



SHERATON ON THE FALLS HOTEL

SHERATON



Breakfast Buffets include chilled juices, seasonal cut fruits, fruit yogurt, freshly brewed Starbucks® regular and decaffeinated coffee and selection of Tazo® specialty teas. Fresh butter and fruit preserves are also offered with all pastries and toast options Based on 75 minutes of continuous service and a minimum of 50 persons

NIAGARA & SHINE BREAKFAST

Farm Fresh Scrambled Eggs
Crispy Smoked Bacon
Home Fries Garnished with Red Onions & Peppers
Fresh Baked Basket of Croissants, Whole Wheat & Plain Toast

CANADIAN BREAKFAST

Farm Fresh Scrambled Eggs
Crispy Smoked Bacon, Broiled Sausage
Pancakes with Canadian Maple Syrup
Home Fries Garnished with Red Onions & Peppers
Vegan Oatmeal with mixed berry compote
Fresh Baked basket of Breakfast Pastries, Whole Wheat & Plain Toast

HEALTHY BREAKFAST

Vector Cereal with Milk
Oatmeal Steel Cut Berries & Flaxseeds
Omega 3 Scrambled Eggs
Turkey Sausage
Chilled Hard Boiled Eggs

Whole Wheat & Plain Toast

FRENCH CANADIAN BREAKFAST

Sliced Tomato with Basil
Vegan Oatmeal with Mixed Berry Compote
Farm Fresh Scrambled Eggs
Broiled Sausage
Grilled Canadian Bacon
Golden Tater Tots with Smoked Paprika
French Toast with Canadian Maple Syrup
Buttery French Croissants, Whole Wheat & Plain Toast

PRESIDENT'S BREAKFAST

100% Organic Granola Cereal with 2% and Almond Milk
Farm Fresh Scrambled Eggs with Chives
^Eggs Benedict Asparagus with Rich Hollandaise Sauce
Home Fries Garnished with Red Onions & Peppers
Fresh Baked Basket of Breakfast Pastries

OATMEAL OR PORRIDGE, VANILLA, CINNAMON

PANCAKES WITH CANADIAN MAPLE SYRUP

ASSORTED COLD CEREALS WITH 2% & ALMOND MILK

CORNED BEEF HASH SAUTÉED ONIONS & POTATOES

CROISSANT WITH BLACK FOREST HAM, EGG & CHEESE

WHOLE WHEAT & REGULAR BAGELS WITH CREAM CHEESE

ADD TO BAGELS, SMOKED SALMON OR BLACK FOREST HAM & ...

GRANOLA YOGURT & BERRY PARFAIT

WAFFLES HOMESTYLE - PER 1/2 DOZEN



BREAKFAST TABLE

^Consuming raw or undercooked eggs, meat, or seafood may increase risk of foodborne illnesses

We are committed to preparing our menus with the focus on environmental and socially-responsible grown products. To maintain this focus please note that some products on our sustainable menu offerings may change on short notice based on seasonal and regional availability. To stay true to our collaborative efforts to be environmentally sustainable, we will substitute appropriate alternatives as necessary.

We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet, please be aware that they may be prepared in an environment where gluten is present. Please consult your physician as to your personal health decisions.

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.



All plated Breakfast Menus includes Freshly Brewed Starbucks® Regular, Decaffeinated and a Selection of Tazo® Specialty Teas.

SUNRISE PLATED BREAKFAST

Fluffy Scrambled Eggs with Garden Chives and Grated White Cheddar

Pork Sausage Links

Home Fries Garnished with Red Onion and Peppers

Accompanied with a Side of Sliced Seasonal Fruit

GRANOLA & BERRY YOGURT PARFAIT

FRENCH TOAST WITH CANADIAN MAPLE SYRUP

***UPGRADE TO SMOKED SALMON BENEDICT: POACHED EGG, CA...**

TRADITIONAL PLATED BREAKFAST

*Traditional Eggs Benedict^

Poached Egg, Back Bacon and Meyer Lemon and Cayenne

Hollandaise

Home Fries Garnished with Red Onion and Peppers

Accompanied with a Side of Sliced Seasonal Fruit

* Maximum 80 Guests ^Consuming raw or undercooked eggs, meat, or seafood may increase your risk of foodborne illnesses

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Based on 30 minutes of continuous service

HEALTH BF

Seasonal Fruits Skewers
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
Build Your Own Granola Yogurt Parfaits (Fruit & Plain Yogurt, Fresh
Granola Toppings, Fresh Seasonal Berries and Selection of
Sundried Fruits & Nuts)
Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a
Selection of Tazo® Specialty Teas

CINNAMON & SPICE

Apple Cider with Cinnamon Sticks
Whole Fresh Seasonal Fruits
Sticky Mini Cinnamon Buns with Icing
Carrot Spice Squares
Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a
Selection of Tazo® Specialty Teas

DELUXE CONTINENTAL

Chilled Fruit Juices
Seasonal Sliced Fruit & 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

Choose an enhancement below to compliment your break selection.

