



Total meeting package 10 guests or more \$129 a person

A smart efficient streamlined package including:

Meeting venue
Traditional tasty breakfast buffet
Coffee and tea station
AM or PM nutrition break
Lunch
Audio visual – podium, screen & projector

Breakfast choices

Choice of bacon, ham, or sausage served with scrambled eggs smothered in cheese, oven roasted baby potato hash browns

or

Breakfast croissant with bacon ham or sausage served with homemade muffins

or

Waffles with whip cream and berries accompanied with bacon, ham or sausage served with an assortment of pastries

All breakfasts are served with a toaster station and a fresh fruit display

Nutrition break choices

Choose one included in the package

Fresh fruit served with a coconut yogurt dip or fresh veggies with our favourite umami dip.

or

Charcuterie served individually or in a grand display

or

Assorted cookies, vegan and gluten-free options with milk and milk alternatives

Nutrition break upgrades for an additional \$9 per person

Build your own parfaits with, organic yogurt, assorted seasonal fruit, chia, hemp, flax, sprouted nuts, and coconut whip cream

or

Peanut butter protein balls and seasonal whole fruit

or

Cornbread muffin stuffed with cheese, jalapeño, green onion, and bacon (optional) served with whipped honey butter



Lunch choices

Each option is served with your choice of soup or a salad

Soup of the day

Creamy tomato basil soup

Salad choices

Arugula blackberry and butternut with goats' cheese

Tomato and peach with burrata and basil

Yam and dill potato

Mixed summer greens with tomatoes and cucumbers

Sun dried tomato and roasted red pepper pasta

SWR Signature individual chicken pot pie

Loaded with locally sourced fresh vegetables and herbs, topped with puff pastry and baked to perfection.

Vegan, vegetarian and gluten-free options available

or

Build your Own Sandwich

Assortment of meats, assorted cheese, variety of bread, including vegan and gluten-free options. An assortment of condiments and fresh toppings, lettuce, tomato, onions, pickle, avocado spread and sprouts. Our signature chickpea salad for the vegan/vegetarian option.

or

Rotolo di Spinaci

Lasagna roll ups stuffed with spinach, ricotta, and chorizo in a creamy rose sauce baked in cheese to perfection.

Vegan, vegetarian option available

Gluten free options available

All food and beverage service are subject to taxes and 18% gratuity