



SHERATON

On The Falls Hotel



Catering Menu

(Modified Covid-19)



SHERATON

On The Falls Hotel

All plated breakfast menus includes freshly brewed Starbucks® regular, decaffeinated and a selection of Tazo® specialty teas. Based on 75 minutes of continuous service.

SUNRISE PLATED BREAKFAST

Fluffy scrambled eggs, garden chives, grated white cheddar, pork sausage links, home fries garnished with red onion and peppers

TRADITIONAL PLATED BREAKFAST

Traditional eggs benedict, poached egg, back bacon and meyer lemon and cayenne hollandaise, home fries garnished with red onion and peppers

QUICHE LORRAINE BREAKFAST

Black forest ham & aged gruyere in a delicate crust, pork sausage links, home fries garnished with red onion and peppers

GRAB & GO BREAKFAST

Yogurt parfait, cranberry trail mix, breakfast wrap containing scrambled eggs, aged cheddar, peppers & herbs wrapped in a flour tortilla, chilled selection of bottled juice, freshly brewed Starbucks® regular, decaffeinated and a selection of Tazo® specialty teas



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Morning Break

All food and beverage items are packaged for individual consumption.
Some of the hot food items will be serviced by one of our associates.

Based on 30 minutes of continuous service

HEALTH BREAK

Seasonal whole fruit, assorted yogurts 100%, organic granola, freshly brewed Starbucks® regular coffee, decaffeinated and a selection of Tazo® specialty teas

FITNESS FANTASTIC

Gourmet granola & energy bars, array of garden fresh raw vegetables, yogurt parfaits, trail mix, fresh seasonal berries & freshly brewed Starbucks® regular coffee, decaffeinated and a selection of Tazo® specialty teas

CINNAMON & SPICE

Apple cider, cinnamon sticks, whole fresh seasonal fruits, sticky mini cinnamon buns, icing carrot spice squares, freshly brewed Starbucks® regular coffee, decaffeinated and a selection of Tazo® specialty teas

DELUXE CONTINENTAL

Chilled fruit juices, 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

BOTTLED WATER

PERRIER OR SPARKLING WATER

INDIVIDUAL FRUIT JUICES

INDIVIDUAL FRUIT YOGURTS

GRANOLA YOGURT & BERRY PARFAIT

WHOLE FRESH FRUIT SELECTION

GRANOLA, NUTRI-GRAIN OR POWER BARS

HOME STYLE COOKIES (individually wrapped)



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Afternoon Break

All food and beverage items are packaged for individual consumption.
Some of the hot food items will be serviced by one of our associates.

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.

WHAT YOU CRAVE

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

Whole crisp apples, apple turnovers, freshly brewed Starbucks® regular coffee,
decaffeinated and a selection of Tazo® specialty teas.

CHOCOLATE DREAM

Chocolate chip & chocolate fudge cookies, fudge brownie squares,
freshly brewed Starbucks® regular coffee, decaffeinated and a selection of Tazo® specialty teas.

Enhancements

FRESH BAKED SQUARES (date, butter tart, fudge brownies) (individually wrapped)

INDIVIDUAL BAGS OF POTATO CHIPS (pretzels or bits & bites)

GRANOLA YOGURT & BERRY PARFAIT *KASHI CRUNCH & NUTS

INDIVIDUAL FRUIT YOGURTS

GLUTEN FREE COOKIES (Individually wrapped)

GLUTEN FREE CHIPS

GLUTEN FREE MUFFINS 1/2 dozen (individually wrapped)

GLUTEN FREE GRANOLA BARS (individually wrapped)



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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, grapefruit blush
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

ENTREES HOT

THYME LEMON ROASTED CHICKEN

Sweet peppers, gemelli and a fresh basil rose sauce

RICH BEEF TENDERLOIN

In a merlot and smoked bacon stew served on a bed of herbed noodles

CHILEAN SPICED RUBBED PORK LOIN

Dried figs and calvados demi glaze

ONTARIO ROASTED CHICKEN BREAST

Caramelized vidalia onion port demi

GRILLED SALMON FILET

Ginger soy reduction, wild rice

GRILLED STRIP LOIN OF BEEF

Merlot reduction, compound butter

SUSTAINABLE PLATED LUNCH OPTION

Harvest vegetable soup with fresh herbs, pan seared salmon,
tomato provencal, wild rice pilaf and roasted baby beets



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Plated Lunch...cont.