STARBUCKS® COFFEE, DECAFFEINATED, TAZO SPECIALTY TEAS®

BOTTLED WATER

PERRIER OR SPARKLING WATER

INDIVIDUAL FRUIT JUICES

PITCHERS OF JUICE (ORANGE, GRAPEFRUIT, APPLE)

INDIVIDUAL FRUIT YOGURTS

GRANOLA YOGURT & BERRY PARFAIT

SEASONAL SLICED FRESH FRUIT

WHOLE FRESH FRUIT SELECTION

GRANOLA, NUTRI-GRAIN OR POWER BARS

HOME STYLE COOKIES

GLUTEN FREE BROWNIE (INDIVIDUAL)

GLUTEN FREE GRANOLA BARS (INDIVIDUAL)

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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
Apple Caramel Genoise
Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas.

MUNCHIE MADNESS

Pretzels and Bits & Bites® and Potato Chips
Warm Corn Chips
Fresh Tomato Salsa, Authentic Guacamole & Sour Cream
Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas.

CHOCOLATE DREAM

Chocolate Chip and Chocolate Fudge Cookies
Fudge Brownie Squares
Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas.

ACHIEVE

Artisanal local cheeses with fruit chutney and crisp crackers
Season's harvest whole fruit selection
Sweet potato wedges with low fat herb peppercorn ranch
Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a Selection of Tazo® Specialty Teas.

ENHANCEMENTS

Choose an enhancement to compliment your break selection.

INDIVIDUAL FRUIT JUICES

BOTTLED WATER

PERRIER OR SPARKLING WATER

SOFT DRINKS (CANS-SELECTION INCLUDING DIET)

SPRING WATER (750 ML)

PITCHERS OF JUICE (ORANGE, APPLE, GRAPEFRUIT)

SEASONAL SLICED FRESH FRUIT

WHOLE FRESH FRUIT SELECTION

FRUIT KABOBS WITH LIME YOGURT DIP

GRANOLA, NUTRI-GRAIN OR POWER BARS

HOME STYLE COOKIES

FRESH BAKED SQUARES (DATE, BUTTER TART. FUDGE BROWNI...

INDIVIDUAL BAGS OF POTATO CHIPS, PRETZELS OR BITS & BITES

GRANOLA YOGURT & BERRY PARFAIT *KASHI CRUNCH & NUTS

BREAD PRETZELS WITH REGULAR AND WHOLE GRAIN MUSTARD

INDIVIDUAL FRUIT YOGURTS

WARM CORN CHIPS (FRESH TOMATO SALSA & AUTHENTIC GUA...

KETTLE CHIPS & DIP

GLUTEN FREE COOKIES (INDIVIDUAL)

GLUTEN FREE CHIPS

GLUTEN FREE MUFFINS



SHERATON HERSHEY BREAK

Assorted Hershey Chocolate including:

Cookies & Cream

Milk Chocolate

Chocolate Almonds

Glosette Raisins

Reese's Pieces Peanut Butter Cups

Goodies Licorice

Signature Hershey Milk Chocolate Kisses

Nibs Candy

Jolly Rancher Fruit Hard Candy

Freshly Brewed Starbucks® Regular Coffee, Decaffeinated and a

Selection of Tazo® Specialty Teas.

