

SandCastle Spring & Summer Conference Menu

Continental Breakfast (8am)

Orange, Apple & Cranberry Juice, Fruit Salad, Yoghurt, Baked Oatmeal, Toast, Tea & Coffee

Lunch Options (12pm)

*All lunch options include Coffee, Herbal Tea, Pop & light Chef's Dessert

Beef on a Bun, Potato Bake & Garden Salad

BBQ Cheese Burgers, Country Potato Salad, Veggie Platter, Lettuce, Tomatoes, Onions, & Pickles

Three Cheese Beef & Spinach Lasagne, Caesar Salad & Garlic Toast

Soup, Salad or Sandwich Buffet (choice of 2)

Soup: choose Creamy Cheddar Broccoli, Chunky Chicken Noodle or Chilled Avocado Cucumber

Sandwich Bar: Breads, Deli Meats, Cheese, Garnishes & Veggie Tray

Salad Bar: choose Chefs, Taco, or Chicken Caesar

Pizza (choice of 2)

Sicilian: Pesto, Sun-dried Tomato, Grilled chicken, Feta, Olives, Asiago Cheese

Italiano: Tomato Sauce, Spicy Italian Sausage, Pepperoni, Bell Peppers, Mushrooms

Traditional: Tomato sauce, Black Forest Ham, Sausage, Onions, Bell Peppers, Mushrooms

South-western: Salsa, Ground Beef, Monterey Jack & Cheddar cheese, Green Onions, Bell Peppers, Jalapenos

Vegetarian: Whole Wheat Crust, Tomato Sauce, Onions, Mushrooms, Bell Peppers, Pineapple, Tomatoes

Supper Options (6pm)

*All supper options will be served with chef's choice of starter salad, vegetable and dessert

Roast Hip of Bison with Caramelized Onion & Horseradish Mashed Potatoes and Yorkshire Pudding. (10 or more)

Creamy Lemon Chicken with Long Grain and Wild Rice Pilaf or Lemon Roast Potatoes

Mushroom Stuffed Pork Loin with Herb Roasted Potato Wedges.

Sirloin Steak with Mushrooms and Baked Potato

Home-style Ham served with Potato Bake or Cheesy Scalloped Potatoes.

Slow Roasted Prime Rib with Mashed Potatoes and Yorkshire Pudding. \$2 extra charge (10 or more)

Wild Salmon with Long Grain and Wild Rice Pilaf or Lemon Roast Potatoes

Deluxe Coffee Break (am)

Coffee, Herbal Tea & Fruit Juice, Assorted Quick Breads & Seasonal Fruit

Theme Coffee Break (pm)

Energizer Break: Granola & Fruit bars, fresh Fruit Kebobs, Flavoured Spring Water

Mouse Trap Break: Imported & Domestic Cheeses & Crackers, Coffee & Cranberry Juice

Beaching It: Ice Cream Bars & Jones soda

*Menu items may be subject to slight variation depending on availability.

**Menus are based on groups of 14 or less, additional items /choices may be added for larger groups at no additional charge

***All prices are per person unless stated otherwise, and are subject to a 15% service charge and applicable taxes. Revised 01.05.07