

Mornings

Tray selections

SERVES 12 PEOPLE PER PLATTER

BAGEL MEDLEY

An assortment of sliced sesame, plain, blueberry, whole wheat, multi-grain, and cinnamon raisin bagels

Served with cream cheese, butter and house made berry jam

\$44 | FULL PLATTER

\$22 | HALF PLATTER

UCALGARY SIGNATURE SELECTION

An assortment of fresh house baked loaves, fresh house baked muffins, buttery croissants and cinnamon rolls

Served with butter and preserves

\$44 | FULL PLATTER

\$22 | HALF PLATTER

CROISSANT PLATTER

An assortment of fresh house baked almond croissants, plain croissants, pain au chocolat and cheese croissants

Served with butter and preserves

\$44 | FULL PLATTER

\$22 | HALF PLATTER

CINNAMON BUN PLATTER

An assortment of fresh house baked cinnamon buns with cream cheese icing

\$49.50 | FULL PLATTER

\$24.75 | HALF PLATTER

EARLY START PLATTER

Assorted cold cuts, assorted domestic sliced cheeses and fresh rolls

Served with mayonnaise and butter

\$121 | FULL PLATTER

\$60.50 | HALF PLATTER

Breakfast selections

EACH SELECTION INCLUDES PITCHERS OF ORANGE AND APPLE JUICE, FAIR TRADE COFFEE AND TEGA TEA PRICED PER PERSON
MINIMUM 6 PEOPLE

BASIC BEGINNINGS

Assorted fresh house baked muffins, danishes, cinnamon buns and fresh seasonal fruit salad

Served with house made berry jam, butter and preserves. Convert pitchers of juice to cans of juice complimentary

\$9.75 | PERSON

CONTINENTAL

Assorted danishes, mini butter croissant, and individual assorted yogurt with fresh sliced fruit

Served with house made berry jam, butter and preserves

\$13 | PERSON

EARLY BIRD CONTINENTAL

Scratch baked corn muffins (jalapeño, spinach and cheddar and Canadian maple)

Served with house made berry jam and butter, and individual assorted yogurt with fresh sliced fruit

\$14.50 | PERSON

WEST COAST CONTINENTAL

B.C. smoked salmon and mini bagels with capers, red onions, sliced cucumber, and cream cheese

Served with fresh seasonal fruit salad and cinnamon, star anise and stewed peach granola and yogurt parfaits


\$19.25 | PERSON

Hot breakfast

EACH SELECTION INCLUDES PITCHERS OF ORANGE AND APPLE JUICE, FAIR TRADE COFFEE AND TEGA TEA
 'NO GLUTEN' OPTIONS AVAILABLE
 PRICED PER PERSON
 MINIMUM 10 PEOPLE

GRAB AND GO BUFFET

Healthy breakfast sandwiches
 Choose one selection per guest, maximum two selections
 for total guests

- Garden vegetables and egg on a whole wheat English muffin 
- Ham and egg on a whole wheat English muffin
- Turkey bacon, Swiss cheese and egg on a whole wheat English muffin

Served with individual Greek yogurt and fresh whole fruit
 Convert pitchers of juice to cans of juice complimentary
 \$16 | PERSON

ENERGIZE BUFFET

Scratch baked free run omelet muffins

- Mushroom, onion, and Swiss cheese
- Green pepper, ham and cheddar cheese

Served with cubed hash browns, turkey bacon, fresh seasonal fruit
 salad and individual assorted drinkable yogurt
 \$17.75 | PERSON

Smoothie Bowl Bar

PRICED PER PERSON
 MINIMUM 6 PEOPLE

SEASONAL SMOOTHIE BAR

*Selection of two seasonal smoothies served with seasonal
 berries, sliced banana, gluten free granola, baby spinach,
 pumpkin seeds and roasted coconut*

\$16.50 | PERSON

DINO BREAKFAST

*Choice of buttermilk pancakes or Belgium waffles with butter
 and syrup*

Served with scrambled eggs, choice of bacon or sausage
 links and cubed hash browns

\$17.25 | PERSON

POLSKI BREAKFAST

*Scrambled eggs, sliced kielbasa (Polish sausage) with
 sauerkraut, potato pancakes, fresh fruit salad and assorted
 sliced breads*

\$18.50 | PERSON

KENSINGTON BREAKFAST

*Aged English cheddar and chive scrambled eggs, crispy
 bacon, apple and chicken sausages, cubed hash browns,
 baked beans and sautéed mushrooms*

Served with house baked cinnamon buns, and fresh sliced fruit

\$20.75 | PERSON



Breakfast additions

PRICED PER PERSON
MINIMUM 6 PEOPLE

FRESH HOUSE BAKED MINI MUFFINS ^{VG}

*Blueberry, banana, chocolate chip,
double chocolate chip and
oatmeal raisin*

\$2.25 | PERSON

FRESH HOUSE BAKED FRUIT AND FIBRE LOAF ^{VG}

*Selection of fresh house baked seasonal
loaves*

\$2.75 | PERSON

FRESH HOUSE BAKED MUFFINS ^{VG}

*Blueberry, banana, chocolate chip,
double chocolate chip and
oatmeal raisin*

\$2.75 | PERSON

FRESH FRUIT SMOOTHIE ^{VE GF NF DF}

*Includes strawberry-coconut
and mango-mint smoothies*

\$3.75 | PER 8 OZ

ASSORTED BAGELS ^{VG}

*Sesame, plain, blueberry,
whole wheat, multi-grain, cinnamon
raisin bagels*

Served with cream cheese
and preserves

\$3.25 | PERSON

DANISH ^{VG}

Cherry, lemon, raspberry and custard

\$2.75 | PERSON

'NO GLUTEN' MUFFIN ^{VG GF}

*Blueberry, double chocolate
chip and cranberry*

\$3.25 | PERSON

FRESH WHOLE FRUIT ^{VE GF NF DF LC}

\$1.75 | PERSON

ASSORTED YOGURT ^{VG GF NF}

Individual portion

\$2 | PERSON

ASSORTED GREEK YOGURT ^{VG NF}

Individual portion

\$2.75 | PERSON

INDIVIDUAL ASSORTED DRINKABLE YOGURT ^{VG GF NF}

\$3.25 | PERSON

FRESH SEASONAL FRUIT SALAD ^{VE GF NF DF}

\$4 | PERSON

HOUSE MADE OVERNIGHT OATMEAL CUPS WITH BLUEBERRIES AND HONEY ^{VG GF NF LC}

\$4.25 PER 6OZ | PERSON

HOUSE MADE STAR ANISE AND STEWED PEACH GRANOLA AND YOGURT PARFAITS ^{VG NF}

\$5.25 PER 6 OZ | PERSON

MINI FRESH FRUIT SKEWERS ^{VE GF NF DF}

3" skewers

\$3.25 | PERSON

PORK SAUSAGES ^{NF}

Two pieces per person

\$2.75 | PERSON

BACON ^{GF NF DF}

Two pieces per person

\$3.25 | PERSON

TURKEY BACON ^{GF NF DF}

Two pieces per person

\$2.75 | PERSON

HARD-BOILED EGGS ^{GF NF DF}

\$2 | PERSON

SCRAMBLED EGGS ^{VG GF NF}

*Choice of cheddar and chives, or
peppers, tomatoes and onions*

\$4 | PERSON

HAM AND EGG WRAP

\$6.75 | PERSON

CAGE-FREE EGGS BENEDICT WITH SMOKED SALMON ^{LC}

\$7.50 | PERSON

SPOLUMBO SAUSAGES ^{LC}

Pork, chicken

\$4.25 | PERSON