GLUTEN FREE GRANOLA BARS (INDIVIDUAL)

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LUNCH TABLE

All menus served buffet style. Fresh seasonal green salad with house dressings, seasonal fruits and daily dessert selection *Except where noted. Freshly brewed Starbucks® regular and decaffeinated coffee, selection of Tazo® specialty teas are also included. Based on 75 minutes of continuous service and a minimum of 50 persons

"WRAP" IT UP

Apple Fennel Slaw
Rustic Red Skinned Potato Salad
Includes Chef's soup inspired by the bounty of Niagara
Assorted Pickled Vegetables and Olives
A Selection of Soft Tortilla Wraps:
Roasted Red Pepper & Chicken
Beef Pastrami, cheddar cheese, grainy mustard aioli
Grilled Vegetable Hummus

CREATE YOUR OWN DELI SANDWICHES

SALADS (Choose 2 Types)
Tomato and Cucumber Salad
Mediterranean Pasta Salad with Sundried Tomato, Mayo & Pesto
Asian Lo Mein Noodle Salad with Sesame and Hoisin
Tomato Bocconcini Salad with Fresh Basil Balsamic Vinaigrette
Greek Pasta Salad
Sweet & Sour Cole Slaw
Deli Potato Salad

CLASSIC FAVORITE SANDWICHES

VEGETARIAN (CHOOSE 1 - Pre Made)
Grilled Vegetables Hummus - Zucchini, Bell Peppers, red Onion,
Sundried tomatoes, spinach
OR
Mediterranean Vegetarian - Eggplant, Zucchini, roasted red pepper,
Falafel

ASSORTED DELI SANDWICHES (Choose 1 type - build your own)

Italian Cold Cut
Smoked Turkey
Egg Salad
Black Forest Ham
Tuna Salad

HOT SANDWICHES (Choose 1 type - build your own)

Battered Crispy Fish - Crispy Battered Haddock, lettuce, tomato,
cracked pepper & lemon tartar sauce
OR
Red Hot Buffalo Chicken - Marinated chicken, Buffalo Wing Sauce,
Blue Cheese Crumbles

CORN ON THE COB (SEASONAL)

ONION RINGS

GRILLED CHICKEN CACCIATORE

CHICKEN PARMESAN

BROILED BASA WITH SUNDRIED TOMATO & FENNEL

JALAPENO POPPERS WITH SOUR CREAM

MEXICAN PIZZA WITH CHORIZO (12 SLICED)

GREEK STUFFED PORK LOIN

BEEF SOUVLAKI

SLOW ROASTED SIRLOIN

SLOW ROASTED PRIME RIB - 50 OR MORE GUESTS

REFRIED BEANS

GLUTEN FREE DESSERT

Strawberry Shortcake Slab
20 Servings

GLUTEN FREE DESSERT

Berry Cheesecake
16 Servings



LUNCH TABLE

OR

The Great Reuben - Pastrami, Sauerkraut, Swiss Cheese and Russian Dressing

OR

Buttermilk Breaded Parmesan Chicken smothered in marinara sauce

OR

Slowed Cooked Pulled Pork with onions in a sweet Forty Creek BBQ Sauce

OR

Slow cooked Alberta Beef and hot gravy

Nanaimo Bars, Butter Tarts & Cupcakes

INDOOR PICNIC

Tomato & Fresh Basil Salad

Mango Cole Slaw

Potato Salad

Baked Bean Casserole

^BBQ Spiced Rub Chicken Breast Served in our Homemade BBQ Sauce

Marinated Sliced Flank Steak

Seasoned Potato Wedges

Herb Peppercorn Ranch

TASTE OF ITALY

Build Your Own Caesar Salad*

Antipasto Display Includes: Marinated Vegetables, Roasted

Peppers, Salami, Capicola & Italian Cheeses

Gemelli with pesto, spinach, peppers and Navy Bean

Penne with Marinara Sauce

Hand Crafted Meatballs

Chicken Cacciatore

Fresh Baked Rolls,

Assorted Italian Bread & Butter

BUILD YOUR OWN BURGER BAR

Spring Mix & Citrus Salad

Apple Fennel Coleslaw

Creamy PEI Potato Salad

A Burger Bar Starts with a Good Hamburger Patty

100% Canadian AAA Beef

100% Canadian Chicken Breast

Gluten Free Veggie



Cheeses: Cheddar, Swiss, Pepper Jack

Toppings: Lettuce, Tomatoes, Avocado, Red Onions, Caramelized Onion, Sautéed Mushrooms, Bacon, Jalapeno Peppers, Vlasic Pickles

