



BREAKFAST | BREAK | À-LA-CARTE | LUNCH | RECEPTIONS  
DINNER | DINNER RECEPTIONS | BEVERAGE | WINE

# BREAKFAST

Prices subject to 13% HST and 18% administrative charge pursuant to your contractual agreement. An administrative charge (18%) is added to your bill for this catered event/function (or comparable service). 6.65% of the total amount of this charge is used to defray the cost of house expenses and will be maintained by the MTCC. 11.35% of the total amount of this administrative charge is distributed to employees providing the service including servers, bartenders and porters.

Prices subject to change without notice.

**V** Vegetarian   **NF** Nut Friendly   **GF** Gluten Friendly   **LF** Lactose Friendly

## CONTINENTAL | \$28 PER PERSON

minimum 10 people per order

### Orange, apple & cranberry juices

(choice of 2 juice selections for 50 people & under)

### Breakfast loaves **V**

Pecan maple, matcha mandarin, whole-wheat raspberry

### Skyr lemon curd yogurt cup **V** **NF** **GF**

### Honey baked fruit & nut granola clusters **V**

### Superfood smoothie bowl **V** **GF**

Vanilla super seed, green smoothie, mixed berry protein

### Whole fruit

Apples, bananas, fresh cut orange wedges

### Freshly brewed Starbucks regular/decaffeinated coffee & Tea Squared specialty teas

## DELUXE CONTINENTAL | \$31 PER PERSON

minimum 10 people per order

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### Freshly squeezed orange, grapefruit & apple raspberry juices

(choice of 2 juice selections for 50 people & under)

### Freshly baked 'coffee house' breakfast selections

- Tray bakes (blueberry oat, banana cream cheese, digestive fruit bar) V NF
- Assorted superfood protein energy bites (apple pie, matcha bliss, double chocolate) V GF LF
- Assorted baby loaves (cherry lime with vanilla custard, banana with dark chocolate ganache) V NF

### Selection of smoked & cured meats, Canadian smoked salmon, cheeses, fresh brioche NF

### Build your own Skyr station V

Fresh cut fruit, berry compote, granola

### Fresh cut orange wedges

### Freshly brewed Starbucks regular/decaffeinated coffee & Tea Squared specialty teas

## CROSS FIT CONTINENTAL | \$33 PER PERSON

minimum 10 people per order

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### Low-fat yogurt power smoothies and superfood juices (select 2 of the following)

- Lactose friendly MTCC matcha smoothie V NF GF LF
- Banana mango power shake V NF GF
- Freshly squeezed orange juice V NF GF LF

### Coconut mango chia pudding V NF GF

### Overnight oats with almonds, chocolate & dried fruits V

### Peanut butter & jam brioche fingers V

### Fresh berries

### Seasonal cut fruit shards

### Build your own protein power breakfast:

- Cheese selection V NF GF
- Shaved smoked turkey, hard boiled eggs NF GF
- Vine tomato, bean salad, chopped kale & baby spinach, edamame hummus V NF GF LF

### Freshly brewed Starbucks regular/decaffeinated coffee & Tea Squared specialty teas

## BUILD YOUR OWN BUFFET BREAKFAST | \$36 PER PERSON

minimum 40 people | \$5 surcharge per person

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### Selection of orange, apple & cranberry juices

### House baked seasonal strudel and breakfast loaves V NF

### Fruit shard platters

#### Select one (1) of the following:

- Scrambled eggs, fresh herbs V NF GF LF
- Scrambled eggs, Brie & roasted red pepper V NF GF
- Rustic Mediterranean frittata cups V NF GF

#### Select two (2) of the following:

- Thick cut Ontario bacon NF GF LF
- Canadian back bacon NF GF LF
- Chicken sage sausage NF GF
- Artisan sausages NF GF

#### Select one (1) of the following:

- Caramelized onion & new potato sauté V NF GF LF
- Smokey cheddar & herb shredded potato cakes V NF GF
- Rustic red skin skillet potatoes V NF GF LF
- Roasted sweet potato wedges, sea salt & scallions V NF GF LF

### Freshly brewed Starbucks regular/decaffeinated coffee & Tea Squared specialty teas

## PLATED BREAKFAST | \$38 PER PERSON

minimum 50 people

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### Orange juice

### Berry yogurt cups V NF GF

### Selection of 'coffee house' breakfast pastries V

### MTCC breakfast bowl NF GF LF

Farm fresh local poached eggs, roasted cluster tomatoes, asparagus, kale & spinach sauté, rustic red skin potatoes, chicken sage sausages, olive oil chive hollandaise

