



## break | SNACK PLATTERS

*Cals Per Serving*    *Price*

### Deluxe Sliced Fruit Platter

small - serves 10-15    **90**    **46.99**  
 large - serves 20-25    **90**    **72.99**

A mouthwatering assortment of melons, strawberries, pineapple, grapes and kiwi served with a yogurt dip.

### Vegetable Dip Platter

small - serves 10-15    **60**    **39.99**  
 large - serves 20-25    **60**    **65.99**

A selection of crisp bite-sized vegetables served with our savoury ranch dip.

### Classic Cheese Platter

small - serves 10-15    **500**    **69.99**  
 large - serves 20-25    **500**    **99.99**

A fine selection of Canadian and imported cheeses. Accompanied by an assortment of crackers and fresh fruit.

### Flatbreads with Dip

A variety of delicious spreads including hummus and tzatziki. Served with grilled flatbreads and pita. Serves 15.    **250**    **59.99**

### Mexican Dip Platter

Tortilla chips served with tangy salsa, sour cream and guacamole. Serves 15.    **220**    **34.99**

## appetizers | HOR D'OEUVRES

*Cals Per Serving*    *Price*

### Mediterranean Antipasto

Serves 10-15. A savoury array of roasted vegetables, olives, artichokes, salami, provolone and crumbled feta cheese. Served with grilled pita.    **350**    **64.99**

### Hot Appetizers

Minimum 2 dozen of one selection per order.

Vegetable Samosas    **60/piece**    **19.99/dzn**  
 Spanakopita    **45/piece**    **19.99/dzn**  
 Vegetarian Spring Rolls    **35/piece**    **19.99/dzn**  
 Pork & Scallion Pot Stickers    **60/piece**    **19.99/dzn**

### Skewers

Sweet & Spicy Shrimp Skewers    **100**    **39.99**  
 Tikka Masala Chicken Skewers    **130**    **39.99**

### Sushi

A wide variety of your favourites with traditional garnishes. Please ask our catering manager for today's fresh selection. Sm serves 5-10 | Med serves 20-25 | Lg serves 30-40

Sushi with Fish (4 Pieces)    **160**    **Market Prices Quoted Daily**

Sushi with Vegetables (4 Pieces)    **120**    **Market Prices Quoted Daily**



## afternoon | SNACKS + DESSERTS

*Cals Per Serving*    *Price*

**Deluxe Dessert Platter**    **400**    **35.99**

An assortment of freshly baked cookies, chocolate brownies, dessert bars and squares. Serves 15.

**Gourmet Cookies**    **500**    **29.99**

30 cookies per tray. A platter of freshly baked cookies including chocolate chunk, triple chocolate, white chocolate macadamia and oatmeal raisin. Serves 15.

**Cupcake Sampler**    **250**    **22.99/dzn**

Minimum order 1 dozen Break the afternoon fatigue with delicious chocolate or vanilla cupcakes.



## anytime | BEVERAGES

### Coffee, Tea

*Cals Per Serving*    *Price*

Decaffeinated options. Tea, regular or herbal. Enjoy our custom roasted coffee or your choice of assorted teas. Includes cups, stir sticks, milk, cream, sugar and sweetener.    **0**    **14.99/pot**

### Soft Drinks + Water

Regular Soft Drink    **90-130**    **1.59**  
 Diet Soft Drink    **0**  
 Bottled Water    **0**    **1.79**  
 Perrier Mineral Water    **0**    **2.29**

### Juices

450 mL to 591 mL    **100-210**  
 Tropicana Orange Juice 355 mL    **110**    **3.09**

## catering... made easy | ORDERING INFORMATION

We request 48 hours notice for orders, to ensure product quality and selection. Cancellation Policy: 24 hours or subject to a surcharge.

We deliver right to your room and provide expert set up of your food service. We are pleased to provide prompt in-room clean up and removal of left-over food 2 hours after your service!

All catering orders will be billed and require payment within 30 days. Credit card orders will be processed on the day of the event but will be pre-authorized once an order is placed.

All orders are subject to applicable taxes. Minimum orders may apply to certain items. Catering orders come with disposable plates, cups, knives, forks, spoons, napkins and serving utensils. China service is available on request for an additional charge.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



**Call us to place your order**  
 Impressions Catering is operated by Compass Group Canada Ltd.  
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 Mississauga, ON L4W 5M3  
 Phone 905 568 4636  
 Toll Free 1 800 465 2203



catering... made easy





## continental | BREAKFAST

All breakfasts served with butter, jams and jellies, a variety of chilled fruit juices and freshly brewed coffee and tea.

### Continental Breakfast 8.99/person 80-470 Cals

Selection of freshly baked danish, muffins, croissants and cinnamon buns. Includes fresh fruit kabobs.

### Breakfast Bagel Platter 8.99/person 80-470 Cals

An assortment of bagels served with cream cheese. Includes fresh fruit kabobs. Smoked salmon add \$4 per person.

### Baker's Minis 8.99/person 80-500 Cals

Same great continental pastry favourites in bite sized varieties. Includes fresh fruit kabobs.



