



timeless flavours, heartfelt gatherings



Little Italy	3
Soup & Sandwich	4
That's a Wrap	5
Brock Deli	6
Southwest	%7
Have it Your Way	8

Welcome to The Brock

Welcome to an exceptional meeting experience, where productivity meets comfort in a setting inspired by timeless hospitality. Our all-day meeting packages are thoughtfully designed to support your goals, blending professional amenities with the warmth and charm of our hotel's heritage. From gourmet breaks to well-appointed meeting spaces and seamless service, every detail is crafted to ensure your event runs smoothly. Whether you're hosting a focused team session or a full-scale corporate gathering, we provide an elevated atmosphere that inspires collaboration and creates lasting impressions.

All prices are in Canadian funds and subject to service charge (18%) and HST (Harmonized Sales Tax of 13%). Items on list may be substituted for comparable choice and price if unavailable. Prices & selections may change without notice. Menu valid for 6 months from date of issue.

Allergens: GF-Gluten Free, DF-Dairy Free, NF-Nut Free, VG-Vegan, V-Vegetarian SF-Seafood, C-Crustaceans, F-Contains Fish, G-Contains Gluten, D-Contains Dairy N-Contains Nut, MN-May Contain



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35 person minimum

Includes all day freshly brewed coffee, decaffeinated and selection of specialty teas

Breakfast

Assorted fruit Juices

Freshly baked croissants, danishes and muffins with fruit preserves and whipped butter G/D/V/MN

Hand cut seasonal fruit and berry salad GF/NF/VG

Farm fresh scrambled eggs with chopped herbs D/GF/NF/V

Applewood smoked bacon GF/NF/DF

Maple glazed chicken sausage links G/D/NF

Sautéed potatoes with smoked paprika dust GF/DF/NF/VG

Morning Break

Pizzelle, mini biscotti, and orange cookies G/DF/V/MN Selection of whole fruit GF/DF/VG/NF

Lunch

Rosemary focaccia G/MN/DF/V

Antipasti del giorno, roasted red peppers, house fried olives, and preserved mushrooms GF/NF/VG

Arugula and raddichio salad, shaved fennel, dried grapes and pecorino, with white balsamic dressing GF/D/NF/V

Caprese salad with vine ripened tomato, basil, and bocconcini GF/NF/D/V

Gnocchi bolognese potato dumplings tossed with the traditional sauce from "bologna la grassa" made with veal, beef and sausage G/NF/D

Lemon oregano roasted chicken thighs with house made peperonata GF/DF/NF

Penne alla putanesca, penne noodles, tomato, olive, caper, and roasted red peppers vg/NF/G/DF

Tiramisu mousse cups G/D/N/V

Dark chocolate & hazelnut brownies G/D/N/V

Cannoli G/D/N/V

Afternoon Break

Imported and local cheese board with dried fruit, preserves, crackers and crostini G/GF/D/MN/ or

Farinata with arugula, shaved grana padano, evoo



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Soup and Sandwich

10 person minimum | 35 person maximum

Breakfast

Freshly baked croissants, danishes and muffins G/D/V/MN Gluten free muffins GF/VG

Individual non-fat and flavored yogurt v/GF/NF/V/D
Freshly cut seasonal fruit and berry salad GF/NF/VG
Low fat greek yogurt with pumpkinseed granola G/D/N/V

Ask your CSM about "Breakfast with a view" in The Rainbow Room. Enjoy the full breakfast buffet (when in season) for an additional \$9.95 per person.

Morning Break

Freshly brewed coffee, decaffeinated and tea

Lunch

Soup of the day

Market greens salad with assorted dressings

Smoke turkey on focaccia with roasted pepper caviar, baby arugula, havarti $\frac{G}{D}MN$

Assorted on mini ciabatta, ham, salami, turkey, smoked provolone, spiced muffaletta, shredded iceberg, dressing G/D/MN

Egg salad on a croissant, omega 3 eggs, truffle, chives, evoo mayo G/DF/NF

Falafel slider, shredded lettuce, cucumber, pickled beet and parsley salad, tahiti sauce G/VG/DF

Chefs choice of dessert

Freshly brewed coffee, decaffeinated and tea

Afternoon Break

Freshly brewed coffee, decaffeinated and tea



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10 person minimum

Includes all day freshly brewed coffee, decaffeinated and selection of specialty teas

Breakfast

Assorted fruit juices

Freshly baked croissant, assorted coffee cakes G/D/V/MN Farm fresh egg whole egg frittata with wilted greens, feta, and roasted tomato D/V/GF

Ontario chicken sausages with maple glaze G/DF/NF Freshly cut seasonal fruits and berries salad GF/NF/VG Individual low fat flavored yogurts GF/D/NF/V

Ask your CSM about "Breakfast with a view" in The Rainbow Room. Enjoy the full breakfast buffet (when in season) for an additional \$5 per person.

