

# Breakfast: Buffets

## CONTINENTAL BREAKFAST

MINIMUM OF 10 PEOPLE

### CONTINENTAL MENU **\$20/GUEST**

Banana, Bran, Flax & Nut Muffin  
 Butter Croissant  
 House-Made Date Scone  
 Butter and Individual Jars of Preserves  
 Bottled Orange Juice  
 Regular & Decaffeinated Coffee + Assorted Teas

### GLUTEN FREE OPTIONS

Coconut Blueberry Muffin  
 Oat, Flax, Fruit & Nut Bar

### FGH FRESH PRESSED BOTTLED JUICES **\$12/GUEST**

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

### CONTINENTAL ENHANCEMENT CHOICES




#### **\$4/GUEST**

Whole Fruit (Apple or Orange)  
 Nature's Farm™ Organic Boiled Eggs

#### **\$8/GUEST**

Bagelsmith Bagels, Whipped Cream Cheese and Nutella Spread  
 Smoked Salmon  
 Seasonal Fruit Platter  
 Yogurt + Fruit Parfait  
 Oatmeal with Whole Milk, Maple Syrup, Sundried Fruits, Roasted Seeds + Brown Sugar  
 House-Made Sourdough Pull-Apart Buns with Butter, Peanut Butter, Honey & Preserves  
 Chef's Choice of 3 Artisanal Cheeses with Lavosh and Breadsticks  
 FGH Salami Board – Ever Evolving Selection of Canadian Salami with Lavosh and Breadsticks

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.

# Breakfast: Buffets

## HOT BREAKFAST BUFFETS

MINIMUM OF 30 PEOPLE

### UP N' AT 'EM \$34/GUEST

Bottled Orange Juice\*  
 Regular & Decaffeinated Coffee + Assorted Teas  
 House-Made Sourdough Pull-Apart Buns  
 Butter and Individual Jars of Preserves  
 "Nature's Farm" Scrambled Eggs  
 OR Classic Eggs Benedict **Add \$5/GUEST**  
 Bacon or Breakfast Sausage  
 Pan Roasted Fingerling Potatoes or Braised Beans  
 Seasonal Fruit Platter

### PLOWMAN'S BREAKFAST \$40/GUEST




Bottled Orange Juice\*  
 Regular & Decaffeinated Coffee + Assorted Teas  
 House-Made Date Scones  
 Crème Fraîche, Butter, and Individual Jars of Preserves  
 House-Made Sourdough Pull-Apart Buns  
 Chef's Choice of 3 Artisanal Cheeses  
 with Lavosh and Breadsticks  
 Oatmeal with Whole Milk, Maple Syrup,  
 Sundried Fruits, Roasted Seeds + Brown Sugar  
 FGH Salami Board – Ever Evolving Selection  
 of Canadian Salami with Lavosh and Breadsticks  
 Pickled Vegetables  
 Devilled Eggs  
 Seasonal Fruit Platter

### THE FARMERS' BUFFET \$45/GUEST

Bottled Orange Juice\*  
 Regular & Decaffeinated Coffee + Assorted Teas  
 Basket of House-Made Baked Goods: Banana, Bran,  
 Flax & Nut Muffins, Butter Croissants, and Date Scones  
 House-Made Sourdough Pull-Apart Buns  
 Butter and Individual Jars of Preserves  
 "Nature's Farm" Scrambled Eggs  
 OR Classic Eggs Benedict **Add \$5/GUEST**  
 Bacon and Breakfast Sausage  
 Pan Roasted Fingerling Potatoes  
 Sautéed Mushrooms  
 Braised Beans  
 Roasted Tomato Halves  
 Seasonal Fruit Platter

