



2017 FIT & GROUP TOUR MENU

BREAKFAST BUFFET \$18.00

Fresh Sliced Fruit Platter
Assorted Baked Pasteries
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 | \$15

Fresh Baked Gourmet Muffin
Whole Fruit
Bottle of Orange Juice
Granola Bar

Option 2 | \$17

Smoked Turkey and Swiss Cheese on a Butter Croissant
Fresh Baked Gourmet Muffin
Whole Fruit
Bottle of Orange Juice

Two days notice is required for any of these options.

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LUNCH

Buffet Option 1 | \$19.95

Spring Greens with dried cranberries, and cherry tomatoes and a light balsamic dressing.

Chef's Choice of Pasta of the Day

Garlic Bread

Buffet Option 2 | \$22.95

Chef's Choice of Soup of the Day

Grilled Ham and Cheese Sandwiches

Grilled Cheese and Tomato Sandwiches

Assorted Cookies

Buffet Option 3 | \$24.95

Classic Caesar Salad

Chef's Choice of Assorted Pizza

Assorted Squares

Plated

Plated luncheons are preselected three course meals which include:

Choice of one of the following starters:

Season inspired daily soup

Mixed garden greens, cucumber, grape tomatoes, with a honey mustard vinaigrette.

Choice of one of the following entrées:

Orange Basil Salmon | \$36

Atlantic salmon, orange-basil butter and leeks. Served over jasmine rice

Steak Frites | \$34

Grilled steak with herb jus reduction. Served with fresh cut parmesan fries and truffle aioli

Roasted Field Mushroom Gemelli Pasta | \$30

Fresh herb roasted mushrooms, caramelized onions, tomatoes and wild baby arugula in a truffle parmesan cream

Seafood Salad | \$33

Grilled salmon, shrimp, calamari, bean sprouts, carrots, red and green onions, yellow peppers and rice noodles and honey lime dressing.

Choice of one of the following desserts:

Caramel Ginger Apple Crisp

Thinly sliced apples, ginger, house-made caramel and granola topping

White Chocolate Cheesecake

Italian-style rich white chocolate and espresso crème sauce topped with whipped cream, shaved milk chocolate and fresh strawberries

Coffee and Tea

A surcharge of \$3.00 per person will apply to all groups under 20 guests.

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PLATED DINNER

Plated dinners are preselected three course meals which include:

Choice of one of the following starters:

Seasonally inspired daily soup

California starter salad with goat cheese, fresh sliced strawberries, red onion, spicy glazed pecans, house-made honey mustard vinaigrette.

Chopped romaine hearts, double-smoked bacon, Reggiano and Asiago cheeses, house-made croutons, creamy Caesar dressing.

Choice of one of the following entrées:

Orange Basil Salmon | \$38

Atlantic salmon, orange-basil butter and leeks. Served over jasmine rice.

Portobello Mushroom Chicken | \$35

Double breast of chicken with sliced Portobello mushrooms sautéed in olive oil with fresh basil, roasted garlic and reduced Reggiano cream. Served with seasonal vegetables and milk mashed potatoes.

10oz Certified Angus Beef New York Striploin | \$44

Served with black peppercorn sauce, seasonal vegetables and mashed potatoes.

Pesto Chicken Penne Asiago | \$30

Grilled chicken with our house-made Asiago pesto cream and fresh basil.

Choice of one of the following desserts:

White Chocolate Cheesecake

Italian Style, rich white chocolate, espresso crème anglais and whipped cream.

Decadent Chocolate Cake

A decadent flourless chocolate cake paired with strawberry Frangelico compote and french vanilla ice cream.

Coffee and Tea

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