Break

MENU
Specialty breaks
All pricing is per person.

Mom’s Treat $8.50
Jumbo cookies: Chocolate chip, oatmeal and raisin, and double chocolate
Blue Dragon coffee, decaffeinated coffee and a selection of teas
250 ml 2% white and 2% chocolate milk or soft drinks

Cupcake Break $12.25
(min 20 persons)
Cupcakes: vanilla with lemon icing, chocolate with Chocolate icing, red velvet with cream cheese icing
Sliced fresh fruit
Blue Dragon coffee, decaffeinated coffee and a selection of teas

Chestnut Break $13.25
(min 20 persons)
Assorted squares
Rice krispie squares
Mixed nuts
Assorted fruit smoothies
Assorted bottled fruit juices
Blue Dragon coffee, decaffeinated coffee and a selection of teas

Mediterranean Vegetable Break $12.75
(min 20 persons)
Fresh cut vegetables with tzatziki dip
Assorted olives
Assorted pita breads and crackers
Plain hummus, white bean dip and baba ganoush
Assorted soft drinks and juice
Blue Dragon coffee, decaffeinated coffee and a selection of teas
### Get Fit $15.50  
(min 20 persons)

- Whole fresh seasonal fruit
- Fruit and nut granola bars
- Quinoa and dried fruit bars
- Assorted individual yogurts
- Coconut water
- Blue Dragon coffee, decaffeinated coffee and a selection of teas

### Cheese and Fruit Break $16.50  
(min 20 persons)

- Selection of canadian cheese garnished with dried and fresh fruits
- Assorted crackers and fresh baguette
- Fresh fruit kabobs with yogurt dipping sauce
- Blue Dragon coffee, decaffeinated coffee and a selection of teas

### Chip and Dip $14.50  
(min 20 persons)

- Coloured corn tortillas
- Garlic pita chips
- Pico de gallo
- Jalapeno tomato salsa
- Guacamole
- Assorted soft drinks and juice
- Blue Dragon coffee, decaffeinated coffee and a selection of teas

### A la carte break selections

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee and decaffeinated coffee</td>
<td>3.85 per person</td>
</tr>
<tr>
<td>Selection of teas</td>
<td>3.85 per person</td>
</tr>
<tr>
<td>Assorted fruit juices</td>
<td>34.00 per 32 oz. pitcher</td>
</tr>
<tr>
<td>Assorted bottled fruit juices</td>
<td>3.85 per bottle</td>
</tr>
<tr>
<td>Assorted canned soft drinks</td>
<td>3.35 per can</td>
</tr>
<tr>
<td>Perrier</td>
<td>4.75 per bottle</td>
</tr>
<tr>
<td>Flavoured sparkling water</td>
<td>4.75 per bottle</td>
</tr>
<tr>
<td>Variety of granola bars</td>
<td>3.00 per piece</td>
</tr>
<tr>
<td>Chocolate bars</td>
<td>2.95 per piece</td>
</tr>
<tr>
<td>Individual low fat fruit yogurt</td>
<td>3.75 per piece</td>
</tr>
<tr>
<td>Jumbo cookies</td>
<td>3.25 per piece</td>
</tr>
<tr>
<td>French pastries</td>
<td>3.75 per piece</td>
</tr>
<tr>
<td>Mixed nuts (serves 8)</td>
<td>20.00 per bowl</td>
</tr>
<tr>
<td>Individual potato chips</td>
<td>2.95 per bag</td>
</tr>
<tr>
<td>Buttered popcorn</td>
<td>9.00 per bag</td>
</tr>
<tr>
<td>Chocolate brownies</td>
<td>4.25 per piece</td>
</tr>
<tr>
<td>Sliced fresh fruit</td>
<td>5.25 per person</td>
</tr>
<tr>
<td>Fresh fruit kabobs with yogurt dipping sauce</td>
<td>5.75 per piece</td>
</tr>
<tr>
<td>Assorted whole fruit</td>
<td>3.50 per piece</td>
</tr>
<tr>
<td>Rice Krispie squares</td>
<td>3.50 per piece</td>
</tr>
</tbody>
</table>