CONTINENTAL BREAKFAST BUFFETS

MINIMUM ORDER OF 10 GUESTS PER SELECTION.
ALL CONTINENTAL BREAKFAST BUFFETS INCLUDE FRESHLY BREWED COFFEE AND TEA.

Perfect for meetings, conferences, and early morning gatherings, our continental buffets offer a fresh and convenient start to the day. These thoughtfully curated options provide something for every guest.



SUNRISE CONTINENTAL *$20*

A light continental breakfast perfect for morning meetings and training sessions.

- Seasonal sliced fresh fruit V GF NF
- Croissants, muffins and danishes VG
- Butter and fruit preserves VG
- *Choose one (1):* Apple, orange OR cranberry juice

CLASSIC CONTINENTAL *$24*

A timeless breakfast selection featuring fresh, satisfying favourites to start the day.

- Seasonal sliced fresh fruit V GF NF
- Croissants, muffins and danishes VG
- Butter, cream cheese and fruit preserves VG
- House-made yogurt parfaits VG
- *Choose one (1):* Apple, orange OR cranberry juice

EXECUTIVE CONTINENTAL *$25.50*

Premium breakfast selections crafted to fuel meaningful connections and productive mornings.

- Seasonal sliced fresh fruit V GF NF
- Muffins, mini danishes and baked loaves VG
- Build your own yogurt parfait: VG
  - Greek yogurt, vanilla yogurt, fresh berries, granola, toasted almonds, pecans, cranberries, raisins and TRU Honey
- Assorted energy bites V GF
- *Choose one: (1):* Apple, orange OR cranberry juice

WELLNESS CONTINENTAL *$27.50*

Plant-forward. Thoughtfully designed with nutritious ingredients to keep guests energized throughout the morning.

- Seasonal sliced fresh fruit V GF NF
- Mixed nuts and trail mix V GF
- Seed crackers with nut butter V
- *Choose one (1):* Apple, orange OR cranberry juice

- Choose one (1) bakery item:
  - Whole grain muffins VG
  - Vegan breakfast pastries V

- Chose one (1):
  - Overnight oats VG
  - Chia seed pudding VG
  - Coconut yogurt V GF

HOT BREAKFAST BUFFETS

MINIMUM ORDER OF 10 GUESTS PER SELECTION.
ALL HOT BREAKFAST BUFFETS INCLUDE FRESHLY BREWED COFFEE AND TEA.

Start your day with a hearty chef-prepared breakfast featuring fresh ingredients, locally inspired flavours and comforting favourites. Options range from traditional classics to contemporary menus.

MORNING START *$21*

A simple and satisfying breakfast designed to energize guests and provide a fresh start to the day.

- Assorted whole fruit V GF NF
- Mini muffins and danishes VG
- BC scrambled eggs VG GF
- Seasoned breakfast potatoes VG
- *Choose one (1):* Apple, orange OR cranberry juice

- *Add-on the following savoury toppings package: Salsa, guacamole, green onion, shredded cheese - $2.50*

WELLNESS BREAKFAST *$24.50*

A nourishing breakfast featuring whole grains, lean proteins, and plant-forward selections.

- Seasonal sliced fresh fruit V GF NF
- Whole grain muffins VG
- Egg white and herb scramble VG
- Roasted sweet potatoes VG
- *Choose one (1):* Apple, orange OR cranberry juice

- *Choose one (1):*
  - Overnight oats VG
  - Chia seed pudding VG
  - Coconut yogurt V GF

COUNTRY BREAKFAST *$25.50*

A hearty breakfast featuring home style favourites that provide a warm and satisfying start to the day.