### Freshly brewed Starbucks regular/decaffeinated coffee & Tea Squared specialty teas

## BREAKFAST ENHANCEMENTS

**Breakfast bundle** (minimum 10 people) ..... **\$19 per person per break period**

- Croissants (plain, raspberry, praline, custard & chocolate chip) **V**
- Danish pastry (cinnamon roll, apple, mango & maple Danish) **V NF**
- Juice (choice of 2 juice selections: orange, apple, cranberry)
- Freshly brewed Starbucks regular/decaffeinated coffee & Tea Squared specialty teas

**Breakfast hors d'oeuvres**..... **\$48 per dozen**

- Spiced maple bacon, fig & prune skewers **NF LF**
- Vine tomato, leek & goat cheese tarts **V NF**
- Mini peanut butter & jam stuffed French toast on cranberry loaf **V LF**

**Mini muffins** (minimum 1 dozen per flavour)..... **\$44 per dozen**

- Banana pecan **V**
- Cinnamon streusel **V NF**
- Apple bran **V NF**
- Chocolate espresso **V NF**

**Mini cronuts** **V NF** ..... **\$56 per dozen**

**Vegan & gluten friendly pumpkin spice mini muffins** **V NF GF LF** ..... **\$44 per dozen**

**Individual oatmeal cup** **LF** ..... **\$5.50 per person**

**Fresh fruit & berry sangria cups** **V NF GF LF** ..... **\$56 per dozen**

**On-the-move breakfast with farm fresh eggs** (minimum 10 per item) ..... **\$14 each**

- **BREAKFAST PANINI** with charred red peppers, oven dried vine tomato, pancetta, fontina cheese & onion jam **NF**
- **VEGETARIAN BREAKFAST WRAP** Brie, leek, tomato **V NF**
- **BREAKFAST FRITTATA CUPS** zucchini, peppers, tomatoes & mozzarella cheese **V NF GF**
- **BREAKFAST MONTE CRISTO** sundried tomato & red pepper foccacia, shaved ham, Swiss cheese, stewed leeks **NF**

**Build your own cross fit breakfast bowl** (minimum 2 dozen) ..... **\$12 each**

- Cheese selection **V NF GF**
- Shaved smoked turkey, hard boiled eggs **NF GF LF**
- Vine tomato, bean salad, chopped kale & baby spinach, edamame hummus **V NF GF LF**

**Gourmet benny station** (with chef attendant | minimum 30 people) ..... **\$16 per person**

- Farm fresh poached eggs, house made pancetta, mushroom sauté, wilted kale, summer squash hollandaise, rosemary foccacia **NF LF**
- Farm fresh poached eggs, lobster salad, shaved asparagus, red pepper, wilted spinach, toasted brioche, tarragon calamansi hollandaise **NF**

**Greek yogurt station** **V** (minimum 20 people) ..... **\$9.75 per person**

- Fresh fruits
- Berries
- Muesli
- Local honey

## BREAKFAST ENHANCEMENTS (continued)

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<b>Fresh fruit platter</b> (minimum 10 people) .....	<b>\$11.75 per person</b>
<b>Whole fruit</b> .....	<b>\$4 each</b>
<b>Individually bottled pure squeezed juices (250ml)</b> .....	<b>\$7 each</b>
<b>Breakfast loaves</b> .....	<b>\$39 per loaf</b>
- Bergamot lavender V NF	
- Pineapple coconut passionfruit V NF	
- Double chocolate chip V NF	
<b>Filled baby loaves</b> (minimum 1 dozen per flavour) .....	<b>\$56 per dozen</b>
- Cherry lime, vanilla custard V NF	
- Banana, dark chocolate ganache V NF	
<b>Scones</b> (minimum 1 dozen per flavour) .....	<b>\$49 per dozen</b>
- Citrus ginger, Devonshire cream & berry compote V NF	
- Chai pear, Devonshire cream & berry compote V NF	
- Coconut vanilla, Devonshire cream & berry compote V NF	
<b>Artisan bagels</b> NF .....	<b>\$57 per dozen</b>
Cream cheese, fruit preserves & butter	
<b>Assorted superfood protein energy bites</b> V GF LF .....	<b>\$48 per dozen</b>
Super berry, matcha bliss, apple pie protein	
<b>Hard boiled egg in shell</b> NF GF LF (minimum 2 dozen) .....	<b>\$3 each</b>
<b>Fresh baked croissants</b> (plain, chocolate & almond) V .....	<b>\$56 per dozen</b>
Butter & preserves	