

Breaks

À LA CARTE

BEVERAGES

Regular & Decaffeinated Coffee + Assorted Teas
\$4.5/EACH

Chocolate Milk (Individual Cartons) **\$4/EACH**

Assorted Soft Drinks **\$4/EACH**

Assorted Bottled Juices **\$4/EACH**

Sparkling **OR** Still Water Individual Bottle **\$4/EACH**

Sparkling **OR** Still Water (1 litre bottle) **\$10/EACH**

*FGH Fresh Pressed Bottled Juices **\$12/EACH**

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

*FGH Bottled Smoothies **\$14/EACH**

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

Punch (non-alcoholic) **\$20/LITRE**

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

FOOD

Oat, Flax, Fruit & Nut Bar **\$48/DOZEN**

Flax & Chia Seed Cookies **\$36/DOZEN**

Banana Loaf (sliced) **\$36/DOZEN**

Lemon Poppy Seed Loaf (sliced) **\$36/DOZEN**

Zucchini Loaf (sliced) **\$36/DOZEN**

Assorted Danish **\$48/DOZEN**

Assorted Squares **\$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 Chocolate
Ice Cream Bars **\$84/DOZEN**

Ice Cream Cups **\$TBC/DOZEN**

Seasonal Fruit Platter **\$8/GUEST**

Seasonal Vegetable Platter **\$8/GUEST**

Whole Fruit **\$4/GUEST**

Prices are subject to PST, GST and 15% gratuity. Prices are subject to change and are only guaranteed 90 days prior to a function.

 Vegetarian with some modifications  Vegan with some modifications  Gluten-friendly – though may come into contact with traces of gluten.

Breaks

THEMED

MINIMUM OF 25 PEOPLE

MANITOBA SOCIAL BREAK \$22/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/GUEST

Fresh popcorn popped on-site
Individual Bags of Old Dutch Chips
Individual Bags of Candy
Mini-Reese Peanut Butter Cups
Assorted Soft Drinks
Individual Bottles of Sparkling OR Still Water

BALL PARK BREAK \$24/GUEST

Hot Dogs with Mustard, Relish, Ketchup,
Sliced Pickle, Sliced Tomato
Hot Buttered Popcorn
Pretzels + Shell-on Peanuts
Triple Chocolate Brownies
Assorted Soft Drinks

CANDY STATION \$18/GUEST

(based on 120 grams per person)

A Variety of 8 Candies
Selection of Chilled Jones Soda Pop

HEALTH BREAK \$15/GUEST

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

JUICE & SMOOTHIE BAR \$15/GUEST

CHOICE OF **FOUR** FRESH PRESSED 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/GUEST

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

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