

The Gool Pursuit 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."

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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

Uhat's Gooking?

NUTRITION	4
CORPORATE SOCIAL RESPONSIBILITY	5
PLANNING YOUR EVENT	6
BREAKFAST MENU	8
BREAK MENU	12
LIQUID NON-ALCOHOLIC BEVERAGES	16
LUNCH MENU	18
STATIONS RECEPTION ITEMS	26
PASSED RECEPTION ITEMS	31
DINNER MENU	34
COCKTAILS ALCOHOLIC BEVERAGES	40
ON THE GO RETAIL	43
BOOTH HOSPITALITY EXHIBITOR	45



Mini Cast Iron Baked

Cinnamon Buns with Maple Crunch Ice Cream and Berry Salad
Page 36 of the Menu

Unlock the Power 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. 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™, 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™

Nutrition for NON-Nutritionists[™] 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.

Nutrition for NON–Nutritionists

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

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



Thinking Global. Acting 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.

Local produce and ingredients may be subject to availability. 2019–2020 The International Centre Event Catering Menu. Prices subject to change without notice. Tax and Facility Fee not included.

Planning your Event

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.



gf Gluten-Free



Vegetarian



vg Vegan



hw Health & Wellness



By the Dozen

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







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

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





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

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

Buckwheat Pancakes / 8.75

Served with Warm Fruit Compote, Maple Syrup and Butter

Hot Steelcut Oatmeal / 5.25

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

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



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 👽 🔞

Half Grapefruit with Raw Sugar / 4.25
Brûlée Style or Naked





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 😨 🐒

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

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

Feel-Good / 14

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

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

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 🕡

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

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

Fruit n' Cheese / 16

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

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

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

Dip Your Chip / 12

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

Design Your Own Trail Mix / 12.50

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





BREAK ENHANCEMENTS

BAKERY

Mini Whole Wheat Bagels with Cream Cheese and Jam / 42 @ V

Freshly Baked Assorted Gourmet Muffins / 47 @ V

Assorted Pâtisserie Danishes / 47 @ 🕡

French Style Butter Croissants / 47 @ v

Decadent Chocolate Croissants / 49 dz v

Assorted Mini Canadian Style Donut Treats / 38 @ V

Gourmet Novelty Cupcakes / 49 @ V

Selection of Breakfast Breads / 40 1 Blueberry, Lemon Cranberry,
Baked Apple Oatmeal, Banana

Traditional Assorted Savoury and Fruit Scones / 43 @ V

Decadent Dessert Squares and
Chocolate Fudge Brownies / 40 @ V

Assorted Mini French Pastries / 54 d v Éclairs, Mocha Mirror, Pistachio Daquoise, Raspberry Delice, Orange Cointreau Slice

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

Selection of Strudels and Turnovers / 39 (2) V
Blueberry, Apple, Strawberry, Cheese

Variety of Chocolate Truffles / 55 @ V

FRESH

Farm Fresh Hard Boiled Eggs / 30 @ w 👽 🥑

Fresh Fruit Kebobs with Ontario Wildflower Honey and Yogurt Dip / **6.50 v g**

Array of Fresh Whole Fruits / 3.50 🔞 😨 🐒

Sliced Fresh Fruit with Berries / 7.50 🐿 😨 🐒

Chocolate Dipped Strawberries / 50 @ v

INDIVIDUALLY PACKAGED

Assorted Candy and Chocolate Bars / 3.50 v

Mixed Nuts / 6.50 vg gf

Dried Fruits / 5.75 🔞 🐒

Ontario Apple Chips / 4.75 🔞 🗊

Ontario Popcorn / 3.75 👽 🔞

Individual Bags of Chips and Pretzels / 3.50 🔻

Assorted Artisan Granola Bars / 5 🕡

COLD

Individual Yogurt / 4 🔻 📢

Individual Yogurt Drink / 4.75 👽

Ice Cream Novelties / 5

Frozen Yogurt Bars / 4.50

Toronto's Own Gelato Fresco Tubes / 4.75

Homemade Fruit Smoothies / 7 (g) gf

Dairy-Free Happy Planet Individual Smoothies / **7.50 (g)** Extreme Green, Extreme Energy,
Mango and Passion Fruit

