## Craft Culinary

# Peru 

EVENT CATERING

THE INIERNATIONALCENIRE


Baby Gem Lettuce, House-Pickled Shrimps,

## The Gool Purrsuit of Perfection

## "I've learned on my journey, it's not what I cook, it's how I cook."

So says The International Centre's Executive Chef, Tawfik Shehata. There are three core tenets to that philosophy: It begins with a history that includes Italian, French, Asian and Caribbean cooking, combining both classical and modern techniques. Tawfik brings more than this delicious diversity to his cuisine, he believes that where the food comes from is critically important to how it's prepared, smells, and tastes. In that respect, Tawfik Shehata maintains The International Centre's tradition of gathering - and encouraging - local artisanal farming. Finally, when preparing bonafide gourmet meals for hundreds of guests, the energy in Chef's kitchen must be the same as it is for anyone enjoying one of his meals - spirited, and relaxed.
"To me, this defines perfection - Enjoy."


Tawfik Shehata
Executive Chef

Voted one of the "Top Ten New Chefs in Canada" by enRoute Magazine and featured on Food Network Canada, CBC and SUN TV, Canadian Living, City Bites,

Tonic Magazine, Healthy Directions and is the Media Spokesperson for Foodland Ontario

## Rehat's Gooking.?

## NUTRITION <br> CORPORATE SOCIAL RESPONSIBILITY 5

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Prices subject to change without notice. Tax and Facility Fee not included.

## Qraloce the Dower of Food

Good food builds healthier people.
Research shows that employees with an unhealthy diet are $66 \%$ more likely to experience a loss in productivity than those who regularly eat whole grains, fruit and vegetables. ${ }^{1}$ Workplace meetings, events and conferences offer an excellent opportunity to serve nutritious food choices while demonstrating an employer's commitment to employee health.

The International Centre is committed to offering health and wellness food choices paired with hospitality and culinary excellence. We proudly partnered with Registered Dietitians Lucia Weiler and Sue Mah, Co-Founders of Nutrition for NON-Nutritionists ${ }^{\top}{ }^{\top}$, who developed the criteria for our Health \& Wellness menu items. These menu items are identified with an 'hw' in the menu and follow evidence-based guidelines for healthy eating in alignment with Health Canada, Canadian Food Inspection Agency, and the province of Ontario, as well as meet professional practice standards for Registered Dietitians. Our Health \& Wellness menu items offer a variety of seasonal and local options which unite health with flavour!

## About Nutrition for NON-Nutritionists ${ }^{\text {TM }}$

Nutrition for NON-Nutritionists ${ }^{\top \mathrm{TM}}$ is a leading agency providing corporate nutrition consulting, workplace wellness, food innovation/menu development, nutrition training, nutrition communications and strategic marketing. Co-Founders and Registered Dietitians Lucia Weiler and Sue Mah are nutrition experts, trailblazers and advocates for healthy eating. Skilled in translating the science of nutrition, they believe in the power of food to enhance lives and improve health. Lucia and Sue have worked with hundreds of professionals across North America. Through nutrition and healthy eating recommendations, they can help you reduce health care costs, increase work productivity and maximize the success of your business communications. For more information, contact: www.NutritionForNonNutritionists.com.

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## Thirking Global. c Fcting LOcal.

## Our Kitchen

It all starts in the kitchen. Our 8,000 square feet state-of-the-art Culinary Centre uses Eco Smart technology that drastically reduces energy and water use.

## Our Food

Local sourcing with great partners is the main source of inspiration for our culinary team including a collective of local farmers and our roof-top garden. Wherever possible, we try to provide options that leave the smallest possible footprint on the earth. And having Chef Tawfik as the spokesperson for Foodland Ontario is pretty cool too.

## Your Health

Fueling your event is a key to success and we're here to equip you with just the right selection. Our commitment and focus on healthier options is perfect for that fast-paced, event lifestyle. Leave it to us to get you the right fuel.

## Our Community

We've been part of this community for well over 45 years and are committed to our local roots. From food share and youth outreach to scholarship and mentorship programs, it's part of who we are.

## Our Packaging

We provide a full array of products that are fully compostable and/or made from recycled materials. Everything from plates, cups, cutlery and napkins have been carefully sourced with the future in mind; and we are always working on looking for the next best thing.

## Our Waste

It ends with waste and believe we are in it together. At The International Centre, we are committed to a proper path of waste diversion and continue with our efforts to minimize contribution to landfill. Whether recycling our packaging or composting oil and food waste, we are committed.

For your convenience, this menu has been segmented into meal periods; you may select à la carte or take advantage of packaged meals suited to your event.

## Exclusivity

The sale and distribution of all food and beverage items and related services are exclusive to The International Centre. Any requests to the contrary require direct and advanced written approval from food and beverage management. The International Centre reserves the right to restrict any and all product and/or services not previously approved by management.

## Procurement

The International Centre prides itself on delivering the highest quality and value on our food and beverage offerings. To maintain elevated service standards all food and beverage products supplied by The International Centre are procured specifically for your event.
The timeframes and order guidelines outlined allow us to fulfill your food and beverage orders without interruption to product requirement and price. We request that you review the guidelines outlined in the menu and your Agreement to provide timely and accurate information to ensure the success of your event. Food and beverage products and pricing may be subject to change for information not received within the timeframes specified below.

## Menu Selection and Guarantees

Please ensure that you communicate your menu selections to your Events Manager no later than four (4) weeks prior to your event start date. Confirmation of food and beverage orders is required no later than two (2) weeks prior to your event via signed event orders. A guaranteed guest count is required per menu selection per function, a minimum of seventy-two (72) business hours prior to the event start date (excluding holidays \& weekends). The client agrees to pay the guaranteed number quoted or the number in attendance, whichever is greater. If the guaranteed numbers are not provided within the timeframe specified, the ordered numbers outlined on the event orders or the number of attendees shown on Schedule A will be used as the guaranteed numbers. The International Centre is prepared to set up to $3 \%$ above the guarantee up to a maximum of 30 covers. Should the guaranteed numbers reduce significantly from the ordered numbers or numbers shown on Schedule A of the Agreement, The International Centre may impose a function room rental and/or appropriate labour charges.

Food and beverage pricing may be subject to change; in such case, The International Centre will provide ninety (90) days prior written notice to the client.

Food and beverage orders that are not included in the Agreement will be subject to a cancellation fee of $100 \%$ of the ordered total if cancelled within five (5) business days of the Event. The timeframes outlined in the Agreement allows The Centre to provide the products and services ordered for the Event.
Room setups and meals served in excess of the 3\% overset will be subject to surcharges as laid out below.

Overset Meal Rooms for Plated or Family Style Menus
Room setups in excess of 3\% of the guarantee will be subject to a surcharge of $50 \%$ of the menu price for each additional seat.

## Special Meals

Please discuss any special meals, including dietary and/or allergy restrictions with your Events Manager at least four (4) weeks in advance of your event. Our culinary team will be pleased to accommodate your special meals needs with the submission of a confirmed special meals list at least two (2) weeks prior to your event via a signed event order. Please note that we are not a nut-free or wheat-free facility.
The International Centre will accommodate up to $15 \%$ of the guarantee in special meals including vegetarian, dietary and/or allergy restriction at no additional charge.

Special meals in excess of $15 \%$ of the guarantee are subject to the menu price plus a surcharge of $50 \%$ of the menu price and applied per meal.

## Family Style and Pre-Selected Plated Choice Menus

Please discuss Family Style and Pre-Selected Choice Menu requests with your Events Manager at least four (4) weeks in advance of your event as there menu styles are subject to additional fees.

## Function Times

Menu prices include service based on standard service times for each meal period. Standard Service Time for each meal period is defined as:

| Breakfast | Ninety (90) Minutes |
| :--- | :--- |
| Break | One (1) Hour |
| Lunch | Two (2) Hours |
| Dinner | Three (3) Hours |

Function times that exceed the Standard Service Time by more than thirty (30) minutes for a meal period are subject to additional labour charges.

## Additional Services

Your Events Manager will be happy to assist you in arranging the final touches for your event. Our dedicated professionals can advise on music, entertainment, hosting, photography, floral and event decorations. For other event related services, please inquire for our supplementary charge list.

