



CATERING MENU

(MODIFIED COVID-19)



BREAKFAST MENU

All menus served by Marriott Attendant.

THE NIAGARA GRAB AND GO

Individual fruit yogurts

Chilled selection of bottled juice; orange juice, apple, grapefruit

Freshly brewed coffee or selection of tea

Choose one of the following individual packaged items:

- The Classic Breakfast Wrap with scrambled eggs, ontario cheddar cheese, smoked bacon, snipped chives
- The English Muffin Sandwich with peameal bacon, baked eggs, cheddar cheese
- The Breakfast Burrito with scrambled eggs, peppers, onions, spicy sausage, and chipotle cheddar cheese

THE NAMASTE

Selection of butter croissants, assorted muffins, fruit danishes

Butter, honey, fruit preserves

Greek yogurt parfait with seasonal berries, granola, dried fruit, pumpkin seeds.

Seasonal melon and fruit salad

Chilled selection of bottled juice; orange juice, apple, grapefruit

Freshly brewed coffee or selection of tea

THE GREAT CANADIAN

Selection of butter croissants, assorted muffins, fruit danishes

Butter, honey, fruit preserves,

Serviced hot oatmeal with local maple syrup, brown sugar, dried cranberries

Assorted individual fruit yogurts

Seasonal melon and fruit salad

Serviced scrambled eggs with fresh snipped chives

Applewood smoked bacon, farmer sausages

Crisp potatoes with fresh herbs

Belgian style waffles with seasonal berries, local maple syrup

Freshly brewed coffee or selection of tea

GRAB & GO ITEMS

Trail mix packs

Nature granola bars-grains and honey oats

Fruit yogurt



LUNCH MENU

All menus served by Marriott Attendant.

THAT'S A WRAP

CHICKEN WILD RICE SOUP

TANGLED BABY GREENS

Selection of grape tomatoes, toasted pumpkin seeds Dried berries, cucumbers, raspberry vinaigrette

CUCUMBER TOMATO SALAD

Scarlet onions, olives, oregano vinaigrette

EARTHROOTS GRILLED VEGETABLE WRAP

Zucchini, roasted peppers, grilled mushrooms, cucumbers, lettuce, tomatoes, chick pea hummus

BAVARIAN SMOKED HAM WRAP

Cheddar cheese, lettuce, tomatoes, Dijon aioli

SMOKED TURKEY CLUB WRAP

Peppered bacon, lettuce, tomatoes, white cheddar, cranberry aioi

ITALIAN CURED MEATS WRAP

Mortadella, soppressatta, prosciutto, provolone cheese, roasted peppers, lettuce, sundried tomato aioli

MELON FRUIT SALAD

COFFEE, DECAFFEINATED COFFEE OR SELECTION OF TEAS

THE ITALIAN MERCATO

STRACCIATELLA SOUP

House made chicken broth, local eggs, spinach, parmigiano cheese

LOCAL BABY GREENS

Four leaf blend baby greens, blonde frisee, pearl tomatoes, cucumbers, balsamic vinaigrette

ROASTED ONION PANZANELLA SALAD

Sundried tomatoes, olives, cucumbers, pearl tomatoes, basil, olive oil, onion sour dough croutons

BRAISED CHICKEN THIGHS PUTTANESCA

Roasted potatoes with olives, capers, oregano

TUSCAN FARFALLE PASTA

Sundried tomatoes, braised spinach, olives, sweet peppers, pomodoro sauce

TIRAMISU SHOTS

${\tt COFFEE}, {\tt DECAFFEINATED} \, {\tt COFFEE} \, {\tt OR} \, {\tt SELECTION} \, {\tt OF} \, {\tt TEAS}$



PLATED LUNCH MENU

Plated Lunch offerings are a pre-selected three course meal which includes:
Assorted dinner rolls and butter, salad, entree and dessert. Freshly brewed coffee, decaffeinated coffee and teas.

SALADS

TANGLED BABY GREENS

Frisee, grape tomatoes, dried Quebec cranberries, seedling cress

CARDINI SALAD

Hearts of romaine, sundried tomatoes, herb croutons Parmigiano cheese, lemon garlic dressing

BITTER BABY GREENS

Arugula, radicchio, shaved fennel, Parmigiano cheese, micro cress

ENTRÉES

FROM THE LAND

Tequila honey habanero glazed chicken supreme Jacket crushed potatoes, seasonal vegetables, tarragon pan jus

LEMON TARRAGON RUBBED CHICKEN SUPREME

Ontario goat cheese mash, Niagara pear jus

FROM THE RANCH

Seared beef sirloin Chive mashed potatoes, seasonal vegetables Bordelaise jus

ROASTED CALIFORNIA CUT BEEF STRIP

Grainy mustard mashed potatoes, seasonal vegetables Niagara Baco Noir jus

FROM THE WATER

New Brunswick Salmon Fillet Honey elderflower glaze, wild rice, seasonal vegetables Blistered pepper coulis

FROM THE GROUND

Spinach cheese cannelloni Baked cannelloni with basil pomodoro sauce Baby spinach, parmigiano cheese



PLATED DESSERT LUNCH MENU

SALTED CARAMEL CHEESECAKE

Fresh berries, toasted granola, vanilla crème anglaise

COCONUT MANGO PANNA COTTA

Raspberries, basil seed, crème anglaise

TRIPLE CHOCOLATE MOUSSE

Chocolate curls, berry compote, caramel sauce

ONTARIO APPLE BLOSSOM TART

Vanilla cream, berries

THE TRIO

Mini lemon meringue, tiramisu, chocolate decadent Seasonal local berries

BREAKS AM & PM

MILK AND COOKIES

Selection of packaged cookies
Mini chocolate chunk, macadamia and raisin oatmeal cookies
Chilled bottles of 2% and chocolate milk
Coffee, decaffeinated coffee & selection of teas

