



SHERATON ON THE FALLS HOTEL

SHERATON



# MEETING MENU PACKAGES

All Day Meeting Packages includes continuous Starbucks® regular, decaffeinated coffee and selection of Tazo® specialty teas. All menus are served Buffet Style. Minimum 50 people

## ALL DAY MEETING PACKAGE #1

### Breakfast Table

Includes chilled juices, seasonal cut fruits, fruit & low fat plain yogurt. Fresh butter and fruit preserves are also offered with all pastries and toast options

### Niagara & Shine

Farm fresh scrambled eggs  
Crispy smoked bacon  
Home fries garnished with red onions & peppers  
Freshly baked croissants, whole wheat and plain toast options

### Morning Break- Cinnamon & Spice

Apple cider with cinnamon sticks  
Whole fresh seasonal fruits  
Sticky mini cinnamon buns with icing  
Carrot spiced squares

### Hot Lunch Table- The Classic Buffet

Includes fresh seasonal green salad with house dressings, seasonal sliced fruits and daily dessert selections  
Tomato and fresh basil  
Cucumber salad  
Tri coloured fusilli with tomato and fresh basil sauce  
Grilled salmon with dill butter sauce  
Oven basted breast of chicken, forest mushroom thyme sauce  
Medley of seasonal vegetables  
Garlic roasted potatoes  
Fresh baked rolls with butter

### Afternoon Break- What you Crave

Fresh oven baked cookies: Oatmeal cinnamon raisin, Double chunky chocolate chips, White chocolate macadamia, Chocolate chip

## ALL DAY MEETING PACKAGE #2

### Breakfast Table

Includes chilled juices, seasonal cut fruits, fruit & low fat plain yogurt. Fresh butter and fruit preserves are also offered with all pastries and toast options

## ASSORTED SOFT DRINKS (CANS- SELECTION INCLUDING DIET)

### INDIVIDUAL FRUIT JUICE

### BOTTLED WATER

### PERRIER OR SPARKING WATER



## Canadian Breakfast

Farm fresh scrambled eggs  
Crispy smoked bacon, broiled sausage  
Pancakes with Canadian maple syrup  
Home fries garnished with red onions & peppers  
Fresh basket of pastries, whole wheat & plain toast

## Morning Break

### Health Break

Seasonal fruit skewers with yogurt  
100% organic granola

### Hot Lunch Table

Includes fresh seasonal green salad with house dressings,  
seasonal sliced fruits and daily dessert selections

## Mexican Fiesta

Mexican style chili  
Roasted corn and sweet pepper salad  
New potato salad with chorizo sausage  
Tri coloured nachos with guacamole and salsa  
Build your own fajitas station with chicken and beef  
Mexican rice  
Medley of seasonal vegetables

## Afternoon Break

### Coffee Break

Biscotti, Brownies and Raspberry Chocolate coffee cake

## ALL DAY MEETING PACKAGE #3

### Breakfast Table

Includes chilled juices, seasonal cut fruits, fruit & low fat plain yogurt. Fresh butter and fruit preserves are also offered with all pastries and toast options

## French Canadian Breakfast

Sliced tomato with basil  
Farm fresh scrambled eggs with chives  
Sausage  
Grilled Canadian bacon  
Golden tator tots with smoked paprika  
French toast with Canadian maple syrup



Buttery French croissants, whole wheat & plain toast

Morning Break

Royal Niagara Tea

Fresh oven baked assorted scones

Fresh butter and fruit preserves

Assorted whole fruits

Hot Lunch Table

Includes fresh seasonal green salad with house dressings,  
seasonal sliced fruits and daily dessert selections

Wrap & Salad Lunch

Apple fennel coleslaw

Rustic red skin potato salad

Assorted pickled vegetables and olives

Selection of hand made wraps: Roasted red pepper & grilled  
chicken, Flaked crab with lemon and dill, Roast Beef with cheddar &  
horseradish aioli, Julienne vegetables with tomato & pesto