GLUTEN-FREE

Assorted Mini Muffins / 50 @ V

Assorted Fruit Turnovers / 48 d2 V

Cookies / 48 d2 👽

Granola Bars / 6

Cupcakes / 55 d2 V

Breakfast Breads / 47 @ V





Freshly Brewed Regular and Decaffeinated Lavazza Coffee

47/ 10 cups **235** / 50 cups **470** / 100 cups

Variety of Specialty Teas

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

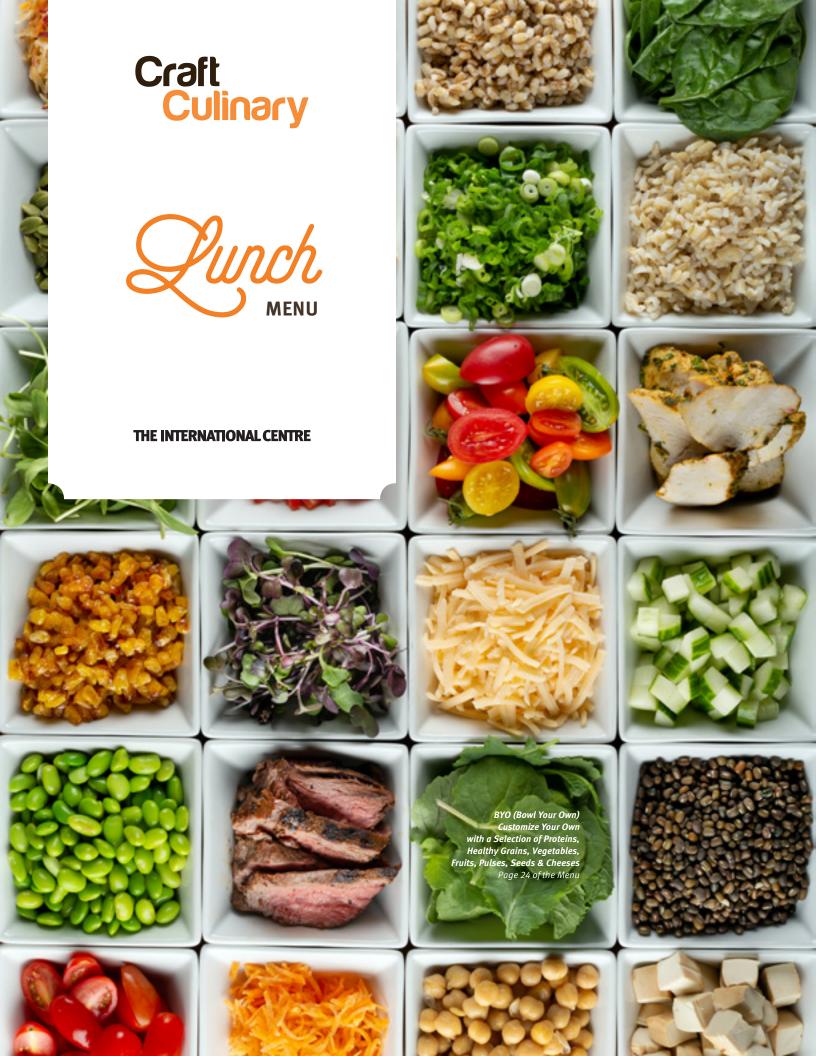
Coconut Water / 7

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 w 😨 🗊

Vegetarian Indian Spiced Lentil Soup

Leek and Potato ®

with Double Smoked Bacon

Parsnip and White Bean Purée 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 (w) (g) Candycane Beets, Roasted Celeriac, Feta,

