

**THE INTERNATIONAL CENTRE**

*Exhibitor  
Menu*



*Baby Gem Lettuce,  
House-Pickled Shrimps,  
Black Pepper Cracker,  
Horseradish Tomato Vinaigrette*

# MENU

# Breakfast

## BREAKFAST BUFFET

### Breakfast Sandwich / \$10.50 per Serving

Farm Fresh Eggs, Ontario Cheddar Cheese and Peameal Bacon *or* Turkey Bacon. Served on a Toasted English Muffin

### Breakfast Energy Box / \$17.00 per Box

Coconut Chia Pudding with Slivered Almonds and Fresh Berries, Whole Fresh Fruit, and an Individual Granola Bar

### Open Faced Bagel / \$16.00 per Serving

*(Minimum order of 10 pieces per item)*

Freshly Baked 4 Inch Bagel. Select From The Following Items:

**Lox** - Smoked Salmon, Cream Cheese, Sriracha Aioli, Capers, Pickled Red Onions, and Scallions. Served on an Everything Bagel

**Avocado** - House Made Pickled Red Onion, Scallions, Chili Flakes, Watermelon Radish, Sea Salt, Cracked Peppercorn and Olive Oil

**Tuna** - Oven Dried Grape Tomato, Tuna Salad, Pickled Red Onions, and Pea Sprouts

**Egg Salad** - Cumin Roasted Carrots and Pea Sprouts

## LIQUIDS

### Freshly Brewed Regular and Decaffeinated Coffee & Variety of Specialty Teas with Lemon, Honey, Milk and Cream

**\$5.50 per cup**

*(Minimum of 20 Guests)*

### The Barista Experience

Enjoy an upgrade to your break with an array of Espresso-based beverages from Lattes to Frothy Cappuccinos.

**\$740.00** / 4 Hours of Service or 100 Cups

**\$175.00** / Each Additional Hour of Service or 25 cups

### H2o Infusion

Revitalize with Local Fruit and Vegetables

Choice of: Cucumber and Mint *or* Berries and Stone Fruit *or* Citrus

**\$67.50** / Per 50 Glasses

### Variety of Canned Pepsi Soft Drinks / \$4.75

### Variety of Individual Tropicana 100% Fruit Juices / \$5.65

### Individually Bottled Water / \$4.95

### Domestic Sparkling Water / \$5.50

### Variety of Individually Bottled Juice Smoothies / \$7.70

# MENU

# Break

## THEMED BREAK

### **Fruit n' Cheese / \$420.00**

*Serves 20 People*

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

### **Corner Store Counter / \$16.00 per Person**

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

### **All About Cookies / \$15.75 per Person**

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

### **From The Fridge / \$18 per Person**

*Served Cold*

Selection of Focaccia Pizza: Tomato Bruschetta & Marinated Eggplant and Grilled Zucchini and Goat Cheese.

### **Fruit Platter / \$120.00**

*Serves 20 People*

Fresh Fruit Salad with Berries

### **Crudites Platter / \$150.00**

*Serves 30 People*

Selection of Fresh Vegetables and Dips

### **Antipasto Platter / \$200.00**

*Serves 30 People*

Selection of Marinated Mushrooms, Grilled Eggplant, Zucchini, Roasted Peppers, and Kalamata Olives

### **Charcuterie Board / \$450.00**

*Serves 30 People*

Assorted Italian Cured Meats, Canadian Cheeses, Fruits, and Crackers

## A LA CARTE

### **Spinach and Feta Cheese Lattice / \$9.00 per Serving**

Puff Pastry Lattice with Cage Free Eggs, Spinach, Feta Cheese, and Onions

### **Tomato and Olive Lattice / \$9.00 per Serving**

Puff Pastry Lattice with Cage Free Eggs, Tomatoes and Olives

### **Assortment of Dessert Squares / \$40.00 Per Dozen**

Raspberry Coconut, Lemon, Key Lime, and Pumpkin

### **Individually Wrapped Chocolate Chip or Oatmeal Raisin**

**Cookie / \$44.00 Per Dozen**

### **Freshly Baked Assorted 2.5 Inch Bagels / \$48.00 per Dozen**

Served with Cream Cheese

### **Freshly Baked Assorted Gourmet Muffin / \$52.00 per Dozen**

Banana, Lemon Cranberry, Chocolate Chunk and Carrot

### **Assorted Danish Pastry / \$52.00 per Dozen**

### **French Style Butter Croissant / \$52.00 per Dozen**

### **Decadent Chocolate Croissant / \$56.50 per Dozen**

### **Assorted Mini Canadian Style Donuts / \$44.00 per Dozen**

### **Selection of Mini Breakfast Loaves / \$48.00 per Dozen**

Banana, Lemon Cranberry, Chocolate Chunk and Carrot

### **Individual Yogurt / \$4.75**

### **Array of Fresh Whole Fruit / \$40.00 per Dozen**

### **Sliced Fresh Fruit with Berries / \$52.00 per 6 People**

### **Assorted Candy and Chocolate Bars/ \$3.75 Each**

### **Ontario Popcorn / \$4.00 Each**

### **Individual Bags of Popcorn and Chips / \$4.00 Each**

### **Assorted Granola Bars / \$5.75 Each**

# MENU *Lunch*

## BOXED LUNCH

### Choice of Sandwich or Wrap

Served with an Individual Bag of Lays Chips and Bottled Water

#### Montreal Smoked Meat Sandwich

Jack Cheese, Remoulade Sauce on a Light Rye Bun

#### Ham Sandwich

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

#### Smoked Turkey Sandwich

Arugula, Brie, Cranberry Relish on a Multigrain Bun

#### Fresh Vegetarian Sandwich

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

#### Grilled Chicken Wrap

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

#### Traditional Waldorf Tuna Wrap

Greens on a Sundried Tomato Wrap

#### Vegan Wrap

Greens, Chickpea Fritter, Beet Hummus in a Spinach Wrap

**\$38.00 per Box**

## STATIONARY PRESENTATION

### Assorted Sandwich Tray / \$140.00

*48 Pieces (Quarters)*

Selection of Albacore Tuna, Shaved Roast Beef, Ham and Cheese, Turkey, and Egg Salad

### Assorted Mini Wrap Platter / \$150.00

*48 Pieces (Quarters)*

Selection of Grilled Pesto Chicken, Teriyaki Beef, Grilled Vegetable with Hummus

### Organic Green Salad with Chef's Array of Dressings / \$125.00

*Serves 30 People*

### IC Romaine Salad / \$140.00

*Serves 30 People*

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

### Orzo Pasta Salad / \$140.00

*Serves 30 People*

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