

# CREATIVE BREAK OPTIONS

## **Option #1 - \$18 Per Person**

Wheatgrass Shooters  
Fruit Smoothies  
Selection of Fruit Brochettes with Dip

## **Option #2 - \$18 Per Person**

Housemade Granola Bars  
Low Fat Muffins  
Individual Yogurt Parfaits

## **Option #3 - \$18 Per Person**

Assorted Tea sandwiches  
Warm Scones with Clotted Cream and Preserves  
Miniature Fruit Tarts  
Sugar Cookies

## **Option #4 - \$18 Per Person**

Assortment of Housemade Doughnuts  
Assortment of Cookies  
Miniature Cupcakes  
Cinnamon Rolls

## **Option #5 - \$18 Per Person**

Duck Fat and White Chocolate Popcorn  
Housemade Cheese Puffs  
Sweet, Seasoned Nuts  
Crisp Tortilla with Salsa Fresca and Quacamole

**All breaks to include freshly brewed coffee, decaf and water**

“Never underestimate  
the power of a break -  
it is the time to recharge  
your batteries, waken and  
invigorate the mind.”

— Mark McEwan



### **Option #6 - \$20 Per Person**

Artisanal Crackers  
Housemade Pita  
Marinated Olives  
Crudite  
Assorted Dips (Hummus, Black Bean, Tzatziki)

### **Option #7 - \$24 Per Person**

Warm Breads and Crackers  
Selection of Artisanal Cheeses  
Antipasto Platter (Prosciutto, Salami, Gardinere, Buffalo Mozzarella, Mellonzane, Marinated Olives, Roasted Peppers)

### **Option #8 - \$26 Per Person**

Assorted Steamed Dumplings (Mushroom, Chicken, Shrimp)  
Steamed Edamame with Sea Salt and Chili  
Warm Steamed Buns with Miso Black Cod  
Assorted Nigiri and Maki

### **Option #9 - \$30 Per Person**

Selection of East and West Coast Oysters with Traditional Garnish  
Chilled Prawns with Spiced Remoulade  
Poached PEI Mussels with Dijon Dressing  
Scallop Ceviche