- Seasonal sliced fresh fruit V GF NF
- Mini muffins and danishes VG
- BC scrambled eggs VG GF
- Seasoned breakfast potatoes V GF
- Smoked bacon (2) GF DF
- Pork sausage (2) GF DF
- *Choose one (1):* Apple, orange OR cranberry juice

Hot breakfast buffet add-on options:
- *Cinnamon french toast (2) with syrup and butter VG - $4.50*
- *Pancakes (2) with syrup and butter VG - $3.50*
- *Belgian waffles (2) with syrup and butter VG - $5.50*
- *Smoked BC salmon - $6.50*
- *Savoury ground beef GF - $3*

BUILD YOUR OWN BREAKFAST SANDWICH *$28.50*

Create your perfect breakfast sandwich.

- Seasonal sliced fresh fruit V GF NF
- Seasoned breakfast potatoes VG
- English muffins and brioche buns
- Cheddar cheese VG
- Spinach, tomato, and red onion V GF NF
- Butter, chipotle mayo, dijon, ketchup, and hot sauce
- *Choose one (1):* Apple, orange OR cranberry juice

- *Choose two (2):*
  - BC scrambled eggs VG GF
  - Tofu scramble V GF NF
  - Smoked bacon (2) GF DF
  - Pork sausage (2) GF DF

BUILD YOUR OWN BREAKFAST BAR *$29.50*

Create your perfect breakfast bowl to fuel your day.

- Mixed greens and baby spinach V GF NF
- Sauteed mushroom, roasted peppers, cherry tomatoes and caramelized onions VG
- Pumpkin seeds, cheddar and crumbled feta VG
- Salsa, chipotle aioli and greek yogurt VG
- Ancient grain quinoa V GF
- *Choose one (1):* Apple, orange OR cranberry juice

- *Choose two (2):*
  - Seasoned breakfast potatoes V GF
  - Ancient grain quinoa V GF

- *Choose one (1):*
  - BC scrambled eggs VG GF
  - Tofu scramble V GF NF
  - Breakfast sausage crumble

BC HARVEST BREAKFAST *$30*

A celebration of BC ingredients.

- Berry medley V GF NF
- Bannock with honey butter and fruit preserves VG
- Spring onion and sage egg frittata cups VG GF DF
- Seasoned breakfast potatoes VG
- Smoked bacon (2) GF DF
- Pork sausage (2) GF DF
- *Choose one (1):* Apple, orange OR cranberry juice

BRUNCH BUFFETS AND CHEF-ATTENDED STATIONS

MINIMUM ORDER OF 20 GUESTS PER SELECTION.
ALL BRUNCH BUFFETS INCLUDE FRESHLY BREWED COFFEE AND TEA.

Not just for weekends!

HARVEST BRUNCH *$31.75*

Celebrating local ingredients and seasonal flavours.

- Bannock with honey butter and fruit preserves VG
- Berry medley, greek yogurt, granola and TRU honey VG
- Smoked bacon (2) GF DF
- Maple dijon roasted chicken GF DF
- Herb roasted country potatoes V GF
- Organic greens with mandarin oranges, cranberries and candied pecans VG
- Seasonal roasted vegetables V GF
- Cream puffs and butter tarts VG
- *Choose one (1):* Lemonade, iced tea OR fruit punch

- *Choose one (1)* BC egg frittata cups:
  - Bacon and cheddar
  - Ham and cheddar
  - Onion and tomato VG GF DF

CLASSIC BRUNCH *$37.50*

Traditional favourites with a modern touch.

- Croissants with butter and fruit preserves VG
- Seasonal sliced fresh fruit V GF NF
- BC scrambled eggs VG GF
- Herb roasted country potatoes V GF
- Organic greens with mandarin oranges, cranberries and candied pecans VG
- Herb roasted chicken breast with tomato pomodoro GF DF
- Assorted squares, baked cookies VG and energy bites V GF
- *Choose one (1):* Lemonade, iced tea OR fruit punch

- *Choose one (1):*
  - Smoked bacon (2) GF DF
  - Pork sausage (2) GF DF

PANCAKE STATION *$7*

Fluffy buttermilk pancakes, served with seasonal berries, whipped cream, maple syrup, chocolate sauce, fruit compotes, sprinkles and other sweet accompaniments. VG