Smoked Honey Dijon Dressing

House Pickled Zucchini w

Baby Spinach, Pumpkin Seeds, Flax,

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

Roasted Cauliflower (m) (v) (g)
Broccoli, Sliced Hard Boiled Eggs, Slivered Almonds,
Baby Kale, Lemon Vinaigrette

Baby Kale, Lemon Vinaigrette

Grilled Vegetable Antipasti w O Grilled Asparagus, Peppers, Zucchini, Carrots, Bocconcini, Olives, Grissini, Basil Purée, Balsamic Reduction, Micro Sprouts

Quinoa Tabbouleh

Cucumbers Tomatoes Green Onions Raby Loaf Lettuce

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 📾 🐒

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

Grilled Ontario AAA Sirloin / 52 @

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

Grilled Atlantic Salmon Fillet / 52.50

Herb and Parmesan Barley Risotto, Garlic Broccoli, Roasted Garlic White Wine Cream Sauce

House-Smoked Ontario Omega-3 Pork Chop / 51.50 🔞

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

Vegetarian Entrée Options:

with Wilted Kale and Smoked Tomato Sauce

Vegan Shepherd's Pie 🕫 🗊

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

Oreo Cheesecake, Chocolate Fudge Base

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 w vg gi

Vegetarian Indian Spiced Lentil Soup

Leek and Potato ®

with Double Smoked Bacon

Parsnip and White Bean Purée 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 👽 瞰

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

Organic Greens 🕫 🜖

with Chef's Array of Dressings

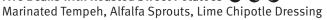
Barley Salad 🕟 😨

with Dried Apricots, Cranberries and Pecans, Orange Balsamic Dressing

Three Rice Salad 🕟 🕫 🥑

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

Five Beans with Roasted Sweet Potatoes 🐯 🔞



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 vs

Greens, Chickpea Fritter, Beet Hummus in a Spinach Wrap



Pizzas

Bruschetta Pizza

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

Verde with Grilled Eggplant

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 🐒

Rocky Road Squares @

Brownie Squares 😨 🐒

Peanut Butter Torte 😨 🗊

White Chocolate Cheesecake @

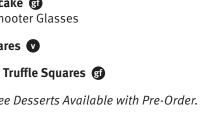
with Fresh Berries in Shooter Glasses

Mini Apple Crumble Squares

O

Mini Flourless Chocolate Truffle Squares

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





Mixed Berry Terrine, Blueberry Gelée, White Chocolate Shavings and Molten Chocolate Bomb, Passion Fruit Coulis Page 19 of the Menu







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 🔞 🗊



Flaked Cod Salad @

Chickpeas, Peppers, Tomatoes, Celery, Sherry Vinaigrette

Shredded Cabbage @

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

Churrasco-Style Piri Piri Chicken @

Baked Whitefish @

with Tomatoes, Lemon, Cumin, White Wine and Herbs

Smoked Paprika Roasted Potatoes 😨 🗊



Zucchini, Eggplant, Red Peppers, White Onions 😨 🗊

in Olive Oil and Thyme, with Slivered Roasted Almonds

Rice Pudding **v g**

with Cinnamon in Mason Jars

Portuguese Egg Tarts

Nuevo Latino

Cuban Green Salad 😨 🗊

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

Grilled Vegetable and Cheese Empanadas

Chicken Mole @

Baked Salmon @

with a Pepita, Cilantro and Jalapeño Pesto

Black Bean Rice 😨 🗊

Roasted Zucchini, Onion, Poblano Pepper and Corn 😨 🗊

with Cilantro

Churros

with Salted Caramel Sauce

Dulce de Leche Cheesecake

To Your Health III



Three Rice Salad (g) (g)

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

Five Beans with Roasted Sweet Potatoes (g) (g)

Marinated Tempeh, Sprouts, Lime Chipotle Dressing

Baked Atlantic Salmon @

with Tomato Garlic and Caper Salsa

Roasted Herb Marinated Chicken

with Romesco Sauce (contains nuts)