Condiments: Mayo, Yellow Mustard, Ketchup, Ranch, BBQ Sauce

Build Your Own Poutine

Made with our Famous Homemade Gravy and Fresh Cheese Curds

Nanaimo Bars, Butter Tarts, Cupcakes

THE CLASSIC BUFFET

Tomato & Fresh Basil

Cucumber Salad

Gemelli with pesto, spinach, peppers and navy bean

Grilled Salmon with ginger, soy and wilted spinach

Oven Basted Breast of Chicken with Forest Mushroom Thyme

Sauce

Medley of Seasonal Vegetables

Garlic Roasted Potatoes

Fresh Baked Rolls with Butter

MEXICAN FIESTA

Mexican Style Chili

Roasted Corn & Sweet Pepper Salad

New Potato Salad with Chorizo Sausage

Tri- coloured Nachos with Guacamole & Salsa

Build Your Own Fajitas with Chicken & Beef

Mexican Vegan Rice with Pinto Bean, Peppers & Onion

Refried Beans

Medley of Seasonal Vegetables

MEDITERRANEAN

Greek Salad with Feta*

Trio of Marinated Olives

Traditional Tzatziki Sauce, Hummus & Baba Ghanoush

Grilled Sausage with Fennel & Sundried Tomato

Garlic & Oregano marinated Chicken with Diced Ripe Tomatoes &

Red Onions

Marinated Zucchini, Eggplant & Tofu

Mediterranean Rice

Steamed Lemon Parsley Potatoes

Fresh Pita Bread & Crusty Rolls



LUNCH TABLE

BOURBON STREET

Salad Leaves with Julienne Vegetables, Hearts of Palm, Cherry
Tomato, Goat Cheese and Mandarin Orange* Dressing
Tomato and Cucumber Salad
Mediterranean Pasta Salad with Sundried Tomato, Mayo & Pesto
Jambalaya with Beyond Meat Sausage, peppers and Long Grain
Rice
Broiled Ocean Sole with Spices
^Blackened Chicken with Classic Creole Sauce
Medley of Seasonal Vegetables

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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, Raspberry Lemon Vinaigrette

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

INDIVIDUAL FRUIT JUICES

ASSORTED SOFT DRINKS (CANS- SELECTION INCLUDING DIET)

PERRIER OR SPARKLING WATER

SPRING WATER (750 ML)

CHEESE PLATE (SERVED FAMILY STYLE)

ANTIPASTO PLATE (SERVED FAMILY STYLE)

GLUTEN FREE INDIVIDUAL DESSERT

Berry Cheesecake

ENTREES

^THYME LEMON ROASTED CHICKEN

with 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

with Dried Figs and Calvados Demi Glaze

^ONTARIO ROASTED CHICKEN BREAST

with Caramelized Vidalia Onion Port Demi

^GRILLED SALMON FILET

Ginger Yuzu Reduction, Pineapple Cucumber Salsa

GRILLED STRIP LOIN OF BEEF

with Merlot Reduction, Compound Butter

DESSERTS

Carrot Spice Cake, Cream Cheese Icing



Lemon Blueberry Mini Tart with Shortbread Crust

Pecan Mini Tart with Smooth Butterscotch and Roasted Pecan Halves

Double Chocolate Cake with Rich Decadent Belgian Chocolate

SUSTAINABLE PLATED LUNCH OPTION

Hot Plated Lunch

Harvest Vegetable Soup with Fresh Herbs

^Pan Seared Salmon with Tomato Horseradish Salsa, Accompanied with Wild Rice Pilaf and Roasted Baby Beets

Spring, Summer and Fall seasonal dessert options available. Please ask your Conference Services Manager. ^Consuming raw or undercooked eggs, meat, or seafood may increase your risk of foodborne illnesses

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All options below include: condiments and utensils, mixed leaf greens with julienne Vegetables, chef's choice of Dressing , cookies, kettle chips, low fat yogurt whole seasonal Fruit 100% organic granola bar, bottle water

Maximum Order: 350

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 with 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

INDIVIDUAL FRUIT JUICES

ASSORTED SOFT DRINK (CANS-SELECTION INCLUDING DIET)

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All Menus are served buffet style and include Chef's daily starch, seasonal vegetables *Except where noted, seasonal sliced fruits and daily dessert selection. Freshly baked Artisan rolls and butter. Freshly brewed Starbucks® regular and decaffeinated coffee, selection of Tazo® specialty teas are also included. Based on 90 minutes of continuous service and a minimum of 50 persons

THE NIAGARA

Tender Baby Greens with House Dressings
Sundried Herb Tomato Pasta Salad
Apple Fennel Cole Slaw
Tomato Bocconcini Salad with Fresh Basil Balsamic Vinaigrette
Bouquet of Vegetables with Blue Cheese & Ranch Dips
Local Artisan and Imported Cheeses with Fruit Chutney
Display of Cold Deli Meat
Roast Prime Rib of Beef with Wild Mushroom Jus
Penne Pasta with Beyond Meat Sausage Crumble, Sundried
Tomato & Spinach
^Chicken Coq au Vin
Broiled Basa Fillets

