

**Craft
Culinary**

Breakfast
MENU

THE INTERNATIONAL CENTRE



*Spinach & Feta
Lattice Pastry
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*Scrambled Eggs,
Cheddar Cheese and Chive
on Croissant Pastry
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MENU

Breakfast

HOT BREAKFAST BUFFET

Maximum Service Time of 90 minutes. Minimum of 20 Guests.

All prix fixe Breakfast Selections are accompanied with Freshly Brewed Regular & Decaffeinated Lavazza Coffee, Variety of Specialty Teas with Lemon, Honey & Milk and an Assortment of Tropicana 100% Fruit Juices.

Goldilocks / 22

Homemade Steelcut Oatmeal with selection of Dried Fruit (Cranberries, Apricots, Dates, Sunflower Seeds, Walnuts, Slivered Almonds, Diced Apples) and Ontario Maple Syrup
Vibrant Display of Sliced Fresh Fruit Garnished with Berries
Individual Yogurt Parfaits with Berries

Waffles n' Eggs / 26

Whole Grain Waffles, Fresh Honeyed Ricotta, Berries
Poached Eggs on a Bed of Wilted Spinach
Herb Crusted Tomato, Sautéed Mushrooms, Whole Wheat Toast
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

The Hot Egg Breakfast / 27

Selection of Individual Quiche: Oven Roasted Tomato, Spinach, Goat Cheese **and** Mushroom, Leek, Cheddar, Onion **and** Asparagus, Mixed Herbs
Oven Roasted Red Skinned Potatoes
Breakfast Salad of Spinach, Strawberry and Ricotta with Waffle Croutons
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

The Exec / 29.50

Freshly Baked Mini Croissants, Danishes and Muffins
Fruit Preserves and Whipped Butter
Farm Fresh Scrambled Eggs with Kale
Choice of Two Meats: Turkey Bacon, Traditional Bacon, Turkey Sausage **or** Traditional Sausage
Choice of: Grilled Tomatoes **or** Oven Roasted Red Skinned Potatoes
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

The Retreat / 26

Whole Wheat Wrap with Farm Fresh Scrambled Eggs, Peppers, Tomatoes, Spinach and Turkey Bacon
Buckwheat Pancakes, Fruit Compote, Ontario Maple Syrup and Butter
Choice of: Grilled Tomatoes **or** Oven Roasted Red Skinned Potatoes
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

COLD BREAKFAST BUFFET

Maximum Service Time of 90 minutes. Minimum of 20 Guests.

All prix fixe Breakfast Selections are accompanied with Freshly Brewed Regular & Decaffeinated Lavazza Coffee, Variety of Specialty Teas with Lemon, Honey & Milk and an Assortment of Tropicana 100% Fruit Juices.

Traditional Continental / 21

Freshly Baked Mini Croissants, Danishes and Muffins
Fruit Preserves and Whipped Butter
Vibrant display of Sliced Fresh Fruit Garnished with Berries
+ Add: Variety of Individual Yogurt / 3



Contemporary Continental / 22

Spinach & Feta **and** Tomato & Olive Lattice Pastries
Scrambled Egg, Cheddar Cheese and Chive in Croissant Pastry
Fruit Salad
+ Add: Variety of Individual Yogurts / 3

Build Your Own Bagel / 22

Assorted Bagels
Cream Cheese, Peanut Butter, Preserves, Sliced Ham, Smoked Salmon, Turkey, Ontario Cheddar, Swiss, Tomatoes, Mayonnaise and Mustard
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

The Cold Egg Breakfast / 22

Create Your Own Wrap: Sliced Hard Boiled Eggs, Tofu Scramble, Whole Wheat Wraps, Tomatoes, Sprouts, Cheddar, Sliced Smoked Turkey
Create Your Own Fruit Salad: Hemp, Goji Berries, Chia and Flax  

The Euro / 22

Sliced Ham, Honey Roasted Turkey, Corned Beef, Swiss, Cheddar, Brie
Assorted Whole Grain Breads and Whole Wheat Mini Croissants
Fruit Preserves and Whipped Butter
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

Minimum Breakfast Buffet price of 21 dollars per guest.

2019-2020 The International Centre Event Catering Menu. Prices subject to change without notice. Tax and Facility Fee not included.



Berry Wafflewich

**Whole Grain Waffles, Fresh Ricotta Cheese,
Berries and Ontario Wildflower Honey**
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MENU

Breakfast

HAND-CRAFTED BREAKFAST ENHANCEMENTS

Maximum Service Time of 90 minutes. Minimum of 20 Guests.

Open-Faced Mini Breakfast Bagels / 11.50

Selection of Smoked Salmon and Cream Cheese,
Sliced Farm Fresh Hard Boiled Egg and Peameal,
Cheese and Tomato Melt

Breakfast Sandwich / 8.25

Farm Fresh Egg, Ontario Cheddar Cheese
Choice of: Turkey Bacon, Traditional Bacon,
Turkey Sausage **or** Traditional Sausage
Served on a Toasted English Muffin

The Bennie / 8.75

Choice of: Smoked Salmon **or** Back Bacon
with Kale served on a Toasted English Muffin

Berry Wafflewich / 8.75 **v**

Whole Grain Waffles, Fresh Ricotta Cheese,
Berries and Ontario Wildflower Honey

Buckwheat Pancakes / 8.75 **v**

Served with Warm Fruit Compote, Maple Syrup and Butter

Hot Steelcut Oatmeal / 5.25 **v**

Served with Dried Fruits and Maple Syrup

Whole Grain Mixes / 13.50 **v**

Barley, Wheat Berry, Pumpkin Seed,
Coconut, Chocolate, Almond
Wheat Berry, Quinoa, Ontario Barley, Almond,
Grated Coconut, Chocolate Chips
Sliced Strawberries and Blueberries

Make Your Own Parfait / 7.25 **v**

Greek Yogurt, Fresh Berries, Granola
(Gluten-Free Available with Pre-Order)

Made-to-Order Omelette Station / 10

Farm Fresh Regular **or** Egg Whites with selection of fillings
to include (*select 5*): Traditional Bacon, Turkey Bacon, Ham,
Smoked Salmon, Feta, Ontario Cheddar, Goat Cheese, Kale,
Spinach, Mushrooms, Peppers, Scallions, Tomatoes, Salsa
+ Chef Attended: 42 dollars per Hour, Minimum 4 Hours per Chef

Scrambled Western / 8.50 **v** **hw**

with Tomato Salsa on a Whole Wheat English Muffin

Whole Wheat Wrap / 9

with Farm Fresh Scrambled Eggs, Peppers, Tomatoes,
Spinach and Turkey Bacon **or** Traditional Bacon

Two Farm Fresh Hard Boiled Eggs / 5.50 **v** **gf**

Half Grapefruit with Raw Sugar / 4.25 **vg** **gf**

Brûlée Style **or** Naked

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