## Labour

Where minimum cover attendance is not guaranteed and/or client-initiated extensions of programs cause delays in Function Times (Service Time), additional labour charges will apply.
Function Times are outlined on Schedule " $A$ " and/or Event Order(s).
The International Centre has established labour ratios for Standard Service Times. Additional labour charges will be applied for service in excess of the established labour ratios. Additional labour charges will be applied for service in excess of the Standard Service Times by thirty (30) minutes.
Should the Client change set-up requirements within 24 hours of the Start Date, the Client shall pay a labour charge for the re-setting of the room.
Additional labour charges will be applied for any set up that requires a specialty item to be placed at a setting.

For retail and bar services, labour fees may apply. Please speak with your dedicated Events Manager for more information.

## Taxes and Facility Fees

A 20 percent Facility Fee will be applied to all food and beverage charges. Government taxes are applicable to food, beverage and Facility Fees. Regulated S.O.C.A.N. and Re:Sound charges are applicable to all events with music and/or entertainment based on the final number of guests in attendance. Please refer to www.socan.ca and www.resound.ca for additional information.

## Rules and Regulations

The International Centre operates in strict accordance with all municipal, provincial and federal regulations, such as those set by the Alcohol and Gaming Commission of Ontario, Region of Peel Public Health, etc. Any direct violation may be subject to immediate termination of services. Please consult with your Events Manager regarding regulatory procedures and special permit designations where required.
hw Health \& Wellness dz By the Dozen

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


## Craft <br> Culinary

## Brearfaist

THE INIERNATIONALCENTRE

# Breauefast 

## 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 v

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 (v

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 v

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 v

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 v

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 콩

## 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


# Breaufast 

## 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 (
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

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 ( vf
Half Grapefruit with Raw Sugar / 4.25 vg gf
Brûlée Style or Naked

## Craft <br> Culinary

Break
menu

THE INIERNATIONALCENTRE

## THEMED BREAK

Maximum Service Time of 1 Hour. Minimum of 10 Guests.
All Themed Break selections are accompanied with Freshly Brewed Regular \& Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey \& Milk (unless otherwise noted).

## Dressed Up Salad Cups / 12 vs gf

Top Your Fruit Salad: Hemp, Goji Berries, Chia and Flax, Mint and Honey Syrup
Top Your Mini Kale and Beet Salad: Walnuts, Pumpkin Seeds, Dried Cranberries, Sherry Vinaigrette

## From the Fridge / 15

Selection of Foccaccia Pizzas: Tomato Bruschetta \&
Marinated Eggplant and Grilled Zucchini \& Goat Cheese
Singapore Noodles with Shrimp
Buffalo Chicken Sliders
Served Cold

## All About Cookies / 12 v

Selection of Freshly Baked Cookies:
Chocolate Chip, Double Chocolate Chip,
Oatmeal Raisin, White Chocolate Macadamia,
Salted Caramel Crunch, Shortbread

## Feel-Good / 14 v

Assortment of Granola Bars
Selection of Happy Planet Individual Smoothies:
Extreme Green, Extreme Energy, Mango and Passion Fruit

## Coffee and Tea not included

## Corner Store Counter / 13 v

Assortment of Confectionery, Granola and Mini Candy Bars Variety of Individual Bags of Chips, Pretzels and Ontario Popcorn Selection of Fresh Whole Fruit

## Parfait Bar / 13.50 v

Create Your Own Parfait: Greek Yogurt, Granola and Fresh Berries (Gluten-Free Available with Pre-Order)
Vibrant Display of Sliced Fresh Fruit and Berries

## Candy Bar / 12.50 v

Jube Jubes, Jelly Beans, Tootsie Rolls, Lollipops, Hot Lips, Sour Keys and more...
Cans of Cream Soda, Root Beer, Orange and Grape Pop Coffee and Tea not included

## The Petite Pâtisserie / 13.50 v

Macarons, Éclairs, Profiteroles, Carrot Caramel Stack, Strawberry Swirl Cake Pops

## Fruit n' Cheese / 16 v

Selection of Locally Produced Ontario Cheeses: Brie, Borgonzola, Friulano, Herbed Goat Cheese, Bocconcini, Aged Ontario Cheddar, Provolone and Blue Cheese served with Truffle Honey, Fruit Chutneys, and Artisan Fruit Bread Garnished with Mixed Dried Fruits, Nuts and Seeds

## Deli with a Twist / 15

Open Faced Whole Grain English Muffins:
Sustainable Tuna Salad with Light Mayo, Diced Celery, Green Onions and Herbs
Egg Salad of Farm Fresh Eggs with Light Mayo, Chives and Paprika
House-Smoked Local Chicken Salad with Light Mayo, Diced Vegetables, Gherkins and Fresh Herbs
Vibrant Display of Sliced Fresh Fruit and Berries

## Snack Cupboard / 13 v

Self-Serve Pretzels, House Made Kettle Potato Chips, Corn Chips, Popcorn, Bits \& Bites and Trail Mix Selection of Whole Fresh Fruit

## Table 'O Nachos / 13 v

Build Your Own Nachos:
Salsa, Black Beans, Shredded Monterrey Jack Cheese, Sour Cream, Shredded Lettuce and Pickled Jalapeños

## Dip Your Chip / 12 v

A Variety of Root Chips, Tortilla Chips and Pita with Hummus, Tapenade and Salsa

## Design Your Own Trail Mix / 12.50 v

Granola, Slivered Almonds, M\&M's, Sunflower Seeds, Craisins, Wasabi Peas, Gummi Bears, Dark Chocolate Chips Pure Leaf Iced Tea, Tropicana Lemonade
Coffee and Tea not included


## Breáe

## BREAK ENHANCEMENTS

## BAKERY

Mini Whole Wheat Bagels with Cream Cheese and Jam / 42 dz v

Freshly Baked Assorted Gourmet Muffins / 47 dz v
Assorted Pâtisserie Danishes / 47 dz v
French Style Butter Croissants / 47 dz (v
Decadent Chocolate Croissants / 49 dz v
Assorted Mini Canadian Style Donut Treats / 38 dz v
Gourmet Novelty Cupcakes / 49 dz
Selection of Breakfast Breads / 40 dz v
Blueberry, Lemon Cranberry,
Baked Apple Oatmeal, Banana
Traditional Assorted Savoury and Fruit Scones / 43 dz
Decadent Dessert Squares and
Chocolate Fudge Brownies / 40 © $\mathbf{d z}$
Assorted Mini French Pastries / 54 dz Éclairs, Mocha Mirror, Pistachio Daquoise, Raspberry Delice, Orange Cointreau Slice

Selection of Freshly Baked Cookies / 40 dz v Chocolate Chip, Double Chocolate Chip, Oatmeal Raisin, White Chocolate Macadamia, Salted Caramel Crunch, Shortbread

Selection of Strudels and Turnovers / 39 dz
Blueberry, Apple, Strawberry, Cheese
Homemade Seasoned Kettle Potato Chips / 35 vs
Serves 15
Variety of Chocolate Truffles / 55 dz (v

## FRESH

Farm Fresh Hard Boiled Eggs / 30 © (120) (sf
Fresh Fruit Kebobs with Ontario Wildflower Honey and Yogurt Dip / 6.50 v gf

Array of Fresh Whole Fruits / 3.50 (1w
Sliced Fresh Fruit with Berries / 7.50 (1w)
Chocolate Dipped Strawberries / 50 dz v

## INDIVIDUALLY PACKAGED

Assorted Candy and Chocolate Bars / 3.50 v
Mixed Nuts / 6.50 vg gf
Dried Fruits / 5.75 vg gf
Ontario Apple Chips / 4.75 Vg gf
Ontario Popcorn / 3.75 ( 8f
Individual Bags of Chips and Pretzels / 3.50 v
Assorted Artisan Granola Bars / 5 v

## COLD

Individual Yogurt / 4 v gf
Individual Yogurt Drink / 4.75 v
Ice Cream Novelties / 5
Frozen Yogurt Bars / 4.50
Toronto's Own Gelato Fresco Tubes / 4.75
Homemade Fruit Smoothies / 7 vs f́
Dairy-Free Happy Planet Individual Smoothies / 7.50 vs gf Extreme Green, Extreme Energy, Mango and Passion Fruit

