

One Stop Shop Member Meeting Package \$45.00 per person



Inclusions:

Meeting Room Rental, High Speed Wireless Internet, Podium & Mic, State of the Art Bose Sound System, On Site Supervisor, 2 Flipcharts with Coloured Pens & Paper, Portable Screen & AV Cart



Deluxe Continental Breakfast

Selection of Fruit Juices, Assorted Muffins, Fruit Yogurt, Fresh Fruit Salad, Granola & Berries Canterbury Coffee & a Selection of Organic Teas"

Morning Nutrition Break

Coffee & Tea
Assorted Pastries



Working Lunch

Assorted Gourmet Sandwiches-Please see reverse for sandwich options
Daily Soup
Cakes & Squares
Coffee & Tea



Coffee & Tea
Assorted Carafes of Juice
Fruit Platter
Selection of Cookies



Minimum numbers are required for various rooms. Taxes and gratuities are additional.





Meeting Package Sandwich Options

Choice of 3 of the Following Gourmet Sandwiches

Add Gluten Free Sandwiches for \$2 per person



Rosina's Tuna Salad

Salad-Smoked BC tuna with capers, mayonnaise, tomato, kalamata olives and fresh leaf spinach served on a butter croissant

Santé Fe Chicken

Oven roasted marinated chicken breast with Monterey Jack, romaine lettuce; red onion and chipotle-lime mayonnaise on a square ciabatta bun

Black Pepper Ham & Swiss

Thinly sliced black forest ham, jack, horseradish & smoked gruyere cheeses and honey mustard on a whole grain peasant bread

Rustic Italian

Dry salami with provolone, tomato, red onion, black olive tapenade, and extra virgin olive oil on baguette

Add on to any lunch or break

Bottled Water or Canned Soft Drinks \$1.95 Each
Assorted Juice at \$3.50 Each
This will be charged on consumption

Traditional Italian

Mortadella, capicola, salami and pepper ham with provolone, parmesan, romaine lettuce, tomato, red onion, chopped hot peppers, oregano and red wine vinaigrette on Italian rosemary focaccia bread

Mediterranean Chicken

Grilled chicken breast with goat cheese, field greens, roasted red peppers and homemade red pepper mayo on French baguette

Grilled Vegetable Sandwich

Grilled marinated Mediterranean vegetables (eggplant, squash, zucchini, carrot, red onion, roasted red peppers) with crumbled feta, parmesan, field greens, oregano in mild balsamic vinaigrette on a pretzel bun

Basil Pesto Chicken Salad

Oven roasted, marinated chicken breast tossed in a creamy basil pesto with spinach on French baguette





One Stop Shop Deluxe Member Meeting Package \$55.00 per person

Meeting Room Rental

High Speed Wireless Internet, Podium & Mic, State of the Art Bose Sound System, On Site Supervisor, 2 Flipcharts with Coloured Pens & Paper, Portable Screen & AV Cart, LCD Projector

Deluxe Hot Buffet Breakfast

Sliced Fresh Fruit, Scrambled Eggs, Home-Style Breakfast Potatoes, Double Smoked Bacon, European Sausages, French Toast, and Coffee & Organic Teas

Morning Nutrition Break

Refresh Coffee & Tea Assorted Muffins Whole Fruit

Hot Buffet Lunch Service

Choice of one of our Hot Lunch Buffet Options Please see reverse for lunch options

Afternoon Nutritional Break

Coffee & Tea
Assorted Cheese Board with Fruit Garnish
Coconut Macaroons
Assorted Carafes of Juice

Minimum numbers are required for various rooms. Taxes and gratuities are additional.











Deluxe Meeting Package Lunch Options

Flavours of Greece Luncheon

Light Luncheon Buffet

Hummus, Olives & Pita

Greek Orzo & Shrimp Salad

Grain Salad

Choice of 2 of Entrees:

Lamb Moussaka *G*

Sweet & Spicy Meatballs

Spinach & Feta Pizza

Greek Lamb with Mint Yogurt G

Spanakopita

Choice of Lemon Pepper Rice OR

Paprika Potatoes

Fresh Fruit Platter

Coffee & Selection of Organic Teas

Add on to any lunch or break

Bottled Water or Canned Soft Drinks \$1.95 Each
Assorted Juice at \$3.50 Each
This will be charged on consumption

<u>G</u>—Gluten Free <u>D</u>—Dairy Free Two Daily Soups, Selection of Fine Breads

Hummus, Olives & Pickles

Fresh Garden Baby Greens

Marinated Vegetable Salad

Choice of 2 Hot Entrée

Tandoori or Mushroom Chicken (G D)

Baked Salmon with Peach Salsa (G D)

Vegetarian Lasagna

Spanakopita

Choice of Steamed Rice OR

Roast Nugget Potatoes

Mini Vegetable Spring Rolls with

Sweet Chili Sauce

Sliced Seasonal Fresh Fruit

Coffee & a Selection of Organic Tea

Add Chocolate Mousse, Cakes & Squares to any of the Above Lunches for \$6.00 per person Add an additional entrée for \$4 per person