Morning Break

Assorted coffee cakes and sweet loafs G/D/V/MNFresh baked danish, muffins, and gf muffins G/D/V/MN

Lunch

Baby green salad, cucumber, tomato, shoestring carrot and crispy onions, niagara peach vinaigrette GF/VG/NF

Mediterranean pasta salad, romesco dressing, smoked provolone, sweet and pickled vegetables G/N/V Make it gluten free additional \$1 per person

Tomato cucumber salad with oregano and red wine vinaigrette GF/VG/NF

Freshly prepared flour tortilla wraps, gluten free wraps available built to order:

Buffalo chicken wrap, frank's hot sauce, carrot, and celery slaw, crispy romaine, blue cheese mayo G/D/NF

Pulled beef wrap, slow braised aaa angus beef, caramelized onion jam, smoked provolone shredded lettuce, horseradish aioli G/D/NF

Tuna salad wrap, olive oil pack italian tuna, mayo, pea shoots, celery, chopped gerkins and green onion G/SF/DF/NF

Falafel wrap, shredded lettuce, cucumber, pickled beet, parsley salad, tahiti sauce $\frac{G}{VG}DF$

Afternoon Break

Individual bags of chips Pretzels and peanuts Chocolate bars Assorted soft drinks



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30 person minimum

Includes all day freshly brewed coffee, decaffeinated and selection of specialty teas

Breakfast

Assorted fruit juices

Danishes, muffins & croissants served with fruit preserves and butter

Breakfast bake with ontario pork sausage, smoked bacon, crusty bread and cheddar $\frac{G}{D/NF}$

Individual non-fat and flavored yogurt GF/D/NF/V Freshly cut seasonal fruits and berries salad GF/NF/VG

Ask your CSM about "Breakfast with a view" in The Rainbow Room. Enjoy the full breakfast buffet (when in season) for an additional \$5 per person.

Morning Break

Assorted coffee cakes G/V/NF/D
Assorted granola bars GF/N/DF

Lunch

Chef's soup of the day

Seasonal market greens, cucumber, tomato, shoestring carrot and crispy onions, niagara peach vinaigrette

GF/VG/NF

Creamy coleslaw, grainy mustard, green apple GF/NF/V/DF

Build your own sandwich

Deli meats: Choose 4

black forest ham, smoked turkey, genoa salami, slow roast beef, egg salad, tuna salad

Selection of fresh baked bread's, rosemary focaccia, baguettes, panini, and gluten free options available

Chilled deli condiments: sliced tomatoes, red onions, barrel pickles, leaf lettuce, muffuletta, cheddar and, smoked provolone cheese, 2 types of mustard, mayonnaise, horseradish, and hot banana peppers

Chefs daily dessert selection

Afternoon Break

Whole niagara fruit
Fresh baked cookies



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40 person minimum

Includes all day freshly brewed coffee, decaffeinated and selection of specialty teas

Breakfast

Assorted fruit juices

Freshly baked croissant, danish G/D/V/MN

The brock breakfast burrito, soft scramble eggs, smoked bacon, home fries, sweet peppers, aged cheddar G/D/NF GF available for order

Low fat greek yogurt with pumpkinseed granola G/D/N/V Freshly cut seasonal fruits and berries salad GF/NF/VG

Ask your CSM about "Breakfast with a view" in The Rainbow Room. Enjoy the full breakfast buffet (when in season) for an additional \$5 per person.