BELGIAN WAFFLE STATION *$8*

Golden belgian waffles served with an assortment of fresh fruit, whipped cream, maple syrup, gourmet sauces, toasted nuts and seasonal toppings. VG

PLANT-FORWARD BREAKFAST BURRITO STATION *$9*

Create a wholesome breakfast burrito with tofu scramble, vegan cheese, roasted potatoes, pico de gallo, avocado, fresh vegetables, and flavourful salsas wrapped in a warm tortilla. VG

CHEF ATTENDED STATION

MINIMUM ORDER OF 40 GUESTS PER SELECTION.
Take your breakfast to the next level with an interactive chef-attended station, creating memorable meals.

OMELETTE STATION *$12*

Our chefs made-to-order custom omelettes featuring farm-fresh BC eggs, premium cheeses, fresh vegetables and your choice of savoury toppings. VG



BAKERY AND ENHANCEMENTS

PRICED PER BASKET OR INDIVIDUALLY AS NOTED BELOW.

Baked favourites to complement any breakfast or break. Perfect for meetings, conferences and coffee breaks. Mix and match to create your own spread.

BASKETS OF 6

HAZELNUT AND PEANUT ENERGY BITES *$16.50*
Oats, peanut butter, hazelnuts, coconut, cocoa powder and vanilla. V GF

DRIED FRUIT & NUT ENERGY BITES *$16.50*
Assorted dried fruits, oats, peanut butter, toasted nuts and coconut. V GF

BAGELS & CREAM CHEESE *$20*
An assortment of bagels accompanied by plain cream cheese and butter. VG

ASSORTED DANISHES *$24*
A selection of fruit-filled and custard danishes. VG

TEA SCONES *$25.50*
Assorted tea scones served with whipped butter and fruit preserves. VG

APPLE TURNOVERS *$27*
Golden puff pastry filled with warm cinnamon apples. VG

SAVOURY BUTTER PASTRIES *$28.20*
Choice of spinach and feta or leak and parmesan. VG

CROISSANTS *$29.40*
Your choice of plain or chocolate. VG

MUFFINS *$28.20*
Chef's selection of muffins served with whipped butter and fruit preserves. VG

GLUTEN-FRIENDLY MUFFINS *$30*
Chef's seasonal gluten-friendly selection served with whipped butter and fruit preserves. VG GF DF

VEGAN MUFFINS *$30*
Chef's seasonal vegan selection served with vegan butter and preserves. V

BASKETS OF 10

BAKED LOAVES *$52*
BAKED LOAVES - HALF SIZE *$32*
Your choice of banana chocolate chip, lemon poppyseed, or blueberry yogurt. Served with honey butter. VG

WARM CINNAMON BUNS *$39*
Soft, warm cinnamon buns with a sweet glaze. VG

MORNING PASTRY BASKET *$46.50*
Assorted muffins , danishes, croissants and turnovers. Served with butter and preserves. VG

FRESH FRUIT & PASTRY BASKET *$60*
Assorted muffins and mini danishes with fresh melon and berries. Served with butter and preserves. VG

EXECUTIVE BAKERY BASKET *$78*
A premium assortment of croissants, danishes and baked loaves, served with fresh seasonal berries, whipped honey butter and fruit preserves. VG

INDIVIDUALLY PRICED

TOFU SCRAMBLE *$7.50*
Crumbled tofu with sauteed onion, bell peppers and spices, finished with spring onion. V GF NF

PREMIUM TOAST BAR *$10*
Assorted breads paired with avocado, whipped ricotta, smoked salmon, TRU honey, fruit preserves and seasonal garnishes. VG

FRUIT SMOOTHIE *$10*
Classic VG GF - greek yogurt, banana, berries and orange juice. Dairy free V GF - almond milk, banana, berries and orange juice.
CAC building only - restrictions apply

YOGURT PARFAIT BAR *$10.50*
Fruit and greek yogurt and vanilla yogurt served with granola, mixed berries, raisins, dried cranberries, almonds and pecans. VG