

MEETING PACKAGE

THE KING'S MILL

Minimum 10 persons

THE PACKAGE MENU

**Continental Breakfast**

- Orange, Apple and Cranberry Juices
- Mini Croissants, Danishes, Cinnamon Brioche and Gluten-Free Mini Muffins
- Organic Granola and Gluten-Free Cereals, Dried Fruits (Cranberries, Apricots, Banana Chips)
- Assorted Individual Low Fat Yogurts
- Imported Preserves, Honey and Butter
- Regular and Decaffeinated Coffee
- Selection of Teas

**Enhancement**

Hot Breakfast

**Mid-Morning Break**

Regular, Decaffeinated Coffee and Tea  
Granola Bars

**Working Lunch**

(in meeting room)

All Working Lunches are arranged  
Self Serve Style

Choice of the following:

- Cold Lunch
- Hot Lunch

**Afternoon Break Interlude**

THE PACKAGE  
INCLUDES:

- Main Meeting Room Rental
- Easel
- Flipchart
- Lectern with Microphone
- Wifi Access for group

# SELF SERVE COLD LUNCH

Host to Choose same selection for all guests.

## Host to Choose:

Two Starters  
Three Sandwiches or Wraps  
One Dessert

## Starter Selections

- Roasted Tomato Bisque (dairy and gluten free option)
- Sweet Potato Bisque with Coconut Milk (dairy and gluten free option)
- Cream of Broccoli Soup (dairy and gluten free option)
- Rosemary Cauliflower Soup (dairy and gluten free option)
- Caramelized Butternut Squash Soup (dairy and gluten free option)
- Carrot and Ginger Soup (dairy and gluten free option)
- Classic Caesar Salad
- California Baby Lettuce with White Balsamic Vinaigrette (dairy and gluten free option)
- Mini German Potato Salad with Grainy Mustard Vinaigrette (dairy and gluten free option)
- Greek Salad (gluten free)
- Creamy Macaroni Salad (vegan)
- Wheatberry Salad with Cider Vinaigrette (dairy free option)
- Roasted Beet Salad (dairy and gluten free option)
- Curried Chickpea Salad (dairy and gluten free option)

## Sandwich Selections

(gluten and dairy free options available)

- Fior di Latte and Tomato with Arugula and Balsamic Reduction on Ciabatta
- Herbed Grilled Chicken and Roasted Pepper with Caramelized Onions, Marinara Sauce and Arugula on a Baguette (dairy free)
- Prosciutto Cotto with Sundried Tomato, Arugula and Truffle Aioli on Focaccia (dairy free)
- Pastrami with Coleslaw, Boston Lettuce and Honey Mustard on Focaccia (dairy free)
- Ultimate Veggie Sandwich

Roasted Pepper, Sliced Tomato, Cucumber, Lettuce and Jalapeno Havarti Cheese on a Pretzel Bun (Vegan option on Ciabatta and Vegan Cheese)

## Wrap Selections

(gluten and dairy free options available)

- Creamy Egg Salad with Shaved Iceberg Lettuce
- Albacore Tuna Salad with Caramelized Onion, Chopped Pickles, Arugula
- BLT with Avocado and Mayo
- Shaved Smoked Chicken with Pickled Carrots and Cucumber, Shredded Iceberg Lettuce and Lemon Aioli
- Smoked Black Forest Ham and Swiss Cheese with Lettuce, Tomato and Dijon Mayo
- Falafel with Cilantro, Roasted Peppers, Hummus and Tahini Garlic Sauce
- Vegan Stir Fry Tofu with Peppers, Red Onion and Bok Choy tossed in Teriyaki Sauce

## Dessert Selections

- Mini Cheesecakes
  - Choice of: White Chocolate, Caramel Pecan, Chocolate Caramel, Lemon or Chocolate
- Mini Canadian Butter Tarts
  - Choice of: Plain, Pecan or Raisin
- Mini Verrines
  - Choice of : Strawberry Shortcake, Salted Caramel or Chocolate Mousse
- Mini Cupcakes
  - Choice of: Chocolate, Vanilla or Red Velvet
- Homemade Ontario Apple Caramel Braided Strudel
- Ricotta Cannolis
  - Choice of : Plain, Chocolate Chip or Pistachio
- Flourless Chocolate Torte
- Chocolate Brownies
- Vegan Coconut Panna Cotta with Fruit Coulis
- Sliced Seasonal Fruit and Berries

Includes Regular, Decaffeinated Coffee and Tea

# SELF SERVE HOT LUNCH

Host to Choose same selection for all guests.

## **Option One Host to Choose:**

- Two Starters
- One Entree
- One Vegetable
- One Starch
- One Dessert

### **Starter Selections**

- Roasted Tomato Bisque (dairy and gluten free option)
- Sweet Potato Bisque with Coconut Milk (dairy and gluten free option)
- Cream of Broccoli Soup (dairy and gluten free option)
- Rosemary Cauliflower Soup (dairy and gluten free option)
- Caramelized Butternut Squash Soup (dairy and gluten free option)
- Carrot and Ginger Soup (dairy and gluten free option)
- Classic Caesar Salad
- California Baby Lettuce with White Balsamic Vinaigrette (dairy and gluten free option)
- Mini German Potato Salad with Grainy Mustard Vinaigrette (dairy and gluten free option)
- Greek Salad (gluten free)
- Creamy Macaroni Salad (vegan)
- Wheatberry Salad with Cider Vinaigrette (dairy free option)
- Roasted Beet Salad (dairy and gluten free option)
- Curried Chickpea Salad (dairy and gluten free option)