## GLUTEN-FREE

Assorted Mini Muffins / 50 dz v
Assorted Fruit Turnovers / 48 dz v
Cookies / 48 dz
Granola Bars / 6
Cupcakes / 55 dz
Breakfast Breads / 47 dz

## Craft Culinary

Liquid
NON-ALCOHOLIC MENU

THE INIERNATIONALCENTRE

Freshly Brewed Regular and Decaffeinated Lavazza Coffee
47/ 10 cups 235 / 50 cups 470 / 100 cups

## Variety of Specialty Teas <br> 47/ 10 cups 235 / 50 cups 470 / 100 cups

Hot Chocolate
39/ 10 cups 195 / 50 cups 390 / 100 cups

## The Barista Experience

Enjoy an upgrade to your break with an array of Espresso-based beverages from Lattes to Frothy Cappuccinos
670 / 4 Hours of Service or 100 cups
150 / Each Additional Hour of Service or 25 cups

## Premium Iced Tea Bar

Variety of Specialty Teas with
Fruit Garnishes and Simple Syrup
225 / 50 cups 450 / 100 cups

## H2O Infusion

Revitalize with Local Fruit and Vegetable infused Water from Cucumbers to Oranges
62 / 50 glasses 124 / 100 glasses

Variety of Canned Pepsi Soft Drinks / 4.50
Variety of Individually Bottled Tropicana 100\% Fruit Juices / 5.40
Individually Bottled Water / 4.75
Eska Domestic Sparkling Water / 5
Enhanced Water, Aquafina Plus, Splash or Sparkling / 5.50
Variety of Individually Bottled Juice Smoothies / 6.75
Coconut Water / 7
Gatorade or G2 / 5.40
RockStar or Amp Energy Drink / 6.50
Starbucks Frappuccino / 6.40
Chilled Regular or Chocolate Milk / 3.75


## PLATED 3-COURSE À LA CARTE

Maximum Service Time of 2 Hours. Minimum of 20 Guests.
All Lunches include Soup or Salad, Entrée and Dessert with Freshly Baked Artisan Rolls with Butter, Freshly Brewed Regular \& Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey \& Milk.

## SOUPS AND SALADS

Select one (1) Soup or Salad:

## Mulligatawny iw 쿄

Vegetarian Indian Spiced Lentil Soup

## Leek and Potato gf

with Double Smoked Bacon
Parsnip and White Bean Purée NE (1w with Sage

## Minestrone

with Italian Pork Sausage Meatballs

## House-Smoked Ontario Chicken Noodle

(Gluten-Free Available with Pre-Order)

## IC Custom Romaine Wedge

Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded Parmesan, Roasted Garlic, Lemon Pepper Dressing

Baby Arugula and Watercress Salad (iw (sf
Candycane Beets, Roasted Celeriac, Feta,
Smoked Honey Dijon Dressing
House Pickled Zucchini (1w)
Baby Spinach, Pumpkin Seeds, Flax, Craisins, Mint, Sherry Vinaigrette

## Roasted Cauliflower (1w) (g)

Broccoli, Sliced Hard Boiled Eggs, Slivered Almonds, Baby Kale, Lemon Vinaigrette

## Grilled Vegetable Antipasti (1uw

Grilled Asparagus, Peppers, Zucchini, Carrots, Bocconcini, Olives, Grissini, Basil Purée, Balsamic Reduction, Micro Sprouts

Quinoa Tabbouleh (iw
Cucumbers, Tomatoes, Green Onions, Baby Leaf Lettuces, Sumac Pita Crisps

## PROTEIN ENTRÉES

Select one (1) Entrée
Ontario Chicken Supreme / 52.50
Stuffed with Turkey Sausage, Mozzarella, Roasted Red Pepper and Oregano
Roasted Fingerling Potatoes, Baby Carrots and Cauliflower, Red Pepper Salsa Rossa

## Ontario Lake Trout / 51.50 (1w)

Purple Potatoes, Shaved Fennel, Candycane Beets, Lemon-Dill Broth

## Grilled Ontario AAA Sirloin / 52 gf

Horseradish Mash, French Beans, Roasted Shallots, Wild Mushroom Sauce

## Grilled Atlantic Salmon Fillet / $\mathbf{5 2 . 5 0}$

Herb and Parmesan Barley Risotto, Garlic Broccoli,
Roasted Garlic White Wine Cream Sauce
House-Smoked Ontario Omega-3 Pork Chop / 51.50 gf
Potato Gratin, Ontario Red Wine Braised Cabbage and Apples, Honey Mustard Jus

## Vegetarian Entrée Options:

## Cumin Scented Shredded Zucchini

Chickpea Tofu and Tempeh Cake vs gf
with Wilted Kale and Smoked Tomato Sauce

## Vegan Shepherd's Pie vg gf

Lentil, Sweet Potato and Diced Root Vegetables, Mushroom Gravy

## DESSERTS

Select one (1) Dessert
East Coast-Style Blueberry Peach Grunt

+ Add a Scoop of Vanilla Ice Cream / 4


## Trio of Macarons

Zesty Lemon, Vanilla and Caramel, Raspberry Coulis

## Mixed Berry Terrine, Blueberry Gelée, White Chocolate Shavings

Molten Chocolate Bomb, Passion Fruit Coulis

+ Add a Scoop of Caramel Ice Cream / 4


## Red Velvet Cake, Cream Cheese Icing, Cherry Compote <br> Oreo Cheesecake, Chocolate Fudge Base <br> Gluten-Free and Dairy-Free Desserts Available with Pre-Order.



## CUSTOMIZED EXECUTIVE LUNCH BUFFET

## The Informal / 43

Maximum Service Time of 2 Hours. Minimum of 20 Guests.
Menu selections include Homemade Kettle Chips tossed with Special Seasonings, Vibrant Display of Sliced Fresh Fruit \& Berries, Freshly Brewed Regular \& Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey \& Milk.

## SOUPS AND SALADS

Select three (3) from the following items:

## Smoked Chicken Noodle

## Mulligatawny (hw s. gf

Vegetarian Indian Spiced Lentil Soup

## Leek and Potato gff

with Double Smoked Bacon

## Parsnip and White Bean Purée (1w) vs (g)

with Sage

## Minestrone

with Italian Pork Sausage Meatballs

## IC Custom Romaine Salad

with Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded Parmesan, Roasted Garlic, Lemon Pepper Dressing

## Orzo Salad viw

Black Olives, Cucumbers, Peppers, Sundried Tomatoes, Feta, Basil Vinaigrette

## Organic Greens $\sqrt{8}$ gf

with Chef's Array of Dressings

## Barley Salad (12w)

with Dried Apricots, Cranberries and Pecans, Orange Balsamic Dressing

## Three Rice Salad ve gf

Long Grain, Forbidden and Wild, Fennel, Red Onion, Peppers, Grapes and Sunflower Seeds, Tarragon Vinaigrette

Five Beans with Roasted Sweet Potatoes 1 w (g) Marinated Tempeh, Alfalfa Sprouts, Lime Chipotle Dressing

## SANDWICHES, WRAPS \& PIZZAS

Select five (5) from the following items:

## Sandwiches

## Montreal Smoked Meat

Jack cheese, Remoulade Sauce on a Light Rye Bun

## Ham

Provolone, Arugula, Pesto Parmesan Spread on a Honey Flax Bun

## Fresh Vegetarian

Arugula, Peppered Havarti, Cucumber, Beet Hummus on a Whole Wheat Croissant

## Roast Beef

Arugula, Cheddar, Blue Cheese \& Horseradish Spread on Whole Wheat Onion Bun

## Smoked Turkey

Arugula, Brie, Cranberry Relish on a Multigrain Bun

## Smoked Salmon

Arugula, Red Onion, Lemon Caper \& Goat Cheese Spread on a Multigrain Bun

## Tortilla Wraps

## Grilled Chicken

Sautéed Onions and Peppers, Arugula \& Red Pepper Hummus in a Whole Wheat Wrap

## Ham

Greens, Swiss Cheese, Sundried Tomato Pesto
in a Whole Wheat Wrap

## Traditional Waldorf Tuna

Greens on a Sundried Tomato Wrap

## B.L.T.

Chicken Bacon, Lettuce, Tomato, Honey Mustard
in a Spinach Wrap

## Smoked Turkey

Greens, Havarti, Tomato Salsa
in a Whole Wheat Wrap

## Vegan $\sqrt{3}$

Greens, Chickpea Fritter, Beet Hummus
in a Spinach Wrap

## Pizzas

## Bruschetta Pizza v

Fresh Tomato, Garlic and Torn Basil on a Whole Wheat Crust topped with
Baby Arugula and Buffalo Mozzarella

## Verde with Grilled Eggplant v

Green Zucchini, Broccoli, Grilled Eggplant, Oregano and Parsley with Olive Oil, Mozzarella and Parmesan on Whole Wheat Crust

## Buffalo Chicken

Chicken, Red Onion and Pickled Jalapeño with Monterrey Jack Cheese on White Crust topped with Scallions and Crumbled Blue Cheese

## Classic Pepperoni and Cheese

Traditional White Crust
*All specialty pizzas are made in-house.

