

# BLD Ontario Menu

## Breakfast Buffet | 8AM - 9AM | Palais Continental

Assortment of Freshly Baked Croissants, Apple Turnovers, Muffins, Traditional Bagels and Scones. All Served with Select Preserves, Cream Cheese and Creamery Butter

Yogurt

***GF/DF Options***

## AM Break | 9:45AM - 10AM | Snacks

Fresh Fruit Platters

***GF/DF Options***

## Lunch Buffet | 12PM - 1PM | Sandwich Platters and Salads

Mixed Organic Greens, Tomatoes, Cucumbers, Shredded Carrots, Red Onions, Avocado Balsamic Dressing ***GF & DF***

Quinoa Salad ***GF & DF***

Grilled Tofu "Steak", Caramelized Onions, Tomatoes, Avocado, on Gluten Free Bread & Wraps  
Some sandwiches to be made with no bread and between lettuce instead ***GF & DF***

Assorted Cookies ***GF Options***

## PM Break | 3:00PM - 3:15PM | Snacks

Crudités, Fresh Seasonal Vegetables: Fresh Cut Raw Vegetables with Chef's Selection of Prepared Dips

***GF/DF Options***

## Reception | 5:30PM - 7PM | Passed Hors D'oeuvres

Cold Salad Roll: Fresh Herbs, Organic Greens, Apple, Curry Mango Dip ***GF***

Spiced Fries

Vegetable Spring Rolls with Plum Sauce

***GF/DF Options***