### **Entrée Selections**

- Slow Roasted Chicken Breast in Mushroom Marsala Cream
- Butter Chicken (mild)
- Herb Roasted Chicken Breast with Zucchini, Eggplant and Peppers (dairy and gluten free option)
- Caribbean Style Chicken with Fried Plantain (dairy and gluten free option)
- White Wine Poached Snapper Filet with Dill Beurre Blanc (dairy and gluten free option)
- Maple Ginger Glazed Salmon Filet with a Mango Salsa
- Butternut Squash Ravioli in a Tomato Sauce
- Wild Mushroom Agnolotti in Truffle and Parmesan Cream Sauce
- Vegan Penne Pasta Primavera
- Braised Moroccan Vegetarian Tagine with Tofu, Eggplant, Zucchini, Roasted Garlic and Tomato Sauce (dairy and gluten free option)

### **Vegetable Selections**

- Pesto Grilled and Roasted Vegetables
- Lemon and Parmesan Zucchini and Pepper Medley (gluten free option)
- Honey Glazed Carrots
- Green Beans with Buttered Shallots

### **Starch Selections**

- Roasted Garlic Mashed Potatoes
- Steamed Trio Baby Potatoes
- Roasted Fingerling Potatoes
- Roasted Sweet Potatoes
- Basmati Rice with Cardamom
- Quinoa and Wild Rice Pilaf
- Coconut and Sesame Steamed Jasmine Rice
- Saffron Rice Pilaf with Currants and Apricots
- Caribbean Rice

### **Dessert Selections**

- Mini Cheesecakes
  - Choice of: White Chocolate, Caramel Pecan, Chocolate Caramel, Lemon or Chocolate
- Mini Canadian Butter Tarts
  - Choice of: Plain, Pecan or Raisin
- Mini Verrines
  - Choice of: Strawberry Shortcake, Salted Caramel or Chocolate Mousse
- Mini Cupcakes
  - Choice of: Chocolate, Vanilla or Red Velvet
- Ricotta Cannolis
  - Choice of: Plain, Chocolate Chip or Pistachio
- Flourless Chocolate Torte
- Chocolate Brownies
- Vegan Coconut Panna Cotta with Fruit Coulis
- Sliced Seasonal Fruit and Berries

Includes Regular, Decaffeinated Coffee and Tea

# ENHANCE YOUR MEETING PACKAGE

## Hot Breakfast Upgrade

Minimum 10 Guests

- Orange, Apple and Cranberry Juices
- Mini Croissants, Danishes, Cinnamon Brioche and Gluten-Free Mini Muffins
- Organic Granola and Dry Cereals
- Assorted Individual Low Fat Yogurts
- Imported Preserves, Honey and Sweet Butter
- Scrambled Eggs with Tomatoes and Garden Chives
- Smoked Bacon and Pork Sausages
- Breakfast Potatoes with Scallion and Parsley
- Regular and Decaffeinated Coffee
- Selection of Teas

## Lunch Enhancements

### Soup

Minimum 10 Guests

- Caramelized Leek, Potato and Chorizo Soup
- Beef Barley Soup

### Salad

Minimum 10 Guests

- Arugula, Treviso and Frisee Salad with Crumbled Goat Cheese in a Maple Shallot Vinaigrette

### Entrée

Minimum 10 Guests

- Beef Bourguignon Braised in a Red Wine Jus
- Garlic Marinated Flank Steak with Red Wine Reduction
- Curried Goat

### Vegetable

- Steamed Broccolini with Garlic Infused Olive Oil
- Broccoli and Cauliflower Casserole
- Roasted Brussel Sprouts

## Cold Lunch Enhancement

### Additional Sandwich or Wrap

Minimum 10 Guests

## Hot Lunch Enhancements

### Additional Entree

Minimum 10 Guests

### Additional Vegetable

Minimum 10 Guests

### Additional Starch

Minimum 10 Guests

# AFTERNOON BREAK INTERLUDE

Add a Break Experience

**Choose one:**

**Recess**

- Assorted Cookies
- Sliced Seasonal Fruit Tray
- Flat, Sparkling Water and Assorted Soft Drinks

**Spot of Tea**

- English Scones with Preserves and Butter
- Strawberries and Cream
- Flat, Sparkling Water and Assorted Soft Drinks

**Give me a Break**

- Pringles
- Assorted Chocolate Bars
- Classic Pretzels
- Flat, Sparkling Water and Assorted Soft Drinks

**Vegan Paradise**

- Vegetable Crudité and Pita Chips with Vegan Aioli and Roasted Red Pepper Hummus
- Sliced Seasonal Fruit Tray
- Flat, Sparkling Water and Assorted Soft Drinks

**Earn your Brownie Points**

- Chocolate Brownies
- Salted Caramels
- Sliced Seasonal Fruit Tray
- Flat, Sparkling Water and Assorted Soft Drinks

**It's Coffee O'Clock**

- Tiramisu Biscotti
- Coffee Cake
- Flat, Sparkling Water and Assorted Soft Drinks

All interlude Breaks are arranged Self Serve style  
Included Regular, Decaffeinated Coffee and Tea