



2017 FIT AND GROUP TOUR MENU

BREAKFAST BUFFET \$18.00

Fresh Sliced Fruit Platter
Assorted Baked Pastries
Assorted Muffins
Freshly Baked Croissants
Assortment of Yogurt
Cold Cuts and Cheese
Scrambled Eggs
Pork Sausage
Turkey Sausage
Crispy Bacon
Home Fried Potatoes
Hot Oatmeal
Assorted Cold Cereals
Buttermilk Pancakes & Waffles
Made to Order Eggs and Omelettes
Toast and Bagels
Selection of Condiments
Orange, Grapefruit, Apple and Cranberry Juices
Bottled Water
Selection of Milk
Coffee, Decaffeinated Coffee and Tea

All prices quoted in Canadian funds and subject to a 5.9% promotional fee, 17% gratuity & 13% HST. The actual number of persons, menu choices and seating time to be confirmed at least 7 days in advance. One complimentary meal will be extended for the tour guide. Menu valid May 1, 2017 to April 30, 2018.



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BOXED BREAKFAST

Option 1 | \$14

Bottled fruit juice
Fresh baked croissant with butter and preserves
Honey granola bar
Seasonal fruit

Option 2 | \$15

Bottled juice
Fresh baked muffin with butter and preserves
Smoked ham, honey mustard and egg sandwich on 7 grain loaf
Honeyed granola bar
Seasonal fruit

Option 3 | \$16

Bottled juice
Fresh baked muffin with butter and preserves
Artisan Canadian cheeses, cured meats, vegetable anti pasto, crackers and crostini
Seasonal fruit

Two days notice is required for any of these options.

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LUNCH

Option 1 Lunch Buffet | \$24.95 per person (minimum 20 people)

Fresh Rolls and Butter
Balsamic Dressed Baby Greens
Crudite with Dips
Potato Salad

Garlic Herb Roasted Grain Fed Chicken
East Coast Canadian Haddock with Lemon Ginger Panko Crust
on Sesame Vegetable Sautee

Rice Pilaf
Seasonal Vegetables
Balderson Cheddar Baked Macaroni and Cheese

Assorted Cookies, Squares and Sweets
Water and Soft Drinks

Option 2 Lunch Buffet | \$27.95 per person (minimum 20 people)

Fresh rolls and butter
Daily Soup Station

Ice wine vinaigrette dressed mixed young greens with candied
cashews and seasonal fruits

Double smoked bacon and new potato salad
Traditional Caesar Salad
Assorted Vegetables and Dips

Pan seared Atlantic Salmon with Seasonal Salsa
Roasted Italian Sausage "Puttanesca" Penne Pasta
Chef's Vegetable Selection
Garlic and Herb Roasted Fingerling Potatoes

Whole Roasted Loin of Ontario Pork with Sauteed Gala Apples
and Onions in Pan Jus. Hand carved by our chefs.

Assorted Cakes Pastries and Squares
Water and Soft Drinks

Plated Options | \$21.95

Pan Seared Salmon and House made
Seasonal Salsa on Steamed Basmati with
Cilantro Chili Puree

OR

Roasted Turkey and Smoked Bacon
Clubhouse Wrap with Sweet Basil Mayo and
Fruited Summer Slaw

OR

Grilled Breast of Chicken with Chardonnay
Mushroom Cream, Fingerling Potatoes and
Seasonal Vegetables

Each plated option includes

Soup of the Day
Chef's Choice of Dessert
Water and Soft Drinks

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PLATED DINNER

Rigatoni with Bolognese Sauce | \$29

Fresh baked rolls and butter
Balsamic Dressed Young Greens
Rigatoni with Bolognese Sauce
Seasonal Dessert
Selection Coffee or Tea

Pan Seared Atlantic Salmon | \$33

Soup of the Day
Pan Seared Atlantic Salmon on Steamed Basmati with Grilled asparagus and Dill infused Hollandaise
Chef's Daily Dessert
Selection Coffee or Tea

Herb Roasted Supreme of Chicken | \$36

Young Greens in our Ice Wine Vinaigrette with Candied Cashews and Seasonal Fruits
Herb Roasted Supreme of Chicken with Heirloom Tomato Salsa, Basmati Rice and Coriander Gremolata
Chef's Daily Dessert
Selection Coffee or Tea

Charbroiled New York Steak | \$39

Choice of Ice Wine Vinaigrette dressed House Salad or Seasonally Inspired Vegetarian Soup
8oz Charbroiled New York Steak with Café de Paris Butter Garlic Mashed Potatoes and Seasonal Vegetables
Chef's Daily Dessert
Coffee or Tea

Beef Striploin with Black Tiger Shrimp | \$45

Choice of Ice Wine Vinaigrette dressed House Salad or Seasonally Inspired Vegetarian Soup
Hand Carved Roasted Alberta Beef Striploin with Grilled Black Tiger Shrimp and Bearnaise Sauce
Garlic Mashed Potatoes and Seasonal Vegetables
Chef's Daily Dessert
Selection Coffee or Tea

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