Brown Rice Vegetarian Paella vg gf

Steamed Yellow Beans (9) (9)

with Roasted Corn

Assorted Individual Sorbet Cups 🔞 🗊

BYO (Bowl Your Own)

Make Your Own Bowl:

Protein VB

Moroccan Spice Chicken, Smoked Tofu, Sous Vide Cajun Flank Steak

Grains VB

Brown Rice, Ontario Barley

Vegetables and Fruits 😨 🐒

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

Pulses vg gi

Chick Peas, Black Lentils, Edamame

Seeds vg gi

Pumpkin Seeds, Radish Seedlings

Cheeses @

Shredded Cheese, Crumbled Feta

Dressings @

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

Watermelon Salad @

Drizzled with Honey Cinnamon Yogurt

Biscotti



Coast to Coast

Quebec-Style Split Pea and Ham Soup

Ontario Rainbow Beets and Edamame Salad with Fennel and Woolwich Goat Cheese,
Niagara Red Wine Vinaigrette

Baby Kale and Heirloom Carrot ® ® Roasted Garlic, Sunflower Seeds, Maple Vinaigrette

Canadian Bacon Brined Cornmeal Crusted Pork Loin

Ontario Beef Short Ribs 🔞

Braised in Niagara Red Wine and Local Herbs

Whole Wheat Mac and Cheese with Ketchup

Maple Glazed Roasted Vegetables 🔞 🐒

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 (3) with Ontario Soy Beans, Pumpkin Seeds and Craisins, Apple Cider Dressing

Extremely Slow Roasted Ontario Striploin ® with Mushroom Sauce

Smoked Mustard Crusted Pork Loin

Mini Carrot Caramel Stack

Mini Raspberry Blondie



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 👽 🖪

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

Fruit n' Cheese / 16

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

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*





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







RECEPTION MENU



Assortment of
Seared Albacore Tuna;
Mini Blue Cheese Tarts with
Dehydrated Grapes; Smoked
Paprika Shrimp Salad in
Naiveté Buns; Ham, Asparagus
& Mushroom Palmiers;
East Coast Lobster Roll
Page 32 of the Menu



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 **h**



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

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

Vegetable Temaki Rolls with Pickled Ginger 😨 🥑

Grilled Vegetable and Goat Cheese Skewer 🗊

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 @

Curry Coconut Chicken Empanadas

Turkey Slider with Swiss Cheese, Pickled Red Onions, Grainy Mustard and Mayonnaise;

Seafood

Thai Shrimp with Lemongrass @

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 &

Grilled Vegetable and Goat Cheese Empanadas 👽

Three Cheese Empanadas (Mozzarella, Cheddar and Jack with Jalapeño) 🕡

Vegetarian "Pulled Pork" Slider with BBQ Sauce V



SWEET

SWEET COUTURE / 55 @

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





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

Garnished with Truffle Oil and Chives

Mulligatawny (w g g)

Vegetarian Indian Spiced Lentil Soup

Parsnip and White Bean Purée @

with Sage and Crispy Proscuitto

Seafood Minestrone (m) (g)

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

Ontario Lamb and Wild Rice 📾 🔞

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 🕟 👽 🔞





Candycane Beets, Roasted Celeriac, Feta, Smoked Honey Dijon Dressing

House Pickled Zucchini (10) VS (13)

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

Roasted Cauliflower w 👽 🐒



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

Grilled Vegetable Antipasti 👽 📾



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

Quinoa Tabbouleh 🕡 📠



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 @



Compressed Watermelon, Frisée, Hazelnuts and Vin Cotto

+ 3 Surcharge



HAND-CRAFTED PROTEIN ENTRÉES

Select one (1) Entrée:

Cornish Hen / 73.50 m

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

Creamy Roasted Garlic Mash, Broccolini, Charred Grape Tomatoes, Leek Chimichurri

8oz AAA Manhattan-Cut Striploin / 76.50 3

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 @

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 🕟 😨 🚮

Chickpea, Tofu and Tempeh Cake

with Wilted Kale and Smoked Tomato Sauce

Vegan Shepherd's Pie 🕅 😨 🚮

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 🔞 🗊



Flaked Cod Salad @

Chickpeas, Peppers, Tomatoes, Celery, Sherry Vinaigrette

Shredded Cabbage V g

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

Red and Yellow Tomato and Onion Salad

with Fresh Mint and Croutons

Churrasco-Style Piri Piri Chicken @

Baked Whitefish @

with Tomatoes, Lemon, Cumin, White Wine and Herbs

Grilled Chorizo

with Onions, Peppers, Tomatoes and Red Wine

Smoked Paprika Roasted Potatoes 🔞 🗊

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

Rice Pudding 🕡 🐒

with Cinnamon in Mason Jars

Port Wine Crème Brûlée 🕡 🔞

Nuevo Latino

Tortilla Soup

Cuban Green Salad 😨 🚮

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

Chicken Mole @

with a Pepita, Cilantro and Jalapeño Pesto

Grilled Flank Steak (g)

Chimichurri Sauce

Black Bean Rice 🔞 🐒

Roasted Zucchini, Onion, Poblano Pepper amd Corn 😨 🗊 with Cilantro

Churros

with Salted Caramel Sauce

Dulce de Leche Cheesecake

To Your Health hw

Roasted Cauliflower and Saffron Soup (9)

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

Five Beans with Roasted Sweet Potatoes vs gi

Marinated Tempeh, Alfalfa Sprouts, Lime Chipotle Dressing

Watermelon and Radish Salad 🔞 🗊

with Pickled Ginger Dressing

Baked Atlantic Salmon @

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 😨 🗊

Steamed Yellow Beans with Roasted Corn

Mango Mousse and Raspberry Shooters

Assorted Individual Sorbet Cups @ @

Apple Crumble Squares



BYO (Bowl Your Own)

Make Your Own Bowl:

Protein @

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

Grains VB

Brown Rice, Ontario Barley

Vegetables and Fruits (g)

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

Pulses vg gf

Chick Peas, Black Lentils, Edamame

Seeds vg gf

Pumpkin Seeds, Radish Seedlings

Cheeses @

Shredded Cheese, Crumbled Feta

Dressings @

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

Watermelon Salad @

Drizzled with Honey Cinnamon Yogurt

Biscotti

Individual Frozen Yogurt Cups



(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



Coast to Coast

Quebec-Style Split Pea and Ham Soup

Ontario Rainbow Beets and Edamame Salad with Fennel and Woolwich Goat Cheese,
Niagara Red Wine Vinaigrette

Baby Kale and Heirloom Carrot ® ®

Roasted Garlic, Sunflower Seeds, Maple Vinaigrette

Canadian Bacon Brined Cornmeal Crusted Pork Loin

Ontario Beef Short Ribs Braised gi in Niagara Red Wine and Local Herbs

Cold Smoked Ontario Lake Trout with Fresh Ontario Hot House Tomato Sauce

Whole Wheat Mac and Cheese with Ketchup

Maple Glazed Roasted Vegetables 🔞 🗊

Butter Tarts

East Coast Berry Grunt with Maple Whipped Cream

Nanaimo Bars

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 (3) with Ontario Soy Beans, Pumpkin Seeds and Craisins, Apple Cider Dressing

Orzo Salad 🕡

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

Extremely Slow Roasted Ontario Striploin @ with Mushroom Sauce

Smoked Mustard Crusted Pork Loin

Korean-Style BBQ Chicken

Roasted Zucchini (8)

with Tomatoes and Onions

Mini Carrot Caramel Stack

Mini Raspberry Blondie

Tiramisu Squares





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.