## DESSERTS

Select two (2) from the following items:

## Selection of Freshly Baked Cookies

## Lemon Crème Brûlée gf

## Rocky Road Squares gf

## Brownie Squares 옹

## Peanut Butter Torte vg gf

## White Chocolate Cheesecake gf

with Fresh Berries in Shooter Glasses

## Mini Apple Crumble Squares

## Mini Flourless Chocolate Truffle Squares

Gluten-Free and Dairy-Free Desserts Available with Pre-Order.

[^1]


## FIXED EXECUTIVE LUNCH BUFFET

## Hot Stuff / 48.50

Maximum Service Time of 2 Hours. Minimum of 20 Guests.
Menu selections include Freshly Baked Artisan Rolls with Butter, Vibrant Display of Sliced Fresh Fruit and Berries Freshly Brewed Regular and Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey \& Milk. Surcharge applicable for any changes or substitutions.

## Português

Kale and Potato Soup vg gf
Flaked Cod Salad gft
Chickpeas, Peppers, Tomatoes, Celery, Sherry Vinaigrette

## Shredded Cabbage gf

Red Bean, Quinoa, Olives, Feta, Tomatoes, Red Wine Dressing

## Churrasco-Style Piri Piri Chicken gf

Baked Whitefish gf
with Tomatoes, Lemon, Cumin, White Wine and Herbs

## Smoked Paprika Roasted Potatoes 옹

Zucchini, Eggplant, Red Peppers, White Onions vg gf in Olive Oil and Thyme, with Slivered Roasted Almonds

## Rice Pudding v ©f

with Cinnamon in Mason Jars
Portuguese Egg Tarts
Nuevo Latino
Tortilla Soup

## 

Kale, Green and Snap Peas, Radish, Jicima, Hearts of Palm, Pumpkin Seeds, Cilantro, Lime Shallot Dressing
Grilled Vegetable and Cheese Empanadas (
Chicken Mole gf
Baked Salmon (gf
with a Pepita, Cilantro and Jalapeño Pesto
Black Bean Rice vs 하
Roasted Zucchini, Onion, Poblano Pepper and Corn vg gi with Cilantro

## Churros

with Salted Caramel Sauce
Dulce de Leche Cheesecake

## To Your Health

Roasted Cauliflower and Saffron Soup vg gi

## Three Rice Salad 코잉

Long Grain, Forbidden and Wild, Fennel, Red Onion, Peppers, Grapes and Sunflower Seeds, Tarragon Vinaigrette

Five Beans with Roasted Sweet Potatoes $\mathbf{N g}$ gf
Marinated Tempeh, Sprouts, Lime Chipotle Dressing

## Baked Atlantic Salmon gf

with Tomato Garlic and Caper Salsa
Roasted Herb Marinated Chicken
with Romesco Sauce (contains nuts)

## Brown Rice Vegetarian Paella vg 8

## Steamed Yellow Beans $\sqrt{3}$ gf

with Roasted Corn

## Mango Mousse and Raspberry Shooters (ff

## Assorted Individual Sorbet Cups Nㅗ앙

## BYO (Bowl Your Own)

Make Your Own Bowl:
Protein Vs
Moroccan Spice Chicken, Smoked Tofu, Sous Vide Cajun Flank Steak

## Grains VE

Brown Rice, Ontario Barley
Vegetables and Fruits Vg gf
Spinach, Kale, Shredded Heirloom Carrots, Grape Tomatoes, Cucumbers, Green Onions, Shredded Apple

## Pulses Vg gf

Chick Peas, Black Lentils, Edamame
Seeds $\sqrt{5}$ (gf)
Pumpkin Seeds, Radish Seedlings
Cheeses $8 f$
Shredded Cheese, Crumbled Feta

## Dressings $\operatorname{\text {gft}}$

Roasted Corn Salsa, Spicy Lemon Tahini, Avocado Buttermilk, Sherry Vinaigrette

## Watermelon Salad gf

Drizzled with Honey Cinnamon Yogurt

## Biscotti

Coast to Coast
Quebec-Style Split Pea and Ham Soup gf
Ontario Rainbow Beets and Edamame Salad v gf with Fennel and Woolwich Goat Cheese, Niagara Red Wine Vinaigrette
Baby Kale and Heirloom Carrot vs gf
Roasted Garlic, Sunflower Seeds, Maple Vinaigrette
Canadian Bacon Brined Cornmeal Crusted Pork Loin

## Ontario Beef Short Ribs gf

Braised in Niagara Red Wine and Local Herbs
Whole Wheat Mac and Cheese v with Ketchup
Maple Glazed Roasted Vegetables VB gf
Butter Tarts
East Coast Berry Grunt
with Maple Whipped Cream

Meat and Potatoes
Italian Wedding Soup
IC Custom Romaine Salad
with Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded Parmesan, Roasted Garlic, Lemon Pepper Dressing
Shaved Cabbage and Brussels Sprouts $\mathbf{N g}$ gf
with Ontario Soy Beans, Pumpkin Seeds and Craisins, Apple Cider Dressing
Extremely Slow Roasted Ontario Striploin fㅏ with Mushroom Sauce

Smoked Mustard Crusted Pork Loin
Classic Whipped Potatoes v 하
Roasted Zucchini v Nㅗㅇ
with Tomatoes and Onions
Mini Carrot Caramel Stack
Mini Raspberry Blondie

## Craft <br> Culinary

# Stations 

## RECEPTION MENU

THE INTERNATIONALCENTRE


## ENHANCEMENTS

## Minimum of 20 Guests

## Antipasti / 15

Provolone, Bocconcini and Mozzarella Cheeses, Prosciutto, Mortadella, Genoa Salami, Marinated Vegetables and Selection of Olives, Foccacia

## Dim Sum / 15

Selection of Dim Sum served in Steamer Baskets Pork Sui Mai, Shrimp Har Gow, Vegetable Gow, Steamed Mini Pork Buns, Pork and Vegetable Pot Stickers, Soya Sauce, Rice Wine \& Ginger Infused Dipping Sauce Based on 3.5 pieces per person

## Sushi / 21

Variety of Authentic Japanese Specialties including: Spicy Tekka Maki (Tuna), Sake (Salmon) and Ebi (Shrimp), California Roll, Futomaki Roll of Avocado \& Cucumber, Kappa Maki (Cucumber Roll), served with Wasabi, Pickled Ginger, Soy Sauce and Chop Sticks Based on 4 pieces per person

+ Sushi Chef is available at an additional charge.


