

## **BREAKFAST**

Served between 6:00 am - 10:00 am for a maximum duration of 2 hours  
Additional charges will apply of \$25.00 per hour per service staff for less than 20 guests

### THE CONTINENTAL BUFFET\* (No minimum number of guests required)

Chilled Orange and Grapefruit Juice  
Fresh Baked Muffins, Danish Pastries, Croissants and Brioche  
Whipped Butter, Jam, Marmalade and Honey  
Fresh Brewed Regular and Decaffeinated Coffee, Tea  
Hot Chocolate  
Milk

### THE RUNDLE (PLATED) \*

Chilled Orange or Grapefruit Juice  
Choice of: Scrambled Eggs in Phyllo Cup or Eggs Benedict  
Choice of: Ham, Bacon or Sausages  
Hash Brown Potatoes  
Fresh Baked Croissants with Marmalade, Jam, Honey and Butter  
Fresh Brewed Regular and Decaffeinated Coffee, Tea, Milk

### THE SPA BREAKFAST (PLATED) \*

Chilled Grapefruit or Orange Juice  
Swiss Muesli  
Cholesterol-free Scrambled Eggs  
Chicken Sausages  
Sovital Toast, Apple Butter or Margarine  
Fresh Brewed Regular and Decaffeinated Coffee, Regular and Herbal Tea

\* *WITHIN MODIFIED AMERICAN PLAN AND FULL AMERICAN PLAN.*

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## **BREAKFAST BUFFETS**

Served from 6:00 am - 10:00 am for a maximum duration of two hours/ Minimum of 35 people

### CASCADE BREAKFAST BUFFET\*

Selection of Cold and Hot Cereals  
Chilled Orange, Grapefruit and Apple Juice  
Fruit Salad, Whole Fruit, Fresh Seasonal Sliced Fruit  
Fruit Yoghurt, Cottage Cheese  
Scrambled Eggs with Herbs or Cheese  
Ham, Bacon, Link Sausages, Home Fried Potatoes  
Choice of: Pancakes, French Toast or Waffles with Maple Syrup  
Danish, Muffins and Toast with assorted Jams, Marmalade and Butter  
Fresh Brewed Regular and Decaffeinated Coffee, Tea and Milk

### THE SPA BREAKFAST BUFFET \*

Fresh Squeezed Orange Juice  
Fruit Salad, Whole Fruit, Fresh Seasonal Sliced Fruit  
Carrot and Bran Muffins with Becel Margarine or Apple Butter,  
Spa Eggs Benedict:  
English Muffin topped with Eggbeaters Stewed Tomatoes, Peppers, Low-fat Cheese  
Low Fat Yoghurt, Red River Cereal, Baked Potato Wedges  
Fresh Brewed Regular and Decaffeinated Coffee, Selection of Herbal Teas

Additional Choices to Compliment Your Breakfast / Brunch Buffet:

Omelette Station (minimum of 35 people)

Eggs Benedict (minimum of 35 people)

Breakfast meats: Bacon, Ham, Sausages

Hash Browns

Breakfast Sandwiches:

- Egg Muffin with Canadian Back Bacon and Cheese
- Western Omelette in Pita Bread
- Soft Flour Tortilla filled with Scrambled Eggs, Diced Peppers,
- Fried Green & Red Tomatoes, Jack Cheese
- Ham Omelette with Green Onions in a Croissant Baked with Mozzarella Cheese
- Low Fat English Muffin Sandwich with Eggbeater, Grilled Tomato,
- Roasted Peppers, Low Fat Swiss Cheese
- Breakfast Quiche: Canadian Bacon, Mushrooms, Gruyere Cheese

*\* WITHIN MODIFIED AMERICAN AND FULL AMERICAN PLAN*