EAST MEETS WEST

Sweet Pepper and Tomato Bisque
Asian Lo Mein Noodle Salad
Tomato, Red Onion and Baby Bocconcini Salad
Mandarin Orange and Asian Greens Salad with Snow Peas, Crispy
Noodles and House Dressing
Baby New Potato Salad with Fresh Chopped Herbs
^Lemon Chicken Served with Crispy Leek and Oriental Mushrooms
Sesame Ginger Beef with Cilantro, 5-Spice, Asian Slaw New Lime
Sweet & Sour Pork
Garlic Fried Tofu, and Udon Noodle Stir Fry
Crisp Asian Vegetables, Wok Fried Rice*
Fortune Cookies

THE WHIRLPOOL

Yukon Gold Potato and Leek Soup
Spinach, Goat Cheese, Cranberry Salad
Classic Caesar Salad with Smoked Bacon, Parmesan
Fusilli Pasta Salad with Sundried Tomatoes, Charred Vegetables
White Bean Eggplant Parmesan
Ocean Sole with chili, lime and coconut crust
*Garlic Studded Alberta Beef Striploin , Pearl Onions, Wild
Mushrooms and Madagascar Peppercorn Jus
Niagara Peninsula Chicken Breast Served with Roasted Tomatoes,
Zucchini and Fennel, Sundried Tomato Cream

ORIENTAL CHICKEN OR BEEF STIR FRY WITH STICKY RICE

MEAT OR VEGETARIAN LASAGNA

TENDER BEEF STROGANOFF WITH BUTTER EGG NOODLES

SOUP DU JOUR

GLUTEN FREE DESSERT

Strawberry Shortcake Slab
20 Servings

GLUTEN FREE DESSERT

Berry Cheesecake
16 Servings



DINNER TABLE

ON THE FALLS

Tender Baby Greens Salad with House Dressings
Market Crudités with Hand Crafted Dips
Oriental Noodle Salad
Tomato and Fresh Basil Salad
Caramelized Onion Potato Salad
European Deli Meats
Local Artisan and Imported Cheeses with Fruit Chutney
*Grainy Mustard Crusted Striploin of Beef
Thai BBQ Chicken with Cucumber Pineapple Salsa
Farfalle with Gardein Vegan Chicken, Peas, Basil and Lemon &
Olive Oil
^Pan Seared Atlantic Salmon with Soy & Ginger

*A Carving Chef can be added at \$75.00 per hour ^Consuming raw or undercooked eggs, meat, or seafood may increase risk of foodborne illnesses

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Please select one soup, one salad, one entree and one dessert. Additional selections are available under the Enhancement section. All menus included freshly baked Artisan rolls and butter. Freshly brewed Starbucks® regular and decaffeinated coffee, selection of Tazo® specialty teas are also included.

THE SOUP COURSE

Butternut Squash with Chantilly Coriander Cream

Roasted Tomato Bisque with Pesto

Leek & Potato with Fresh Chives

Wild Woodland Mushroom

THE SALAD COURSE

Cucumber-bound Baby Greens, Oven Dried Tomato, Vibrant Julienne with Sweet Shallot Dressing

Seven Assorted Mesclun Salad Leaves with Asian Slaw, Crispy Lotus Chip, Sesame Ginger Dressing

Hearts of Romaine, Herbed Crouton, Pancetta, Shaved Parmesan, Creamy Garlic Dressing

CHICKEN

Herb Roasted Chicken Breast, Cheese Ravioli, Fire Roasted Tomato Basil Sauce

OVEN BASTED BREAST OF CHICKEN

with a Wild Mushroom Ragout, Herb Roasted Potatoes

SUNDRIED TOMATO AND ASIAGO CHEESE STUFFED CHICKEN B...