## Mini Deli Stop / 16

Shaved Corned Beef, Pastrami, Turkey and Smoked Salmon, Selection of Mustards, Pickles and Garnishes, Assorted Mini Dinner Rolls and Pretzel Buns

## Rabbit Buffet / 9.50 © gf

Selection of Heirloom Carrots, Radishes, Cauliflower and Organic Celery, Cucumbers, Broccoli, Peppers with a Selection of Vegetarian Dips

## Fruit n' Cheese / 16 v

Selection of Locally Produced Ontario Cheeses: Brie, Borgonzola, Friulano, Herbed Goat Cheese, Bocconcini, Aged Ontario Cheddar, Provolone and Blue Cheese served with Truffle Honey, Fruit Chutneys, and Artisan Fruit Bread Garnished with Mixed Dried Fruits, Nuts and Seeds

## LIVE

## Minimum of 50 Guests

## il Fourno di Napoli / 14

Baked-to-Order Pizza:
Roma:
Prosciutto, Arugula, Cheese, Marinara Sauce
Classic Margherita:
Buffalo Mozzarella, Basil
Funghi:
Mushrooms, Spicy Genoa Salami, Buffalo Mozzarella
Based on 3 pieces per person

## Superfood Salad Bar / 14

Quinoa \& Wild Arugula Tabbouleh Salad vs gf
Alberta Barley, Roasted Cauliflower \& Radicchio Salad with a Kale and Almond Pesto
Shaved Raw Ontario Golden Beet, Soy Beans \& Walnut Salad

Salad Boosters: Hemp Seeds, Chia Seeds, Pumpkin Seeds,
Goji Berries, Sprouts V\% छf
Based on 2 salads per person
Potato Couture / 13
Select One (1): Fresh Cut Fries or Whipped Yukon Gold Potatoes
with a Selection of Toppings including Cheddar, Curds,
Crumbled Goat Cheese, Caramelized Onions, Gravy
Based on 2.5 servings per person

+ Add Pulled Pork, Butter Chicken or Braised Beef Short Rib / 3


## Amore Pasta / 15

Beef Ravioli with Roasted Root Vegetables and a Fresh Tomato Sauce
Rigatoni Pasta, Mushrooms, Leeks and
Marinated Peppers, Garlic, Marinara Sauce
Freshly Baked Italian-Style Rolls with Butter
Based on 2 servings per person
Pad Thai / 16
Choice of Vegetarian, Chicken or Shrimp served with Rice Noodles, Tofu, Bean Sprouts, Vegetables, Asian Greens, Roasted Peanuts, Sambal \& Sriracha Chillies, Fresh Lime Wedges
Based on 2 servings per person

Create an Interactive Experience with

# Ouo Gentric 

Cooker Station

## THE CARVERY

All Carvery Stations are Chef attended and are included in the menu price. *

Extremely Slow Roasted Hip of Canadian Beef / 1520
Accompanied with Homemade Chimichurri Sauce, Mustards and Horseradish
Freshly Baked Artisan Rolls with Butter
Serves 120 Guests
In-House Smoked Ontario Maple Syrup Glazed Ham / 400
Accompanied with Assorted Mustards
Freshly Baked Artisan Rolls with Butter
Serves 50 Guests
Extremely Slow Roasted Canadian Striploin of Beef / 500
Accompanied with Homemade Chimichurri Sauce,
Mustards and Horseradish
Freshly Baked Artisan Rolls with Butter
Serves 35 Guests
Roasted Traditional Turkey / 350
Served with Dried Cranberry Cumberland Sauce, Turkey Jus Freshly Baked Artisan Rolls with Butter
Serves 30 Guests
Chinese Style Suckling Pig / 900
Five-Spiced Rubbed, Slow Roasted Whole Suckling Pig
Served with Hoisin Sauce and Steamed Buns
Serves 60 Guests
House-Smoked and Extremely Slow Cooked Brisket / 330
Accompanied with Smoky BBQ Sauce, Grilled Onions, Creamy Coleslaw and Slider Buns
Serves 30 Guests

## UNIQUE EVO CENTRIC COOKER STATIONS

An innovative circular cast iron cooking surface where fresh and healthy food is prepared in front of guests. An ideal option for an interesting, exceptional and interactive experience.
Minimum of 50 Guests.

## Kebab Korner / 14.50

Indian Spiced Beef, Reshmi Chicken, Tandoori Paneer and Vegetables (Vegetarian), Mint Yogurt Chutney, Curry Sauce, Shaved Red Onions and Lemon Wedges
Based on 3 pieces per person

## Have It Your Way Beef Sliders / 14

Made-to-Order Sliders served with Lettuce, Pickles, Mustard, Mayo, Cheese, Bacon, Special Sauce
Based on 2.5 pieces per person

## Taqueria / 14

Chipotle Marinated Shrimp, Chili Spiced Beef, Tortillas, Salsa, Shredded Cheese, Lettuce, Sour Cream, Hot Sauce Based on 2.5 pieces per person

## Yakitori Izakaya / 14

Skewers of Ontario Chicken and Beef with Green Onions served with White and Black Sesame Seeds and Homemade Teriyaki Sauce
Based on 2.5 pieces per person

## Potato Pancake Station / 15.50

Crispy, Golden Potatoes, with a selection of Pulled Pork, Ratatouille (Vegetarian) and Smoked Salmon with Sour Cream, Capers and Shaved Red Onions Based on 3 pieces per person


## Craft <br> Culinary

## Passed

RECEPTION MENU

THE INIERNATIONALCENTRE



## SAVOURY

## COLD CANAPÉS / 55

## Meat

Prosciutto Rosette, Foie Gras and Fig Chutney in a Waffle Cup

## Poultry

Smoked Chicken Caesar Salad on Miniature Frico Basket

## Seafood

Spicy Gazpacho and Shrimp Shooter
Spicy Shrimp and Avocado on Tortilla Crisps (b)
Lime Chipotle Marinated Shrimp with Spicy Aioli ©f
Shrimp Veracruz Taco with Guacamole
Tuna Sashimi in a Soft Taco, Guacamole, Lime, Smoked Paprika Sour Cream
Deconstructed Sustainable Albacore Tuna Sushi served in a Shooter Glass (6f)
Seafood Trio on Artisan Naiveté Buns
East Coat Lobster Roll;
Smoked Paprika Shrimp Salad;
Seared Albacore Tuna, Guacamole Aioli

## Vegetable

Vietnamese Salad Roll with Mango, Hoisin Sauce
Mini Blue Cheese Tarts with Dehydrated Grapes, Balsamic Glaze and Walnuts

Beet Root and Hummus Tartare with Green Olives and Capers

## Korean Kimchi Wrap ${ }^{18}$

Vegetable Temaki Rolls with Pickled Ginger (13) (8)
Grilled Vegetable and Goat Cheese Skewer (6f)

## HOT HORS D’OEUVRES / 55 ©

## Meat

Nathan's Cocktail Style Hot Dogs with Fixins'
Shanghai Pork Dumplings
Layered Shepherd's Pie in Shooter Glasses
Mini Yorkshire Pudding, Parsnips Mash, Smoked Beef and Caramelized Onion

Ham, Asparagus and Mustard Palmiers served with Honey Mustard
Beef Empanadas with Onions, Olives and Raisins
Portuguese Chorizo Empanadas with Greens, Olives and Potatoes
Beef Slider with Ontario Cheddar Cheese, Tomato, Pickles and Special Sauce

Poultry
Tandoori Chicken Skewers
Mini Shawarma in a Pita Pocket
Crispy Fried Chicken, Chili Honey Glaze
Duck Spiedini with Orange Five Spice (8f)
Curry Coconut Chicken Empanadas
Turkey Slider with Swiss Cheese, Pickled Red Onions, Grainy Mustard and Mayonnaise;

## Seafood

Thai Shrimp with Lemongrass (6)
Garlic Shrimp Spring Roll with Sweet Thai Sauce

## Vegetable

Cantonese Vegetable Spring Roll with Plum Sauce
Vegetable Samosa with Tamarind Chutney
Thai Spiced Pumpkin Soup Shooters with Toasted Coconut ©f
Grilled Vegetable and Goat Cheese Empanadas
Three Cheese Empanadas
(Mozzarella, Cheddar and Jack with Jalapeño)
Vegetarian "Pulled Pork" Slider with BBQ Sauce

## Passsed

## SWEET

## SWEET COUTURE / 55 dz

Mini Lemon Meringue Tarts
Mini Silken Chocolate Tarts
IC Chocolate \& Peanut Butter Cups
Mini Mango Chocolate Cannoli
Nutella Filled Donuts
Fruit Filled Donuts
Banana Nutella S'mores Empanadas
Raspberry Blondie Squares
Strawberry Shortcake Shooters
Berry Cheesecake Shooters
Tiramisu Shooters
Assorted Mini French Pastries
Éclairs, Mocha Mirror, Pistachio Daquoise,
Raspberry Delice, Orange Cointreau Slice
Assorted Mini Tarts
Pecan, Butter, Fresh Fruit, Lemon,
French Apple, Coconut
Assorted Mini Squares
Chocolate Brownies, Lemon Coconut,
Apple Crumble, White Chocolate Blondies, Pecan, Carrot

(Image) Assortment of
Spicy Gazpacho and Shrimp Shooter;
Deconstructed Sustainable Albacore Tuna Sushi served in a Shooter Glass; Beet Root and Hummus Tartare with Green Olives and Capers;
Tandoori Chicken Skewers
Pages 32 \& 46 of the Menu


# Diruer 

## PLATED 3-COURSE À LA CARTE

Maximum Service Time of 3 Hours. Minimum of 20 Guests.
All Dinners include Soup or Salad, Entrée and Dessert with Freshly Baked Artisan Rolls with Butter, Freshly Brewed Regular \& Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey \& Milk.