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





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
Vegetable Temaki Rolls with Pickled Ginger
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 Tandoori Chicken Skewers Spicy Gazpacho and Shrimp Shooter Beet Root and Hummus Tartare 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 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 (§) Mini Strawberry Shortcake in Shooter Glasses Vegan Brownie (§)

Sweet and Indulgent / 13.50

Banana Nutella S'mores Empanadas Mini Mango Chocolate Cannoli Super-Rich Flourless Chocolate Truffle Squares 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

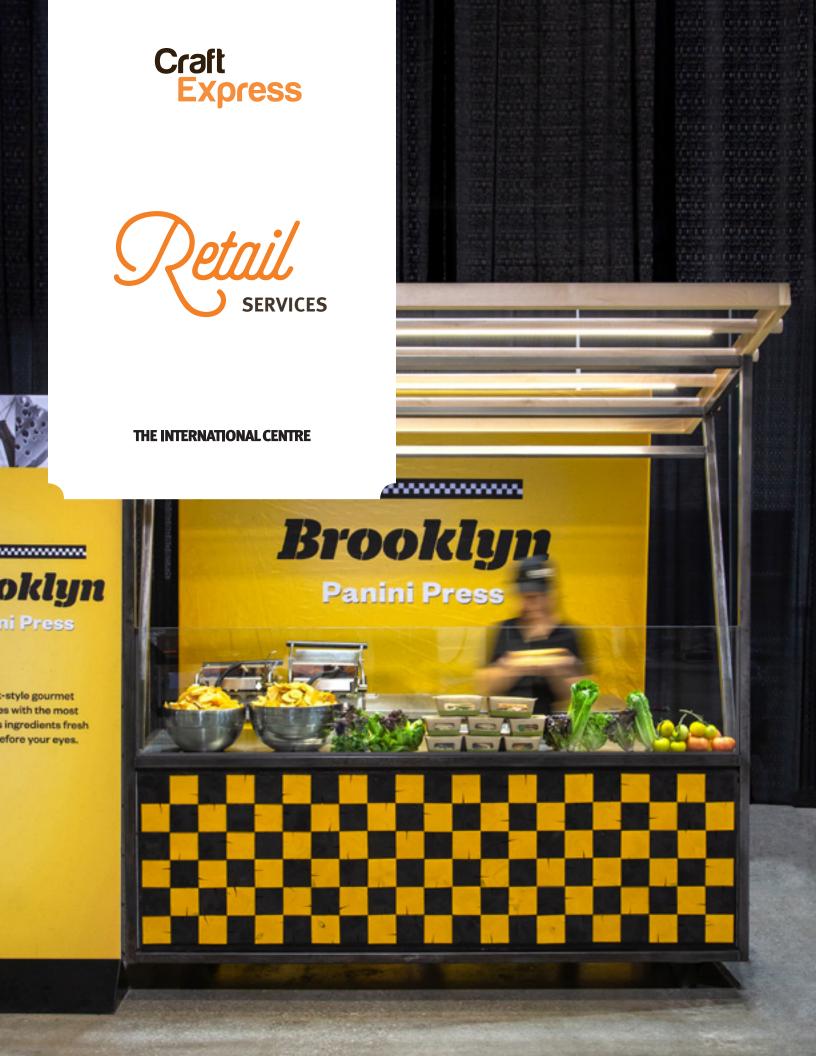
225 / 50 cups

450 / 100 cups

H20 Infusion

Revitalize with Local Fruit and Vegetable infused Water from Cucumber to Oranges

62 / 50 glasses **124** / 100 glasses





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

Craft Express









OUR PARTNER BRANDS























ORDER FORM



CATERING SERVICE SCHEDULE

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

Morning Delivery		
Time	Item	Quantity
Midday Delivery Time	Item	Quantity
Time	item	Quantity
	•••••	
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:	Compa	ny Name:
Telephone Number:	Mobile	Number:
Email Address:		
Address:		
City / Province:	Countr	y / Postal Code:
Onsite Contact Name:	Onsite	Mobile Number:
Method of Payment (please select one)	h 🗖 Cheque 🗖 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 F&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.





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 (pl	ease print)			
EXHIBITOR INFOR	MATION			
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 (please	e select one) 🗖 Cash 🗖 Chequ	e 🖵 Credit Card*		

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