Cabernet Sauvignon Reduction, Buttermilk Mash Potato

BEEF

Grilled 6oz Beef Tenderloin with a Pinot Noir Demi, White Truffle Dauphinoise

GRILLED RIBEYE WITH MERLOT REDUCTION

Chili Dusted Shallot, Buttermilk Mash Potato

GRILLED 10OZ NEW YORK STRIPLOIN STEAK

Anchovy Herb Butter, Wild Mushrooms, Roasted Garlic Fingerlings

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

with Baby Greens, Boursin Crostini and Tomato Coriander Vinaigrette

ROTINI PASTA WITH TOMATO BASIL SAUCE

Topped with Ratatouille

GEMELLI PASTATOSSED 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 with Sundried Tomato Vinaigrette



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, Gremolata, Herb Roasted Potato

~~\$61.95~~

FISH

Citrus Peppercorn Tilapia, with Fire Roasted Tomato and Ancient
Grains

ROASTED ATLANTIC SALMON

Shellfish Beurre Blanc, Lobster Ravioli

THE DESSERT COURSE

French Vanilla Bean Ice Cream with Seasonal Niagara Fruit in a
Chocolate Tulip

Warm Country Apple Blossom, Velvety Crème Anglaise and Fresh
Garden Berries

Decadent Individual Chocolate Turtle Tart with Real Cream and
Berries

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RECEPTION TABLE

The following are served stationed. To achieve optimal selection and quantity, a minimum selection of three stations is recommended. Prices listed below are based on per person (excluding baskets) Based on 60 minutes of continuous service

BASKET OF PRETZELS OR ASSORTED POTATO CHIPS

NACHO BAR WITH TRI COLOUR CHIPS, FRESH TOMATO SALSA, ...

BASKET OF MIXED DELUXE NUTS

SUSTAINABLE OPTIONS

Garden Fresh Crudités with Hand Crafted Dips 9.95

Seasonal Sliced Fruits and Berries 9.95

Local Artisan and Imported Cheese with Grapes, Dried Fruit, Chutney, Water Crackers and Freshly Baked French Breads 16.95

SEASONAL SLICED FRUITS AND BERRIES

LOCAL ARTISAN AND IMPORTED CHEESE

with Grapes, Dried Fruit, Chutney, Water Crackers and Freshly Baked French Breads

MARKET FRESH

Market Fresh Crudités with Hand Crafted Dips
Vegetable Antipasto and Grilled Vegetables
Marinated Mushrooms, Mixed Olives and Homemade Pickles
Warm Spinach and Artichoke Dip, Hummus and Baba Ghanoush
Pita Triangles and Papadums

THE SWEET TOOTH

Chef's Selection of Decadent Cakes
Macarons
Italian Pastries

CHICKEN, BEEF AND SHRIMP SATAYS

Served with a Selection of Asian Dipping Sauce (3 pieces each)

PREMIUM SUSHI

Avocado Ball, California Roll, Tempura Roll, Cucumber Roll, Crab Roll^ (consists of 60 pieces)

EXOTIC SUSHI

Spicy Tuna Roll, Spider Roll, Tempura Roll, California Roll, Eel Sushi, Tuna Sushi and Salmon Sushi^ (consists of 50 pieces)

^Consuming raw or undercooked eggs, meat, or seafood may increase risk of foodborne illnesses

We are committed to preparing our menus with the focus on environmental and socially-responsible grown products. To maintain this focus please note that some products on our sustainable menu offerings may change on short notice based on seasonal and regional availability. To stay true to our collaborative efforts to be environmentally sustainable, we will substitute appropriate alternatives as necessary.

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.



COLD AND HOT CANAPÉS

Sheraton on the Falls Hotel

2/01/2021

The following can be served stationed or passed butler style. Prices listed below are based on per dozen * Minimum of 3 dozen per item Based on 60 minutes of continuous service

HOT HORS D'OEUVRES*

VEGETABLE SPRING ROLLS WITH PLUM SAUCE

ASSORTED PETITE QUICHES WITH CHIVE SOUR CREAM

SPANAKOPITA WITH CHIPOTLE SUNDRIED TOMATO AIOLI

PORK POT STICKERS WITH PEKING PLUM SAUCE

HAND MADE TOMATO DROP BASKETS WITH RATATOUILLE

BACON WRAPPED SCALLOPS

FRIED FANTAIL SHRIMP IN OUR OWN SEAFOOD SAUCE

MINI BEEF WELLINGTON WITH PORT JUS

FRESHLY MADE BRUSCHETTA, FRESH BAGUETTE, BASIL, SHAV...

SMOKED SALMON CREAM, DICED CUCUMBER , CRÈME FRAIC...

MICRO CHICKEN CAESAR IN HANDMADE WAFER CUP - 5 DOZEN...