\*Substitute for Freshly  
 Squeezed Orange Juice  
**\$6/GUEST**

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# Breakfast Buffet: Add-Ons

## CHEF ATTENDED STATIONS

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

### OMELET STATION \$20/GUEST

"Nature's Farm" Eggs

Fillings: Cheddar Cheese, Feta, Ham, Tomato, Spinach, Mushrooms, Sweet Peppers



### EGGS BENEDICT BAR \$20/GUEST

Poached "Nature's Farm" Eggs

Grilled House-Made English Muffin,

Sautéed Spinach, Grilled Back Bacon, Smoked Salmon

Classic Hollandaise Sauce



### SAVOURY CRÊPE STATION \$20/GUEST

Fillings: Cheddar Cheese, Feta, Ham, Tomato, Spinach, Mushrooms, Peppers

Fresh Herb Cream Sauce

Flour Crêpes

Spelt Crêpes



### BREAKFAST WRAP STATION \$20/GUEST

Warm Flour Tortillas

Crispy Corn Chips

Smashed Avocado, Sour Cream, Cheddar Cheese, Tomato Salsa, Scallions

"Nature's Farm" Scrambled Eggs

Chorizo Sausage with Sautéed Peppers & Onions

Chili Fried Fingerling Potatoes

\*Substitute for Freshly  
Squeezed Orange Juice  
**\$6/GUEST**

### ADD-ON OPTIONS \$8/GUEST

Bagelsmith Bagels,  
Whipped Cream Cheese  
and Nutella Spread

Seasonal Fruit Platter

Smoked Salmon




Yogurt + Fruit Parfait

Oatmeal with Whole Milk,  
Maple Syrup, Sundried Fruits,  
Roasted Seeds + Brown Sugar

Chef's Choice of 3 Artisanal  
Cheeses with Lavosh and  
Breadsticks

FGH Salami Board  
– Ever Evolving Selection  
of Canadian Salami with  
Lavosh and Breadsticks

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# Breakfast: Served

## SERVED HOT

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MINIMUM OF 10 PEOPLE

### UP AND AT 'EM \$28/GUEST

Orange Juice

Regular & Decaffeinated Coffee + Assorted Teas

House-Made Sourdough Pull-Apart Buns

Butter and Individual Jars of Preserves

"Nature's Farm" Scrambled Eggs OR Classic Eggs Benedict Add **\$5/GUEST**

Bacon or Breakfast Sausage

Pan Roasted Fingerling Potatoes

### ADD-ONS \$8/GUEST

Basket of House-Made Baked Goods: Banana, Bran, Flax & Nut Muffins, Butter Croissants, & Date Scones

Freshly Squeezed Orange Juice

Seasonal Fruit Platter

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### BENEDICT BREAKFAST \$34/GUEST

Orange Juice

Regular & Decaffeinated Coffee + Assorted Teas

Basket of House-Made Baked Goods: Banana, Bran, Flax & Nut Muffins, Butter Croissants, and Date Scones

Butter and Individual Jars of Preserves

Eggs Benedict: Poached "Nature's Farm" Eggs, Grilled Back Bacon\*, House-Made English Muffin, Classic Hollandaise Sauce

Pan Roasted Fingerling Potatoes

\*Vegetarian Option: Substitute Grilled Back Bacon for Grilled Tomato 


### ADD-ONS \$8/GUEST

Freshly Squeezed Orange Juice

Seasonal Fruit Platter

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# Breakfast: Served

## SERVED HOT (CONTINUED)

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MINIMUM OF 10 PEOPLE

### BREAKFAST TO-GO \$21/GUEST

Coconut Blueberry Gluten-Free Muffin

Banana, Bran, Flax & Nut Muffin

Cheese & Crackers

2 Boiled Eggs

Individual Fruit Flavoured Yogurt

Bottle of Water and Orange Juice

Apple

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### HOT BREAKFAST TO-GO \$24/GUEST MINIMUM 25 PEOPLE (AFTER 6:30AM)

Fresh Fruit Salad Cup

Individual Fruit Flavoured Yogurt

Bottled Water and Orange Juice



#### CHOICE OF:

Warm Breakfast Sandwich with Sausage, "Nature's Farm" Eggs and Cheese

Vegan Breakfast Wrap with Tofu, Roasted Mushrooms, Grilled Peppers, and Onions

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