Morning Break

Fresh baked biscuits, whipped butter and fruit preserves $_{\text{G/D/MN}}$

Lunch

Iceberg salad, cowboy caviar topping, buttermilk ranch dressing GF/DF/VG/NF

Parmesan macaroni salad, diced celery, smoked paprika, and "franks" spiced mayo G/D/V

From the bakery, brioche, potato, and hot dog rolls

Pulled chicken in chipotle bbq sauce GF/DF/NF

All beef kosher hot dogs GF/DF/NF

Angus sirloin beef burgers G/NF/DF

"Salt and vinegar" roasted potatoes with fine herbs GF/VG/NF/DF

Condiments bar, sliced tomatoes, leaf lettuce, sliced red onion, dills, aged ontario, cheddar and provolone cheese, banana peppers, mustard, ketchup, mayonnaise, relish, sriracha

Dessert table:

Watermelon wedges GF/DF/VG/NF

Dark chocolate brownies G/N/D/V

Vegan brownies vg/N/GF

Dessert squares G/D/N/V

Afternoon Break

Tortilla chips

Warm cheese sauce

Salsa, sour cream, diced tomato, onion and black olives Assorted soft drinks



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Small Meetings, Have it Your Way

25 person maximum

Thoughtfully curated for groups of 25 or fewer, these customizable packages include a variety of breakfast and lunch options, along with your choice of a morning or afternoon break—ideal for focused, intimate gatherings.

Breakfast

Choose 1 breakfast option for the group.

THE RAINBOW ROOM

Enjoy the full buffet experience in the Rainbow Room (seasonal availability). When the buffet is not offered, indulge in our hybrid family-style and plated service—always paired with the best view in town.

BREAKFAST TAPAS IN MEETING ROOM

Breakfast sandwich, morning time poutine, fruit salad shooter, bacon and sausage kabob, mini greek yogurt and overnight oat parfaits

PLATED IN MEETING ROOM

Plated breakfast in a meeting room is an additional \$10 per person, pre order is required. Choose 1 of the following options.

Family style portion consisting of fresh cut fruit, berry salad, house baked croissant, danish, coffee, and tea service.

The canadian, farm fresh scrambled eggs, smoked ontario bacon, breakfast sausages, home fries with potatoes with peppers and onions G/D/NF

Goat cheese omelet, farm fresh 3 egg omelet, with sauté of forest mushrooms, and asparagus served with home fries and smoked bacon on the side D/GF

PLATED IN MEETING ROOM CONT.

Avocado toast, poached eggs, hollandaise, fresh smashed avocado and spread on grilled sour dough, blistered tomato $\frac{G}{D}/NF$

GF upon request

Eggs benedict, poached eggs, smoked turkey, hollandaise, toasted english muffin, greek yogurt parfait, pumpkinseed granola D/N/GF

Morning/Afternoon Break

Choose 1 for either the morning or afternoon break Cookie shoppe, trio of house baked cookies Health break, fruit kabobs and granola bars

Dough-nuts, assorted donuts

Mezze, hummus, naan chips, marinated olives, vegetable crudité

Sweet & salty, chips, nuts, chocolate bars and pretzels



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Lunch

Choose 2 plated options or buffet option for the group.
Individual pre-orders can be taken at breakfast.
Lunch selections include chef's choice dessert of the day.

PLATED OPTIONS

Chicken caesar, prosciutto wrapped chicken supreme hearts of romaine, torn focaccia, caesar dressing, fried capers, grana padano D/SF/G/NF

Maple soya glazed atlantic salmon, roasted sweet potato, wilted kale and apple ${\tt DF/GF}$

Chicken forester, celery root and yukon puree, forest mushroom sauce

Quinioa & vegetable power bowl, seasonal vegetables, kale, avoacado, tahini lemon dressing, these bowls truly have it all: protein, fiber, heart-healthy fats, and a slew of micronutrients

Add chicken or prok belly \$9 per person

Chicken and waffles, fermented hot honey mayo savoy apple slaw

BUFFET OPTION

Soup, salad, and sandwich

Chefs choice soup of the day

Baby green salad with cucumbers and grape tomatoes, peach champagne vinaigrette

Choose 3 types:

Truffle egg salad sliders, mini "croissant" buns, seedlings

Shaved smoked turkey focaccia bread, house sandwich spread, arugula, zucchini pickle

Roast beef, horseradish aioli, brioche bun, caramelized onion jam

Falafel wrap shredded lettuce, cucumber, pickled beet, parsley salad, tahiti sauce