## SOUPS AND SALADS

Select one (1) Soup or Salad:

## Leek and Potato gf

Garnished with Truffle Oil and Chives

## Mulligatawny 120 (gf

Vegetarian Indian Spiced Lentil Soup
Parsnip and White Bean Purée gf
with Sage and Crispy Proscuitto

## Seafood Minestrone (120) (gf)

Shrimp and Whitefish, in a White Wine, Tomato Seafood Broth

## Ontario Lamb and Wild Rice (hiw gf

Roasted Root Vegetables and Herbs
House-Smoked Tomato Soup
with Parmesan Croutons

+ Add Snow Crab Cakes / 2


## Baby Romaine

Farm Fresh Hard Boiled Egg, Bacon, Croutons, Shredded
Parmesan, Roasted Garlic, Lemon Pepper Dressing
Baby Arugula and Watercress Salad (iw gf
Candycane Beets, Roasted Celeriac, Feta,
Smoked Honey Dijon Dressing

## House Pickled Zucchini (1w) 당

Baby Spinach, Pumpkin Seeds, Flax, Craisins, Mint, Sherry Vinaigrette

## Roasted Cauliflower (1w) ( f)

Broccoli, Sliced Hard Boiled Eggs, Slivered Almonds, Baby Kale, Lemon Vinaigrette

## Grilled Vegetable Antipasti (v)

Grilled Asparagus, Peppers, Zucchini, Carrots, Bocconcini, Olives, Grissini, Basil Purée, Balsamic Reduction, Micro Sprouts

## Quinoa Tabbouleh v aw

Cucumbers, Tomatoes, Green Onions, Baby Leaf Lettuces, Sumac Pita Crisps

## Baby Gem Lettuce

House-Pickled Shrimp, Black Pepper Cracker, Horseradish Tomato Vinaigrette

+ 3 Surcharge

Smoked King Cole Duck Breast gf<br>Compressed Watermelon, Frisée, Hazelnuts and Vin Cotto<br>+ 3 Surcharge

# Diruer 

## HAND-CRAFTED PROTEIN ENTRÉES

Select one (1) Entrée:
Cornish Hen / 73.50
Roasted Half Rock Cornish Hen stuffed with Mushroom and Herb Alberta Barley with Roasted Heirloom Beets and Sugar Snap Peas, Tarragon Jus

Peppercorn Crusted Ontario Beef Tenderloin / 79.50 (gt)
Creamy Roasted Garlic Mash, Broccolini,
Charred Grape Tomatoes, Leek Chimichurri
$80 z$ AAA Manhattan-Cut Striploin / 76.50 gf
Celeriac and Sweet Potato Gratin, French Beans, Roasted Shallots, Classic Brandy Peppercorn Sauce

## Double Cut Ontario Omega-3 Pork Chop / 75.50

Potato Gratin, Ontario Red Wine Braised Cabbage and Apples, Smoky Maple Mustard Jus

## Ontario Chicken Supreme / 74.50

Stuffed with Turkey Sausage, Mozzarella,
Roasted Red Pepper and Oregano
Roasted Garlic and Herb Smashed Fingerling Potatoes
Chinese Broccoli
Red Pepper Salsa Rossa

## Roasted Pork Tenderloin / 72.50 (8f

Stuffed with Prunes, Wrapped in Prosciutto, Potato, Tomato and Brie Napolean, French Beans, Roasted Shallots, Madeira Sage Jus

Vegetarian Entrée Options:
Cumin Scented Shredded Zucchini (1w gs
Chickpea, Tofu and Tempeh Cake
with Wilted Kale and Smoked Tomato Sauce

## Vegan Shepherd's Pie 14

Lentil, Sweet Potato and Diced Root Vegetables, Mushroom Gravy

## DESSERTS

Select one (1) Dessert:
Molten Chocolate Bomb
Passion Fruit Coulis and Caramel Ice Cream

## Salted Caramel Cheesecake

Caramel Pearls and Milk Chocolate

## Matcha Lime Cake

Toasted Pistachio, Dehydrated Lemon Rind
Mini Cast Iron Baked Cinnamon Buns
Maple Crunch Ice Cream, Berry Salad
East Coast-Style Blueberry Peach Grunt
Tahitian Vanilla Ice Cream
Chocolate and Apricot Tart
Apricot Leather, Almond Praline Ice Cream
Java Coffee and Bing Cherry Opera Cake
Madagascar Vanilla Cream, Caramel Threads

## FIXED EXECUTIVE DINNER BUFFET

## Hot Stuff / 67.50

Maximum Service Time of 3 Hours. Minimum of 20 Guests.
Menu selections include Freshly Baked Artisan Rolls with Butter, Vibrant Display of Sliced Fresh Fruit and Berries, Freshly Brewed Regular and Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey \& Milk. Surcharge applies for any changes or substitutions.

## Português

Kale and Potato Soup vs gf
Flaked Cod Salad gf
Chickpeas, Peppers, Tomatoes, Celery, Sherry Vinaigrette

## Shredded Cabbage v gf

Red Bean, Quinoa, Olives, Feta, Tomatoes, Red Wine Dressing

## Red and Yellow Tomato and Onion Salad v

with Fresh Mint and Croutons
Churrasco-Style Piri Piri Chicken gf
Baked Whitefish gf
with Tomatoes, Lemon, Cumin, White Wine and Herbs

## Grilled Chorizo

with Onions, Peppers, Tomatoes and Red Wine

## Smoked Paprika Roasted Potatoes $\sqrt{8}$ gf

Zucchini, Eggplant, Red Peppers, White Onions vs gi in Olive Oil and Thyme, with Slivered Roasted Almonds

## Rice Pudding v ©f

with Cinnamon in Mason Jars
Portuguese Egg Tarts
Port Wine Crème Brûlée $\boldsymbol{v}$ gf

## Nuevo Latino <br> Tortilla Soup v <br> Cuban Green Salad $\sqrt{5}$ gf

Kale, Green and Snap Peas, Radish, Jicima, Hearts of Palm, Pumpkin Seeds, Cilantro, Lime Shallot Dressing

## Six Bean Salad vg gf

Chili Spiced Sweet Potato, Corn, Avocado Salad, Toasted Cumin Vinaigrette
Grilled Vegetable and Cheese Empanadas ${ }^{\text {v }}$
Chicken Mole gf
Baked Salmon gf
with a Pepita, Cilantro and Jalapeño Pesto
Grilled Flank Steak gf
Chimichurri Sauce
Black Bean Rice Vg gf
Roasted Zucchini, Onion, Poblano Pepper amd Corn vs gf with Cilantro

## Churros

with Salted Caramel Sauce
Dulce de Leche Cheesecake

## To Your Health

Roasted Cauliflower and Saffron Soup Ng gf

## 

Long Grain, Forbidden and Wild, Fennel, Red Onion, Peppers, Grapes and Sunflower Seeds, Tarragon Vinaigrette

Five Beans with Roasted Sweet Potatoes Ng gf
Marinated Tempeh, Alfalfa Sprouts, Lime Chipotle Dressing

## Watermelon and Radish Salad v3 gf

with Pickled Ginger Dressing
Baked Atlantic Salmon (gf
with Tomato Garlic and Caper Salsa
Roasted Herb Marinated Chicken
with Romesco Sauce (contains nuts)
Slow Roasted Ontario Striploin with Salsa Verde
Brown Rice Vegetarian Paella vs gf
Steamed Yellow Beans with Roasted Corn
Mango Mousse and Raspberry Shooters (gf
Assorted Individual Sorbet Cups Ng gf
Apple Crumble Squares