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ENTREES COLD SANDWICH

THE PERFECT OLD-SCHOOL ITALIAN HOAGIE

Sliced Italian cold cuts, provolone cheese, iceberg lettuce, thinly sliced tomato, potato salad & pickle spear

GRILLED CHICKEN WRAP

Flour tortilla with grilled chicken, mixed bell peppers, red onion, freshly cracked pepper, herbs & spices lemon vinaigrette, greek pasta salad & pickle spear

SMOKED TURKEY SANDWICH

Sliced turkey, roasted red pepper, baby spinach, jalapeno monterey jack cheese, mixed green salad & pickle spear

DESSERTS

CARROT SPICE CAKE

Cream cheese icing

PEANUT BUTTER FUDGE CHEESECAKE

Roasted almonds, brownie bits

DOUBLE CHOCOLATE CAKE

With rich decadent belgian chocolate

Enhancements

INDIVIDUAL FRUIT JUICES

ASSORTED SOFT DRINKS (Cans- selection including diet)

PERRIER OR SPARKLING WATER

SPRING WATER (750 ml)

GLUTEN FREE INDIVIDUAL DESSERT

BERRY CHEESECAKE



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Grab & Go

All Grab & Go food and beverage items are packaged for individual consumption and include the following:
Condiments and utensils, cookies, potato chips, individual fruit yogurt, individually wrapped granola bar and bottled water.
Price includes 1 choice per person.

THE PERFECT OLD-SCHOOL ITALIAN HOAGIE

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

Flour tortilla, grilled chicken, mixed bell peppers, red onion, freshly cracked pepper, herbs & spices lemon vinaigrette

SMOKED TURKEY SANDWICH

Sliced turkey, roasted red pepper, baby spinach, jalapeno monterey jack cheese

SPICY GRILLED VEGGIE HUMMUS SANDWICH

Mixed roasted veg, leafy greens, hummus spread, hot peppers

Add On

INDIVIDUAL FRUIT JUICES

ASSORTED SOFT DRINKS (Cans- selection including diet)



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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. Freshly baked rolls and butter along with brewed Starbucks regular and decaffeinated coffee and a selection of Tazo specialty teas are also included.

THE SOUP COURSE

Butternut squash, maple spiced cream
Roasted tomato bisque, sweet drops
Cauliflower & potato, glazed shallots
Wild woodland mushroom

THE SALAD COURSE

Cucumber-bound baby greens, oven dried tomato, vibrant julienne, sweet shallot dressing
Seven assorted mesclun salad leaves, asian slaw, crispy lotus chip, sesame ginger dressing
Hearts of romaine, herbed crouton, pancetta, shaved parmesan, creamy garlic dressing

Mains

CHICKEN

ROASTED CHICKEN

Herb roasted chicken breast, cheese ravioli, fire roasted tomato basil sauce

OVEN BASTED BREAST OF CHICKEN

Wild mushrooms, herb roasted potatoes

SUNDRIED TOMATO AND ASIAGO CHEESE STUFFED CHICKEN BREAST

Cabernet sauvignon reduction, buttermilk mash potato



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Plated Dinner...cont.

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Mains

BEEF

GRILLED TENDER LOIN

Grilled 6oz beef tenderloin,
pinot noir demi, white truffle dauphinoise

GRILLED RIBEYE WITH MERLOT REDUCTION

Buttermilk mash potato

GRILLED 10 OZ NEW YORK STRIPLOIN STEAK

Anchovy herb butter, wild mushrooms,
Roasted garlic fingerlings

DUO OF GRILLED BEEF TENDERLOIN & BREAST OF CHICKEN

Merlot reduction, garlic mash potato

SUSTAINABLE

Duo of grilled beef tenderloin & pan seared
Atlantic salmon beurre blanc, herb roasted potato

FISH

TILAPIA

Citrus peppercorn tilapia, fire roasted tomato
& pepper, ancient grains

ROASTED ATLANTIC SALMON

Shellfish beurre blanc, lobster ravioli

Dessert

FRENCH VANILLA BEAN ICE CREAM

Seasonal Niagara fruit in a chocolate tulip

WARM COUNTRY APPLE BLOSSOM

Velvety crème anglaise and fresh garden berries

CARROT CHEESECAKE

Caramel duo, whipped cream



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Enhancements

ANTIPASTO SELECTION

Prosciutto, bocconcini, chilled melon, marinated vegetables, assorted cold cuts & provolone

NORWEGIAN SMOKED SALMON

Separated boiled egg, pickled capers, pumpernickel bread, honey mustard drizzle

CHILLED TIGER SHRIMP

Baby greens, boursin crostini and tomato coriander vinaigrette

ROTINI PASTA WITH TOMATO BASIL SAUCE

Topped with ratatouille

GEMELLI PASTA TOSSED WITH CHERRY TOMATO

Fine capers, slivered garlic, fresh breadcrumbs, olive oil

PENNE WITH OUR SIGNATURE TOMATO SAUCE

Topped with sweet Italian sausage and spanish piperade

INTERMEZZO

Orange, lemon or lime sorbet with vodka

BABY MESCLUN WITH WOOLWICH GOAT CHEESE

Dried cranberries & balsamic vinaigrette

SHEEPS MILK FETA CHEESE

Baby spinach, kalamata, olive, cherry tomatoes, sundried tomato vinaigrette