINA**

\$47.95

Aromas and flavours of ripe black berry, currant, plum, violet, cherry and herb

**CABERNET SAUVIGNON. WOODBRIDGE, ROBERT MONDAVI, CA...**

\$52.95

Rich ripe flavours and aromas of chocolate, ripe berries and spice fold into a long, full rounded finish



**PREMIUM BRANDS**

\$8.75

**LIQUEURS**

\$9.50

**DELUXE LIQUEURS & LIQUOR**

\$12.00

**DOMESTIC BEER**

\$8.50

**IMPORTED BEER**

\$9.50

**NIAGARA BREWING COMPANY LAGERS**

\$12.25

**HOUSE WINE**

\$9.50

**BOTTLES OF HOUSE WINE**

\$47.75

**SOFT DRINKS**

\$4.75

**FRUIT JUICE**

\$6.75

**MINERAL WATER**

\$6.75

**BOTTLED WATER**

\$4.75



## 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.

