



Breakfast Menu

2011

Continental Breakfast

Assorted Cereals with milk

Croissants ~ choose your flavour of Regular (plain), Almond, Cheese or Chocolate

Savoury Croissants ~ Broccoli & Cheese or Spinach & Feta

Bagels ~ choose your flavour of Sesame, Whole-wheat, Blueberry, Cinnamon Raisin, Poppy Seed, Russian Rye, Marble

Danish Pastry ~ choose your flavour of Apple, Apricot, Blueberry, Cherry, Cheese, Pear, Strawberry Cream, Blueberry Cream, Cinnamon, Poppy, Chocolate Cheese, Cranberry & Lemon

Assorted Fruit Loaf ~ choose your flavour of Banana, Carrot, Cranberry, Lemon, Apple Cinnamon & Zucchini

Miniature Muffins ~ choose your flavour of Banana, Blueberry, Carrot, Chocolate Chip, Lemon, Cranberry, Lemon Poppy Seed, Dark Bran & Dark Raisin Bran

Fruit Filled Turnovers ~ choose your flavour of Apple, Blueberry & Cherry

Donuts ~ Various styles & flavours

Chelsea Buns

Fruit Yogurt ~ Assorted flavours

“Hot” Style Breakfast

Frittata ~ oven baked omelette with your choice of: mushrooms & bell pepper OR zucchini & red onion

Breakfast Sausage ~ oven roasted pork sausage

Canadian Bacon ~ Strip breakfast bacon

Peameal Bacon ~ Sliced corn crusted pork loin

Home Fries ~ caramelized spanish onion & yukon gold potatoes

French Toast ~ with cinnamon & powdered sugar

Omelette Bar

φ Omelettes made to order with an assortment of fresh vegetable accompaniments and garnish φ

Breakfast OMELETTE BAR serving: omelettes, scrambled, poached, easy over eggs...

Mushroom φ Peppers φ Zucchini φ Green Onion

Diced Tomato φ Diced Ham φ Shredded Cheese

Snow Peas φ Chives

Condiments

Cream Cheese, Cheese Slices, Maple Syrup, Ketchup, Buttercups, Assorted Jam, Peanut Butter and Honey

Assorted Beverages

Freshly Squeezed Juice ~ your choice of Orange, Apple, Grapefruit, Fruit Punch & Grape

Fruit Punch ~ home-made blend of natural fruit purees

Coffee & Tea Service ~ includes fresh brewed coffee, flavoured herbal teas, cream, milk, sugar, raw sugar & low calorie sweetener

Espresso, Cappuccino & Latte Bar ~ Includes homogenized, low fat, and skim Milk with Chocolate, Cinnamon

Milk ~ Natrel Lactose free, Skim, 2 %, Homogenized & Chocolate

Hot Chocolate & Hot Apple Cider