



MENU OPTIONS

Please note that all meals are served buffet style. You choose one main item (for the whole group) from each category per meal.

BREAKFAST OPTIONS:

All breakfast options include:

- Coffee/Tea station
- Toast station with a selection of jams, butter and peanut butter
- Fresh Fruit Bowl

Plus choose one of the following:

1. Hard-boiled eggs and Oatmeal served with brown sugar, maple syrup, milk or almond milk.
You choose one oatmeal flavor:
 - a. Apple, cinnamon and raisin
 - b. Mixed berries
 - c. Coconut, walnut and bananas
2. Baked Frittata made with eggs, pan-fried potatoes, braised onions, spinach and cheese
3. French toast served with house made fruit compote and whipped cream
4. Buttermilk Pancakes served with butter and maple syrup. You choose one pancake flavor:
 - a. Banana Walnut
 - b. Blueberry
 - c. Traditional with fruit compote

LUNCH OPTIONS:

Choose either a soup or a salad:

SOUPS:

1. Roasted Tomato and Basil
2. Carrot Ginger
3. Curried Yam and Carrot
4. Corn and Potato Chowder
5. Thai Noodle
6. Curried Lentil Lime
7. Minestrone

SALADS:

8. Springbrooke House Greens with Fennel, Cranberries, Pumpkin Seeds and Feta
9. Caesar Salad with our House Made Croutons and Dairy Free Dressing
10. Greek Salad with Romaine Lettuce, Cucumber, Red Onion, Peppers, Cherry Tomatoes,
11. Feta, Kalamata Olives, served with our House Made Dressing
12. Dairy Free Creamy Potato Salad
13. Kale and Cabbage Slaw made with Cranberries, Pumpkin Seeds and Cucumber served with our Dairy Free House Made Dressing

Choose one lunch main item:

LUNCH MAINS:

1. Baked Macaroni and cheese just like Mom Made
2. Burger Bar served with all the traditional fixings. Your choice of beef or turkey burgers. (Vegetarian option: Veggie burgers)
3. Sandwich Bar: A selection of bakery style breads, deli meats, egg and tuna salad
4. Salad Bar: Includes Fresh Greens; Quinoa and Spinach Salad; Roasted Cauliflower and Roasted Chickpeas; a selection of toppings including cucumber, tomatoes, cheeses, seeds, cranberries; a selection of House Made dressings
5. Mexican Tacos - your choice of beef, turkey or chicken. Served with lettuce, black beans, guacamole, salsa, sour cream and shredded cheese. (Vegetarian option: Ground tofu mince)
6. Traditional Chili served with shredded cheese, sour cream and warm corn bread (Vegetarian option: Veggie bean chili)

DINNER OPTIONS:

Choose either a soup or a salad from the lunch list above, plus choose one dinner main item, a side and a dessert:

SEASONAL DINNER MAINS:

Spring and Summer: May thru to end of September

1. Grilled Salmon marinated in fresh herbs and lemon (Vegetarian Option: Marinated grilled tofu)
2. Grilled Greek Style Chicken served with pita and House Made Tzatziki (Vegetarian Option: Greek style tofu)
3. Burger Bar served with the traditional fixings and potato chips. Your choice of Beef or Chicken (Vegetarian Option: Veggie burgers)
4. Fish Tacos, your choice of Cajun or lemon with house made chipotle sauce and chef's special coleslaw (Vegetarian Option: Grilled portobello mushrooms)
5. Grilled pork tenderloin marinated in a balsamic, maple sauce (Vegetarian Option: Mushroom nut loaf)

Fall and Winter: October thru to end of April

1. Baked Lasagna. Your choice of:
 - a. Beef with Marinara Sauce
 - b. Roasted Veggie and Spinach with Marinara Sauce
 - c. Chicken and Mushroom in a Creamy White Sauce
2. Traditional Chili served with shredded cheese, sour cream and warm corn bread (Veggie Option: Vegetarian bean chili)
3. Thai chicken with lemon grass (Vegetarian option: Thai tofu)
4. Indian Spiced Chicken with Tomato and Cream served with Grilled Naan Bread (Vegetarian option: Indian Spiced Tofu)

SIDES:

1. Roasted curried cauliflower with raisins
2. Roasted Lemon Potatoes
3. Steamed Rice
4. Mushroom Rice
5. Green Beans Almandine
6. Baked Potato served with sour cream and chives
7. Corn on the Cob (in season)
8. Seasonal oven roasted vegetables with crispy parsley
9. Ginger and honey carrots

FRESHLY MADE DESSERTS:

1. Lemon Squares
2. Chocolate Brownies served with whipped cream
3. Citrus Olive Oil Cake serve with seasonal fruit and whipped cream
4. Carrot Cake with Cream Cheese Icing
5. Fresh Baked Cookies and Ice Cream
6. Banana chocolate cake with whipping cream
7. Fruit Crisp served with Ice Cream
8. Beet walnut cake (it's really good) with cream cheese icing

SNACK OPTIONS:

Snacks can be added to your food selection for \$8/person

1. Charcuterie platter (cured meats, fruits, and cheeses)
2. Cheese and grapes with crackers
3. Melted brie with pesto and crackers
4. Homemade hummus with veggies for dipping
5. Warm cheese dip with crackers
6. Fruit tray
7. Home baked sweets tray
8. Muffins and/or croissants, with jams and honey cashew butter
9. Tortilla chips with salsa and guacamole
10. Tomato bocconcini platter
11. Queso dip (cheesy mexican dip with tortilla chips)

** Dairy Free, Gluten Free or Vegetarian/Vegan options are available upon request. While we do our best to accommodate special requests, some diets are quite limited so we ask that in these cases people supplement our menu by bringing some of their own food items.*