## hot | BREAKFAST

### The Day Starter 12.99/person 710 Cals

The classic breakfast! Scrambled eggs, hashbrowns, crispy bacon and sausage accompanied by croissants.

### Breakfast Sandwiches

Bagels & Wraps. An assortment of hot sandwiches on an English muffin, bagel or wrap with egg and cheese and your choice of sausage, ham or bacon. Choose from:

Mexican Breakfast Wrap.	8.99/person	540 Cals
Breakfast Burrito.	8.99/person	610 Cals
Ham & Egg Sunrise.	8.99/person	290 Cals
Bacon & Egg Sunrise.	8.99/person	310 Cals
Sausage & Egg Sunrise.	8.99/person	420 Cals
Ham Sunrise.	8.99/person	280 Cals

## treat yourself | SIDES

### Yogurt Parfait

Homemade Mixed Berry 3.99/each 180 Cals

### Fruit Kabob

Fresh fruit with Yogurt Dip 1.99/each 45 Cals



## sandwich | SELECTIONS

### Classic Sandwich Platter

Made on your choice of freshly baked breads or wraps, stuffed with meats and fillings with traditional garnishes. Served with your choice of two salads, fresh baked cookies and a variety of soft drinks. Choose from:

	Cals Per Srvg	Price Per Person
Turkey Breast with Cranberry Aioli	470	13.99
Black Forest Ham and Swiss cheese	500	
Tuna Salad	260	
California Chicken Salad	360	
Roast Beef with Horseradish Butter	340	
Egg Salad	560	
Fresh Veggies with Cream Cheese	470	

### Gourmet Sandwich Platter

Our assortment of gourmet sandwiches is made on freshly baked artisan breads, wraps and rolls. Served with your choice of two salads, an assortment of freshly baked cookies and a variety of soft drinks. Choose from:

	Cals	Price
Southwest Chicken Club	330	16.99
Black Pepper Striploin Steak	500	
Montreal Smoked Meat	360	
Tuscan Grilled Chicken Breast with Goat Cheese	630	
Tuna Salad with Tarragon & Apple	490	
Grilled Vegetable with Hummus	390	
Brie with Roasted Peppers and Mango Chutney	360	

### Boxed Lunches

Great for those small or informal meetings. Any Classic or Gourmet sandwich or wrap, a bottle of water, a piece of fruit, veggie sticks with dip and two freshly baked gourmet cookies. Individually packaged.

	Cals	Price
Classic Sandwich	1130	12.99 each
Gourmet Sandwich	1010	15.99 each



Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

**With any sandwich platter, add your choice of two freshly made salads**

### Side Salads

Per 1/2 c or 125 ml

### Classic Caesar 100

Crisp romaine lettuce, parmesan cheese, real crumbled bacon and croutons tossed with our creamy caesar dressing.

### Market Greens Salad 45

Fresh greens, radish, tomato, cucumber and your choice of dressing.

### Baby Spinach and Sweet Mandarin Orange Salad 80

Baby spinach leaves tossed with sweet mandarin orange sections, mushrooms, toasted almonds and crispy noodles with balsamic vinaigrette.

### Classic Greek Salad 150

Feta cheese, black olives, tomato, cucumber and red onions mixed with crispy romaine and iceberg lettuce with our gourmet Greek dressing.

### Pasta Salad 150

Fusilli pasta tossed with broccoli florets, sundried tomatoes and peppers with our basil pesto dressing.

### Mediterranean Quinoa Salad 140

Quinoa with roasted red peppers, dried apricots and lentils tossed in a savoury balsamic dressing with a touch of honey.



*Prepared with the freshest ingredients  
...and made to order!*



## hot | ENTRÉES

Hot entrées require 24 hour notice.

### Pasta

All pasta dishes served with Caesar or Market Greens salad and garlic bread.

	Cals Per Serving	Price Per Person
Meat Lasagna	300	12.99
Vegetable Lasagna	210	

Tortellini - Chicken mushroom alfredo sauce	490	12.99
Tortellini - Herbed tomato sauce	340	

Cheese-filled pasta smothered in chicken mushroom alfredo sauce or lightly herbed tomato sauce.

Penne or Rotini - alfredo primavera	390	11.99
Penne or Rotini - tomato primavera	400	

Your choice in our creamy alfredo sauce or lightly herbed tomato sauce with a julienne of carrots, peppers, sliced mushrooms and broccoli florets.

Chicken Parmesan	570	13.99
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Chicken breast fillet baked with mozzarella and served with penne al pomodoro.

	Cals Per Serving	Price
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### Stir Fry and More!

All stir fries AND MORE! are served with your choice of side, Caesar or Market Greens salad and rolls.

Chicken and Vegetables	180	14.99
Shrimp and Vegetables	90	14.99
Jerk Chicken	110	14.99
Teriyaki or Honey Garlic Chicken	150	14.99
Teriyaki or Honey Garlic Salmon	220	14.99
Authentic Butter Chicken	170	14.99

### Sides

Per 1/2 c or 125 ml

Basmati Rice	140
Vegetable Fried Rice	120
Rice & Peas	180
Brown Rice	120
White Rice	150
Noodles	170
Garlic Bread	110