MINI YORKSHIRE PUDDING WITH SMOKED BEEF AND PARSNIP ...

PETITE BLUE CRAB CAKE WITH LEMON AND TARRAGON AIOLI

FRESH CALIFORNIA ROLLS - 10 DOZEN MINIMUM

PREMIUM SUSHI

Avocado Ball, California Roll, Tempura Roll, Cucumber Roll, Crab Roll^ (consists of 60 pieces)

EXOTIC SUSHI

Spicy Tuna Roll, Spider Roll, Tempura Roll, California Roll, Eel Sushi, Tuna Sushi and Salmon Sushi^ (consists of 50 pieces)

^Consuming raw or undercooked eggs, meat, or seafood may increase your risk of foodborne illnesses

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SHERATON

5875 Falls Avenue Niagara Falls Ontario Canada | (905) 374-4445

To achieve optimal selection and quantity, a minimum selection of three stations is recommended. Based on 60 minutes of continuous service

MASHED POTATO MARTINI STATION

Buttermilk Pesto Mash Potato
Parmesan Wild Mushroom Mash Potato
Lobster & Garlic Mash Potato
Bacon, Cheddar Cheese, Onion, Potato Straws, Chive,
Sour Cream

ANTIPASTO STATION

Cold Grilled Marinated Vegetables
Prosciutto, Salami, & Capicola and Italian Cheeses
Iced Prawns and Calamari, Melon
Served with Artisan Italian Breads and Condiments

THE DEEP BLUE SEA*

Displayed on ice and served with lemon
Cocktail Sauce, Remoulade, Mignonette and Tabasco
Prices listed below are based on per dozen

Cocktail Jumbo Shrimp

Oysters on the Half Shell

Mussels

Beet Cured and Traditional Side of Smoked Salmon
Crème Fraiche, Shaved Bermuda Onions and Capers,
Chives. Served with Rye Toast (serves 25) 245.95

TAPENADE CRUSTED LAMB RACKS

served with Minted Chorizo and White Bean Ragout

ROASTED TURKEY

with Cranberry Mustard Relish and Jus, Included Sliced Mini
Sourdough Buns (price per person)

ONTARIO ROASTED PORK LOIN

Stuffed with Apple and Smoked Bacon served with Grainy Dijon
Mustard Sauce (price per person)

WARM SHAVED MONTREAL SMOKED MEAT

with Light and Dark Rye, Dill Pickles, Regular and Whole Grain
Mustard (price per person)

ROASTED SIRLOIN OF BEEF

with Peppercorn Demi, Includes Sliced Mini Dinner Rolls (price per
person)

GLUTEN FREE INDIVIDUAL DESSERT

Berry Cheesecake

A Chef is available for enhancement at \$75.00 per hour

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The following are served stationed Based on 60 minutes of continuous service

ORIENT EXPRESS

Ginger Fried Beef with Crisp Vegetables
Jasmine Steamed Sticky Rice
Dim Sum, Pot Stickers & Vegetarian Spring Rolls with Dipping
Sauces
Fortune Cookies
Priced per person

PREMIUM SUSHI

Avocado Ball, California Roll, Tempura Roll, Cucumber Roll, Crab
Roll (consists of 60 pieces) ^

EXOTIC SUSHI

Spicy Tuna Roll, Spider Roll, Tempura Roll, California Roll, Eel
Sushi, Tuna Sushi and Salmon Sushi (consists of 50 pieces) ^

VIVA ITALIA

Spiral Gemelli, Mushroom Ravioli, and Penne served with
Classic Marinara, Herb Pesto & Alfredo Sauce
Parmesan and Romano Cheeses
Grilled Focaccia Toast
Priced per person

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PREMIUM BRANDS

LIQUEURS

DELUXE LIQUEURS & LIQUOR

DOMESTIC BEER

HOUSE WINE

IMPORTED BEER

SOFT DRINKS

FRUIT JUICE

BOTTLED WATER

MINERAL WATER

NIAGARA BREWING COMPANY LAGERS

VODKA PUNCH

WHITE WINE PUNCH

SPARKLING WINE PUNCH

FRUIT PUNCH (NON-ALCOHOLIC)



WHITE WINES FROM NIAGARA

Chardonnay, VQA, Black Reserve, Jackson Triggs
Rich and fresh with combined aromas and flavours of ripe apples, pears and vanilla

Peller Family Select Chardonnay (2013)
Smooth wine with green apple, citrus and honeydew melon

Sauvignon Blanc, VQA, Black Reserve, Jackson Triggs
A refreshing, easy to sip wine, displaying fresh aromatics of citrus, grapefruit, honeydew melon and hints of gooseberry and herbs.

