BREAK TIME BITES

MINIMUM ORDER OF 10 GUESTS PER SELECTION.
ALL BREAKS INCLUDE CHOICE OF COFFEE & TEA, FRUIT JUICE, ICED TEA, LEMONADE OR FRUIT PUNCH.

Whether you're starting the day, taking a mid-morning pause, or an afternoon refreshment, our thoughtfully curated break packages are designed to keep your guests energized and engaged.





CLASSIC BREAKS

THE MORNING START *$13.50*
A light and refreshing break to begin the day.

- Assorted mini muffins and danishes VG
- Seasonal sliced fresh fruit V GF NF

SWEET & SALTY *$15*
A crowd-pleasing assortment of crunchy snacks and desserts for a perfect balance of savoury and sweet.

- Salted pretzels and roasted garlic hummus VG
- Kettle chips with ranch dip VG
- Chocolate chip cookies VG
- Mini cream puffs and butter tarts VG

DESSERTS & COFFEE *$16.50*
A sweet ending to any meeting.

- Nanaimo bars VG
- Butter tarts VG
- Dessert squares VG
- Mini cheesecakes VG

WELLNESS BREAKS

ENERGIZER *$15.50*
Healthy fuel for productive meetings.

- House-made energy bites V GF
- Seasonal sliced fresh fruit V GF NF
- Kettle chips with ranch dip VG

A LITTLE PICK-ME-UP *$15.50*
Wholesome comfort with a healthy twist.

- Banana chocolate chip loaf with honey butter and fruit preserves VG
- House-made energy bites V GF
- Yogurt with granola VG

HARVEST WELLNESS *$17.50*
Fresh, nutritious and naturally energizing.

- Greek yogurt parfaits with fresh seasonal berries VG
- Chia pudding with fresh seasonal berries VG
- House-made energy bites V GF
- Seasonal sliced fresh fruit V GF NF

V - Vegan | VG - Vegetarian | GF - Gluten Free | DF - Dairy Free | NF - Nut Free

BREAK TIME BITES

MINIMUM ORDER OF 10 GUESTS PER SELECTION.
ALL BREAKS INCLUDE CHOICE OF COFFEE & TEA, FRUIT JUICE, ICED TEA, LEMONADE OR FRUIT PUNCH.

Create opportunities for conversation and networking with refreshment breaks that bring people together while enhancing the overall event experience.





SIGNATURE BREAKS

BC HARVEST *$15.50*
Celebrating BC's flavours and local ingredients.

- Bannock with honey butter and fruit preserves VG
- Assorted cheese and crackers VG
- Soft blueberry and apple cookies VG

TRADITIONAL *$15.50*
A timeless conference favourite.

- Assorted cheese and crackers VG
- Seasonal sliced fresh fruit V GF NF
- Nanaimo bars VG

EXECUTIVE *$18.50*
A premium selection designed for productive meetings.

- Breakfast loaves with honey butter VG
- Croissants with TRU honey and fruit preserves VG
- Cheese selection VG
- Seasonal sliced fresh fruit V GF NF

REGIONALLY INSPIRED BREAKS

FIESTA *$15.50*
Inspired by vibrant street food flavours.

- Corn tortilla chips V GF and garlic crostini VG
- Pico de gallo and guacamole V GF
- Vegetable crudites V GF
- Roasted red pepper hummus V GF and ranch dip VG

MARKET DELI *$17.50*
A satisfying afternoon pick-me-up.

- Deli meat selection with pickles and mustards
- Kettle chips with ranch dip VG
- Assorted brownies VG

THOMPSON HARVEST *$18*
Celebrating the region's farms & flavours.

- Seasonal sliced fresh fruit V GF NF
- Cheese selection VG
- Granola bars VG
- Apple toffee loaf with honey butter VG

V - Vegan | VG - Vegetarian | GF - Gluten Free | DF - Dairy Free | NF - Nut Free