

THE FORT GARRY

HOTEL, SPA AND CONFERENCE CENTRE

BREAKS

A LA CARTE

- Regular & Decaffeinated Coffee + Assorted Teas **\$ 4.50**
 - Individual Cartons of Chocolate Milk **\$ 4**
 - Assorted Soft Drinks: **\$4**
 - Assorted Bottled Juices): **\$4**
 - Sparkling **OR** Still Water Individual Bottle **\$4**
 - Sparkling **OR** Still Water (1 litre bottle) **\$10**
 - *FGH Fresh Pressed Bottled Juices **\$12 ea.**
 - Orange
 - Cucumber, Mint, Spinach, Honey & Lime
 - Beet, Apple, Ginger
 - *FGH Bottled Smoothies **\$14 ea.**
 - Strawberry, Orange + Banana
 - Blueberry, Banana + Pomegranate Juice
 - Punch (*non-alcoholic*) **\$20 per litre**
- Oat, Flax, Fruit & Nut Bar **\$48/dozen**
 - Flax & Chia Seed Cookies **\$36/dozen**
 - Banana Loaf (sliced) **\$36/loaf**
 - Lemon Poppy Seed Loaf (sliced) **\$36/loaf**
 - Zucchini Loaf (sliced) **\$36/loaf**
 - Assorted Danish **\$48/dozen**
 - Buttered Croissants **\$48/dozen**
 - House-Baked Chocolate Chip Cookies **\$36/dozen**
 - House-Baked Oatmeal Raisin Cookies **\$36/dozen**
 - House-Baked Peanut Butter Cookies **\$36/dozen**
 - House-Baked Ginger Snaps **\$36/dozen**
 - House-Baked Italian Biscotti **\$36/dozen**
 - House-Baked Chocolate Brownies **\$36/dozen**
 - House-Baked Lemon Bars **\$36/dozen**
 - Fruit Yogurt (*individual*) **\$48/dozen**
 - Haagen-Dazs Vanilla Dark Bars **\$84/dozen**
 - Seasonal Fruit Platter **\$8/person**
 - Whole Fruit **\$4/person**

**MINIMUM OF 10 BOTTLED JUICES OR SMOOTHIES PER FLAVOUR SELECTION*

Prices are subject to PST, GST and 15% gratuity.
Prices are subject to change and are only guaranteed 60 days prior to a function.

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THEMED MORNING OR AFTERNOON BREAKS

MINIMUM OF 25 PEOPLE PER OPTION OR A SURCHARGE OF \$5/PERSON WILL APPLY

MANITOBA SOCIAL BREAK

\$22 PER GUEST

- Cubed Cheddar
- Gherkin Pickles
- Kielbasa
- House-made Sourdough Bread
- Mustard
- Individual Bags of Old Dutch Chips
- Assorted Soft Drinks
- Individual Bottles of Sparkling **OR** Still Water

ULTIMATE SNACK BREAK

\$18 PER GUEST

- Fresh popcorn popped on-site
- Individual Bags of Old Dutch Chips
- Individual Bags of M&Ms
- Mini-Reese Peanut Butter Cups
- Assorted Soft Drinks
- Sparkling **OR** Still Water Individual Bottle

CANDY STATION (based on 120 grams per person)

\$18 PER GUEST

- A variety of 8 candies
- Selection of Chilled Soda Pops

HEALTH BREAK

\$15 PER GUEST

- Fresh Fruit Kebab
- Flax & Chia Seed Cookies
- Hummus & Breadsticks
- Sparkling Water
- Regular + Decaffeinated Coffee + Assorted Teas

JUICE & SMOOTHIE BAR

\$15 PER GUEST

CHOICE OF 4 FGH FRESH BOTTLED JUICES OR SMOOTHIES:

JUICE:

- Orange
- Cucumber, Mint, Spinach, Honey & Lime
- Beet, Apple, Ginger

SMOOTHIE:

- Strawberry, Orange + Banana
- Blueberry, Banana + Pomegranate Juice

FRUIT & CHEESE BREAK

\$15 PER GUEST

- Chef's Choice of 3 Artisanal Cheeses with Lavash and Breadsticks
- Seasonal Fruit Platter
- Assorted Soft Drinks
- Individual Bottles of Sparkling **OR** Still Water

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