Pinot Grigio, VQA, Niagara Estate, Inniskillin
This wine displays fresh and inviting aromas and flavours of apple, citrus and tropical fruits with a crisp, refreshing finish

"Niagara Select" Riesling, VQA, Inniskillin
A lovely aromatic wine with flavours of citrus and honeydew melon

Riesling/Gewurztraminer Open Wines, VQA, Niagara
An aromatic wine with a slight touch of sweetness. Featuring flavours of citrus, tropical fruit and floral notes.

INTERNATIONAL WHITE WINES

Sauvignon Blanc, Monkey Bay, Marlborough, New Zealand
Fresh aromas and flavours of tropical fruit, citrus and herbs. Lively and approachable with an excellent balance of fruit sweetness and juicy acidity

White Zinfandel, Woodbridge, Robert Mondavi, California
Aromas and flavours of red berries with a hint of sweetness

Chardonnay Woodbridge, Robert Mondavi, California
Full bodied and rich with flavours of baked apples and spice

Pinot Grigio, Lumina, Venezia Giulia, Ruffino, Italy
Fresh and crisp with flavours of citrus and green apple

CHAMPAGNE, SPARKLING & ICE WINES

President Dry White Cuvee, Ontario
A Fresh sparkling wine with a hint of sweetness

Cuvee Close, VQA, Jackson Triggs

RED WINE FROM NIAGARA

Cabernet Sauvignon/Franc, VQA, Black Reserve, Jackson Triggs
Rich and rounded with aromas and flavours of red berries, plums and spice

Peller Family Select Cabernet Merlot (2013)
Fruit-forward flavours of plum, cherry and blackberry are accented by notes of spice and oak with more juicy berries on the finish

Shiraz Proprietor's Selection, Jackson Triggs
Aromas and flavours of juicy red fruits with vanilla and pepper

Merlot, VQA, Reserve, Jackson Triggs
Aromas and flavours of cherry and black-fruit and spice with a rounded smooth finish

Pinot Noir, VQA, Niagara Estate, Inniskillin
Rich aromas and flavours of cherries, spice and nuts with a hint of floral offers a full-rounded lengthy finish

Inniskillin Cabernet/Shiraz, VQA Niagara
A rich wine featuring flavours of dark fruit, toast and a slight smokiness. Long smooth finish

INTERNATIONAL RED WINES

Chianti, Ruffino, Italy
Floral and fruity aromas lead to lightly spicy scents of wild cherry and hazelnut

Valpolicella Classico, Folonari, Italy
Cherry, cloves, cedar on the nose; ripe cherry flavour with a slightly spicy, long finish

Malbec, Marcus James, Argentina
Aromas and flavours of ripe black berry, currant, plum, violet, cherry and herb

Cabernet Sauvignon, Woodbridge, Robert Mondavi, California
Rich ripe flavours and aromas of chocolate, ripe berries and spice fold into a long, full rounded finish

VALPOLICELLA CLASSICO, FOLONARI, ITALY

Cherry, cloves, cedar on the nose; ripe cherry flavour with a slightly



A lovely refreshing sparkling wine with flavours of green apple, biscuit and mineral notes

Brut Imperial, Moët & Chandon, France

A traditional French champagne with flavours of baked bread, apples and a biscuit

Vidal Icewine, VQA, PR, Inniskillin

Luscious and rich with flavours of apricot, mango and litchi nut. A fresh crisp citrus acidity cleanses and refreshes on the finish

spicy, long finish

MALBEC. MARCUS JAMES, ARGENTINA

Aromas and flavours of ripe black berry, currant, plum, violet, cherry and herb

CABERNET SAUVIGNON. WOODBRIDGE, ROBERT MONDAVI, CA...

Rich ripe flavours and aromas of chocolate, ripe berries and spice fold into a long, full rounded finish



PREMIUM BRANDS

LIQUEURS

DELUXE LIQUEURS & LIQUOR

DOMESTIC BEER

IMPORTED BEER

NIAGARA BREWING COMPANY LAGERS

HOUSE WINE

BOTTLES OF HOUSE WINE

SOFT DRINKS

FRUIT JUICE

MINERAL WATER

BOTTLED WATER



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.