## Diruer

## BYO (Bowl Your Own)

Make Your Own Bowl:

## Protein gf

Moroccan Spice Chicken, Smoked Tofu, Sous Vide Cajun Flank Steak, Lemon Pepper Shrimp

## Grains vs

Brown Rice, Ontario Barley

## Vegetables and Fruits 농

Spinach, Kale, Shredded Heirloom Carrots, Grape Tomatoes, Cucumbers, Green Onions, Shredded Apple

## Pulses $v$ g

Chick Peas, Black Lentils, Edamame

## Seeds Nㅗㅇ

Pumpkin Seeds, Radish Seedlings
Cheeses ${ }^{\text {gf }}$
Shredded Cheese, Crumbled Feta

## Dressings gf

Roasted Corn Salsa, Spicy Lemon Tahini, Avocado Buttermilk, Sherry Vinaigrette

## Watermelon Salad gf

Drizzled with Honey Cinnamon Yogurt

## Biscotti

Individual Frozen Yogurt Cups

[^2]

Coast to Coast
Quebec-Style Split Pea and Ham Soup (f)
Ontario Rainbow Beets and Edamame Salad v gf
with Fennel and Woolwich Goat Cheese, Niagara Red Wine Vinaigrette
Baby Kale and Heirloom Carrot $\sqrt{3}$ gf
Roasted Garlic, Sunflower Seeds, Maple Vinaigrette
Lentil and Purple Cabbage vg gf
with Arugula, Cranberries, Sunflower Seeds, Lemon Pepper Vinaigrette
Canadian Bacon Brined Cornmeal Crusted Pork Loin
Ontario Beef Short Ribs Braised gft
in Niagara Red Wine and Local Herbs
Cold Smoked Ontario Lake Trout gf
with Fresh Ontario Hot House Tomato Sauce
Whole Wheat Mac and Cheese v
with Ketchup
Maple Glazed Roasted Vegetables 농
Butter Tarts
East Coast Berry Grunt
with Maple Whipped Cream

## Nanaimo Bars

Meat and Potatoes<br>Italian Wedding Soup<br>IC Custom Romaine Salad<br>with Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded Parmesan, Roasted Garlic, Lemon Pepper Dressing<br>Shaved Cabbage and Brussels Sprouts 18 gf<br>with Ontario Soy Beans, Pumpkin Seeds and Craisins, Apple Cider Dressing<br>Orzo Salad v<br>Black Olives, Cucumbers, Peppers, Sundried Tomatoes, Feta, Basil Vinaigrette<br>Extremely Slow Roasted Ontario Striploin gf with Mushroom Sauce<br>Smoked Mustard Crusted Pork Loin<br>Korean-Style BBQ Chicken<br>Classic Whipped Potatoes v (g)<br>Roasted Zucchini 18 gf<br>with Tomatoes and Onions<br>Mini Carrot Caramel Stack<br>Mini Raspberry Blondie<br>Tiramisu Squares

## Craft Culinary

## Gocetails



THE INIERNATIONALCENTRE

## Gocetails

## BEVERAGE SERVICES

Our Executive Chef has worked carefully with our partners to offer a full array of selections to suit all palates and function types. Our "Award of Excellence" designated by the Wine Council of Ontario amplifies our on-going commitment to sustainability. In continuing with our mandate, we have selected a vast array of Award-Winning options from local regions.

## WHITE WINES / 45

Sauvignon Blanc
Jackson Triggs Select, 2017, VQA, Niagara-on-the-Lake
Baron Philippe de Rothschild, Mapu, 2017, Chile

## Recommended Pairing with Sauvignon Blanc:

The herbaceous minerality of Sauvignon Blanc and the crisp citrus notes pair well with light, bright flavours. Try it with Ontario Lake Trout, Cumin Scented Zucchini, Chickpea, Tofu and Tempeh Cake or Seafood Minestrone.

## Chardonnay

Woodbridge by Robert Mondavi, Lightly Oaked, 2016
Napa Valley, California
Konzelmann Estate Winery Private Reserve, Unoaked, 2016
VQA, Niagara-on-the-Lake

## Recommended Food Pairing with Chardonnay:

More contemporary Chardonnays are slightly buttery with melon and peach flavours, with hints of tropical fruit and vanilla. Pairs well with Chicken Supreme, Five Bean Salad Baby Gem Lettuce or Roasted Pork Tenderloin.

## Pinot Grigio

Inniskillin, Select 2017, VQA, Niagara Peninsula

## Recommended Pairings with Pinot Grigio:

Medium-bodied with notes of stone fruit, sweet citrus and apple or pear. Pairs well with Mulligatawny Soup, Roasted Cauliflower Salad, and Cornish Hen.

Riesling
Inniskillin, Select 2016, VQA, Niagara-on-the-Lake

## Recommended Pairings with Riesling:

One of the greatest white grapes, fragrant, delicious and food-friendly, with a pleasing, cleansing acidity. Try it with Baby Arugula Salad, Seafood Minestrone, Ontario Lake Trout, Grilled Atlantic Salmon or Pork.

## RED WINES / 45

Cabernet Sauvignon and Blends
Pelee Island Cabernet, VQA, Ontario
Bricklayer’s Foundation, Cabernet - Merlot, 2017, VQA, Ontario
Inniskillin Select, Cabernet - Merlot, 2016
VQA, Niagara Peninsula
Jackson Triggs Select, Cabernet Franc - Cabernet Sauvignon, 2016 VQA, Niagara Peninsula

Recommended Food Pairing with Cabernet Sauvignon and
Blends: Cabernet Sauvignon is hearty and stands up to rich dishes, especially meat. Merlot adds some mocha, cherry and dark fruit flavours. Cabernet Franc adds some aromatics and softens the boldness of Cabernet Sauvignon. Try it with Grilled AAA Striploin, House-Smoked Ontario Omega-3 Pork Chop or Peppercorn Crusted Ontario Beef Tenderloin.

## Merlot

Baron Philippe de Rothschild, Mapu, 2015, Chile

## Recommended Food Pairing with Merlot:

Light to medium oak with notes of Black Cherry, Plum and Vanilla with a soft finish. Try it with Smoked King Cole Duck Breast, Vegetarian Shepherd's pie, or Braised Ontario Beef Short Ribs.

Pinot Noir
Inniskillin, Select 2016, VQA, Niagara Peninsula
Konzelmann Estate Winery, Lakefront Series, 2016
VQA, Niagara Peninsula

## Recommended Food Pairing with Pinot Noir:

Pinot Noir is known for flavours of ripe red berries, balanced by earthiness; think fresh mushrooms or being out in the forest. Quinoa Tabbouleh, Parsnip and White Bean Soup, Grilled Atlantic Salmon or Cornish Hen.

## Cocktails

## À LA CARTE BEVERAGE SERVICES

Host Bar Service
Premium Liquor / 8.25
Deluxe Liquor / 10.25
Domestic Beer / 7.75
Imported Beer / 8.75

## Draft Beer / Inquire

House Wine / 9.25
Deluxe Cooler / 9.75
Liqueurs / 9.75
Soft Drinks \& Juices / 4.75
Bottled Water / 4.75
Sparkling Water / 5.50
House Wine Bottle / 45
Specialty Martini or Cocktail / 13

De-Alcoholised Host Bar Selections
St. Regis Cabernet Sauvignon / 36
St. Regis Chardonnay / 36
Coors Edge / 9.50
Heineken 0.0 / 7

```
Cash Bar Service*
Premium Liquor / 11.25
Deluxe Liquor / 14
Domestic Beer / 10.50
Imported Beer / 11.75
Draft Beer / Inquire
House Wine / 12.50
Deluxe Cooler / 13.25
Liqueurs / 13.25
Soft Drinks & Juices / 6.50
Bottled Water / 6.50
Sparkling Water / 7.50
House Wine Bottle / 61
Specialty Martini or Cocktail / 17.50
Gourmet Punch Selection (20 Glasses)
Non-Alcoholic Sparkling Tropical Fruit Punch / 125
with Fresh Cut Fruit Medley
Tropical Fruit Rum Punch / 170
with Fresh Cut Fruit Medley
Sparkling Punch / 185
```



# Boosth Cospsitality 

## TRYING TO DRIVE TRAFFIC TO YOUR BOOTH?

We believe the best path to successful business is through the senses. We've created a worldly selection of choices to enhance your client's experience. Our Executive Chef brings some of the hottest culinary trends to your clients, one small bite at a time. Experience the culinary delights of some of the most decadent meals on the food scene but in cocktail friendly sizes, bursting with flavours perfect to draw in those crowds. Please consult your Events Manager for minimum space requirements.