Afternoon Break

Tortilla chips

Diced tomato, sour cream, cheese, hot peppers, salsas

## ALL DAY MEETING PACKAGE #4

Breakfast Table

Includes chilled juices, seasonal cut fruits, fruit & low fat plain  
yogurt. Fresh butter and fruit preserves are also offered with all  
pastries and toast options

Canadian Breakfast

Farm fresh scrambled eggs

Crispy smoked bacon, broiled sausage

Pancakes with Canadian maple syrup

Home fries garnished with red onions and peppers

Fresh baked basket of breakfast pastries, whole wheat & plain toast

Morning Break

Niagara Apple Tree

Whole crisp apple

Hot apple turnovers

Apple caramel genoise



## Hot Lunch Table

Includes fresh seasonal green salad with house dressings,  
seasonal sliced fruits and daily dessert selections

## Indoor Picnic

Garden fresh greens with assorted dressings  
Tomato and basil salad  
BBQ picnic potato salad  
BBQ spiced rub chicken served with our homemade BBQ sauce  
Marinated flank steak  
Seasoned potato wedges served with low fat peppercorn ranch  
Assorted condiments  
Chef's choice of desserts

## Afternoon Break

## What You Crave

Fresh oven baked cookies: Oatmeal cinnamon raisin, Double  
chunky chocolate chip, White chocolate macadamia, Chocolate  
chips

## ALL DAY MEETING PACKAGE #5

### Breakfast Table

Includes chilled juices, seasonal cut fruits, fruit & low fat plain  
yogurt. Fresh butter and fruit preserves are also offered with all  
pastries and toast options

### French Canadian Breakfast

Sliced tomato with basil  
Farm fresh scrambled eggs with chives  
Sausage  
Grilled Canadian bacon  
Golden tator tots with smoked paprika  
French toast with Canadian maple syrup  
Buttery French croissants, whole wheat & plain toast

### Morning Break

### Cinnamon & Spice

Apple cider with cinnamon sticks  
Whole fresh seasonal fruits  
Sticky mini cinnamon buns with icing  
Carrot spice squares



# MEETING MENU PACKAGES

Sheraton on the Falls Hotel  
2/01/2021

## Hot Lunch Table

Includes fresh seasonal green salad with house dressings,  
seasonal sliced fruits and daily dessert selections

## Mediterranean

Greek salad with feta

Trio of marinated olives, hummus and baba ganoush

Grilled sausage with onions and peppers

Garlic and oregano marinated chicken with traditional Tzatziki  
sauce

Mediterranean rice

Diced ripe tomatoes, lettuce, red onions

Steamed lemon parsley potatoes

Fresh pita bread & crusty rolls

## Afternoon Break

Biscotti, Brownies and Raspberry Chocolate coffee cake

Alternative options can be provided for food allergies in advance of your event. Please ask your Convention Services Manager. Taxes and Fees are not included. Prices subject to change without notice. Our menus are priced based on best available selections therefore menu selections received less than 7 days prior to the 1st day of the group's arrival is subject to 25% surcharge. \*\* Any Special Meal Requests are subject to a 5.00 per person surcharge excluding vegetarian options.



SHERATON

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## EXECUTIVE CHEF STACEY TROTTIER

As the Executive Chef at the Sheraton on the Falls Conference Centre, Stacey has over 25 years of culinary experience.

Stacey is a graduate with honors from Niagara College of Applied Arts and Technology, where he was awarded the Business Faculty Award. Early in his career he spent time as an apprentice with the Niagara Parks Commission. After completing his apprenticeship, he continued on as Sous Chef with White Oaks Resort and Spa. His career has taken him to the island of Grenada to La Source Resort and Spa then returning to Canada as the Sous Chef for a private Golf and Country Club.

In 1996, he began his long-standing and loyal position with the Sheraton on the Falls. He has had the pleasure of preparing meals for celebrities and some of Canada's most prestigious dignitaries.

Stacey was also given the opportunity to appear on television programs, such as Canada A.M. and Breakfast Television.

Being a local resident along with his familiarity with what the Niagara Region has to offer, you can expect a unique and colourful palate pleasing cuisine including the best local ingredients.