CHOCOHOLIC

Triple chocolate brownies
Chocolate chip cookies, dark chocolate chip cookies
Dark chocolate mousse shots
Mini chocolate bars
Chocolate oatmeal clusters
Coffee, decaffeinated coffee & selection of teas

CHAKRA ENERGY WHEEL

Individual farm vegetable sticks with garlic hummus and roasted red Pepper hummus
Packaged terra vegetable chips
Mixed fruit salad with seasonal berries
Mini dried fruit, toasted coconut granola shots
Berries and citrus infused water
Coffee, decaffeinated coffee & selection of teas

SWEET TOOTH

Mini chocolate bars, lollipop suckers, mini bags of assorted gummies Packaged M & M's Coffee, decaffeinated coffee & selection of teas



BEVERAGE SELECTION

- Continuous coffee break
- Continuous Coffee with water & soft drinks
- Coffee, decaffeinated coffee, selection of teas
- Orange, apple, grapefruit, cranberry juices
- Tropical fruit and fresh berry smoothies
- Assorted Pepsi soft drinks
- 2%, skim or chocolate milk
- Bottled water
- Perrier
- Red Bull

WINE LIST

WHITE

Sauvignon Blanc, Inniskillin
Pinot Grigio, Jackson-Triggs
Chardonnay, Trius
Sauvignon Blanc, Trius Select
Pinot Grigio, Wayne Gretzky
UnOaked Chardonnay, Creekside

RED

Cabernet Merlot, Inniskillin
Founders Select Cabernet Merlot, Wayne Gretzky
Family Vineyards Baco Noir, Peller
Trius Red
Shiraz Proprietor's Selection, Jackson-Triggs
Merlot, Trius

SPARKLING

Sparkling VQA, Jackson-Triggs XOXO Sparkling Pinot Grigio Chardonnay



DINNER MENU

Plated dinners are a pre-selected three course meal which includes:
Assorted dinner rolls and butter, salad, entree and dessert. Freshly brewed coffee, decaffeinated coffee and teas.

SALADS (pick one)

NIAGARA PEAR & GOAT CHEESE

Roasted niagara pear, baby spinach, Ontario goat cheese, grape tomatoes

TANGLED BITTER GREENS

Baby arugula, shaved fennel, radicchio toasted pumpkin seeds

GREEN BELT BABY GREENS

Seasonal baby greens, frisee, grape tomatoes, sundried berries

SUPER BABY GREENS

Baby spinach, kale, arugula, goji berries Blonde frisee, honey candied walnuts

DRESSINGS:

White balsamic lemon basil, balsamic, raspberry vinaigrette, Sundried tomato pesto, green goddess vinaigrette

ENTRÉES (pick one)

All entrée selections are served with seasonal market vegetables

FROM THE EARTH

ROASTED CAULIFLOWER "STEAK"

Garlic parmigiano crusted, sundried tomato orzo risotto, bocconcini Basil essence, gremolata sauce vierge

WILD MUSHROOM RAVIOLI

Toasted pine nuts, snipped chives, Muskoka mushrooms, emerald peas Niagara sauvignon blanc cream sauce, blistered tomatoes

FROM THE WATER

ARCTIC CHAR FILLET

Wheat berries and lentil pilaf, smoked squash puree Tomato gremolata sauce

BAY OF FUNDY SALMON FILLET

Raspberry maple glazed, wild Manitoba rice with cauliflower silk Braised spinach, tomato olive caper sauce



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FROM THE GROUND

HONEY PIRI PIRI RUBBED CHICKEN SUPREME

Roasted shallot mashed potatoes, baco noir chicken glaze

ORANGE TARRAGON BUTTER BASTED CHICKEN SUPREME

Roasted garlic red jacket potato mash Thyme chicken glaze

FROM THE RANCH

ESPRESSO CRUSTED BEEF TENDERLOIN

Roasted garlic chive mash potatoes, canadian whiskey cream emulsion Niagara baco noir glaze

PEPPERCORN CHIMICHURRI BUTTER BEEF TENDERLOIN

Butter basted, potato dauphinoise, rosemary red wine jus

DUO ADD ONS:

Add any of the below to your current entrée selection

CHILI GARLIC JUMBO PRAWNS

2 Served with siracha lime cream reduction

PETITE BEEF TENDERLOIN

3oz seared canadian beef tenderloin

POACHED CANADIAN LOBSTER TAIL Market Price

5oz butter basted with snipped chives



PLATED DESSERT DINNER MENU

VANILLA CRÈME BRÛLÉE

Caramelized sugar, fresh berries

NIAGARA APPLE BLOSSOM

Caramel cream, fresh berries

WHITE CHOCOLATE VANILLA CHEESE CAKE

Fresh berries, Niagara ice wine crème anglaise

CHOCOLATE RASPBERRY TART

Dark chocolate ganache, raspberries, chocolate

WINE LIST

WHITE

Sauvignon Blanc, Inniskillin Pinot Grigio, Jackson-Triggs Chardonnay, Trius Sauvignon Blanc, Trius Select Pinot Grigio, Wayne Gretzky UnOaked Chardonnay, Creekside

RED

Cabernet Merlot, Inniskillin
Founders Select Cabernet Merlot, Wayne Gretzky
Family Vineyards Baco Noir, Peller
Trius Red
Shiraz Proprietor's Selection, Jackson-Triggs
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