## 3 Pieces per Person, Minimum 30 Guests

## Vegetarian / 13.50

Mini Blue Cheese Tarts with Dehydrated Grapes, Balsamic Glaze and Walnuts

## Korean Kimchi Wrap vs

Vegetable Temaki Rolls with Pickled Ginger vs gf
Three Cheese Empanadas
Mozzarella, Cheddar and Jack with Jalapeño

## Meat Lovers / 13.50

Mexican BBQ Pulled Chicken Sliders
Crispy Fried Chicken, Chili, Honey Glaze
Beef Slider with Blue Cheese, Caramelized Onions and Thyme Indian Spiced Beef Skewers

To Your Health / 13.50
Deconstructed Sustainable Albacore Tuna Sushi
served in a Shooter Glass (ff
Tandoori Chicken Skewers
Spicy Gazpacho and Shrimp Shooter
Beet Root and Hummus Tartare gf
with Green Olives and Capers

## Pub Grub / 13.50

Nathan's Cocktail Style Hot Dogs with Fixins'
Garlic Shrimp Spring Roll with Sweet Thai Sauce
Quebec Style Personal Sized Poutine
Modern Fish and Chips

## From the East / 13.50

Vegetable Samosa with Tamarind Chutney
Thai Shrimp with Lemongrass gf
Tuna Sashimi in a Soft Taco, Guacamole,
Lime, Smoked Paprika Sour Cream
Duck Spiedini with Orange Five Spice

Fiesta! / 13.50
Build Your Own Mini Nacho Station
Selection of Mini Empanadas
Beef with Onions, Olives and Raisins;
Portuguese Chorizo with Greens, Olives and Potatoes;
Curry Coconut Chicken;
Grilled Vegetable and Goat Cheese

## Sweet and Healthy(ish) / 13.50

Mini Fruit Salad with Goji Berries,
Hemp Seeds and Basil Honey Syrup vg (8f
Mini Strawberry Shortcake in Shooter Glasses
Vegan Brownie vs gf

## Sweet and Indulgent / 13.50

Banana Nutella S'mores Empanadas
Mini Mango Chocolate Cannoli
Super-Rich Flourless Chocolate Truffle Squares (gf
Cheesecake Shooters with Salted Caramel and Skor Bits

## The Barista Experience

Enjoy an upgrade to your standard coffee service with an array
of Espresso-based beverages from Lattes to Frothy Cappuccinos
670 / 4 Hours of Service or 100 cups
150 / Each Additional Hour of Service or 25 cups

## Premium Iced Tea Bar

Variety of Specialty Teas with Fruit Garnishes and Simple Syrup

## 225 / 50 cups 450 / 100 cups

## H2O Infusion

Revitalize with Local Fruit and Vegetable
infused Water from Cucumber to Oranges
62 / 50 glasses 124 / 100 glasses

## Craft

 ExpressTHE INIERNATIONALCENTRE

$\mathbf{W W N 6 W 6 W K}$ oklyn
ni Press
-style gourmet is with the most ingredients fresh ofore your eyes.


## GREAT EVENTS DESERVE GREAT FOOD

And no one does it better than our on-site team. Our retail brigade has created a variety of show-stopping food options that are sure to enhance your next event. Upgrade your experience by adding fresh global flavours to your event with a variety of renowned branded options. Prepared and serviced fully on-site in one of our permanent or mobile locations; choose from an array of enhancements from modern eateries to Asian Kitchen Delights or Beer and Wine Gardens.
Consult your dedicated Events Manager to design the right fit for your show and take advantage of our award-winning cuisine and on-premise consultation. Here are some suggestions for your event:

THE INTERNATIONAL CENTRE CONCEPT BRANDS



OUR PARTNER BRANDS


CATERING SERVICE SCHEDULE
Email completed form to boothservices@internationalcentre.com or fax to 905.678.4681

## Morning Delivery

Time
Item
Quantity
$\qquad$
$\qquad$

Midday Delivery
Time Item Quantity
$\qquad$
$\qquad$

## Afternoon Delivery

Time Item Quantity

## Special Requirements (please print)

## EXHIBITOR INFORMATION

| Event / Show Name: | Event / Show Date: |
| :---: | :---: |
| Booth Number(s): | Booth Size(s): |
| Contact Name: | Company Name: |
| Telephone Number: | Mobile Number: |
| Email Address: |  |
| Address: |  |
| City / Province: | Country / Postal Code: |
| Onsite Contact Name: | Onsite Mobile Number: |
| Method of Payment (ple | Credit Card* |

## Jee Delwery

## CATERING SERVICE SCHEDULE

Email completed form to boothservices@internationalcentre.com or fax to 905.678.4681

## Morning Delivery

| Item | Price | Time | Quantity |
| :---: | :---: | :---: | :---: |
| Ice - 8lb Bag | \$8.00 per bag |  |  |
| Ice - 8lb Bag | \$8.00 per bag |  |  |

## Midday Delivery

| Item | Price | Time | Quantity |
| :---: | :---: | :---: | :---: |
| Ice - 8lb Bag | \$8.00 per bag |  |  |
| Ice - 8lb Bag | \$8.00 per bag |  |  |
| Afternoon Delivery |  |  |  |
| Item | Price | Time | Quantity |
| Ice - 8lb Bag | \$8.00 per bag |  |  |
| Ice - 8lb Bag | \$8.00 per bag |  |  |

## Special Requirements (please print)

## EXHIBITOR INFORMATION

| Event / Show Name: | Event / Show Date: |
| :---: | :---: |
| Booth Number(s): | Booth Size(s): |
| Contact Name: | Company Name: |
| Telephone Number: | Mobile Number: |
| Email Address: |  |
| Address: |  |
| City / Province: | Country / Postal Code: |
| Onsite Contact Name: | Onsite Mobile Number: |
| Method of Payment (pl | Credit Card* |

FOOD \& BEVERAGE CONDITIONS The International Centre holds the exclusive food and beverage production and distribution rights within its facility. Show exhibitors and/or any authorized sponsors or corporations are permitted to distribute food and beverage samples only with approved written consent from The International Centre. The International Centre holds all final rights to halt or deny any and all request for $\mathrm{F} \mathrm{\& B}$ and/or distribution. PAYMENT POLICY All catering payments are to be settled via cash, cheque or credit card. *Credit card payments exceeding $\$ 5,000$ require prior approval from The International Centre. All orders are to be prepaid no later than one (1) week prior to the first show date. ORDERING AND GUARANTEES Requests for all booth hospitality is required no later than ten (10) business days prior to the first listed day of service. Last minute orders/requests may be subject to additional surcharges and The International Centre cannot guarantee the availability of all items listed.

Be sure to inquire about in-booth hospitality hosting services and menu customization. Prices subject to applicable tax and a 20\% Facility Fee. Prices subject to change without notice.


[^0]:    ${ }^{1}$ Presenteeism According to Healthy Behaviours, Physical Health, and Work Environment. Ray M Merrill, Steven G Aldana, James E Pope et al. Population Health Management 2012:15:293-301.
    http://online.liebertpub.com/doi/pdfplus/10.1089/pop.2012.0003

[^1]:    (Image)
    Mixed Berry Terrine, Blueberry Gelée, White Chocolate Shavings and Molten Chocolate Bomb, Passion Fruit Coulis
    Page 19 of the Menu

[^2]:    (Image)
    BYO (Bowl Your Own) Customize Your Own with a Selection of Proteins, Healthy Grains, Vegetables, Fruits, Pulses, Seeds \& Cheeses Also on Page 24 of the Menu

