

GOLD MENU CHOICES

The Gold Salad Bar

Lentil Salad with julienne vegetables

Green Bean Vinaigrette with mushroom and peppers

Thai Noodle Salad with garden vegetables and a mild Thai dressing

White and Wild Rice Salad with corn, trio of peppers, and red onions

Dill Cucumber Salad with Sour cream

Mixed Green Salad with balsamic vinaigrette

Mixed Greens with roasted pepper & fennel balsamic vinaigrette

Baby Greens with marinated goat cheese and tomato basil

Greek Salad, field greens, tomato, cucumber, Calamata olives, feta cheese

Leafless Greek Salad, tomato and cucumber, Calamata olives, feta

Caesar Salad, hearts of romaine, oven baked croutons, and our own creamy garlic dressing

Traditional Couscous with Roasted Vegetables and Sundried Cranberries

Minted Potato Salad

Seasonal Fruit Salad

Spinach and Radicchio Salad

Tomato Cucumber Salad

Oriental Cabbage Salad

Penne Pesto & Grilled Vegetable Salad

Gold Hot Soups

Cream of Mushroom Soup

Cream of Barley Soup

Cream of Tomato Soup

Broccoli Leek Soup

Leek & Potato Soup with smoked chicken

Roasted Pear & Parsnip Bisque

Sweet Potato Soup with ginger and lime

Tomato Broth with garlic cheese croutons

Basil and Potato Soup with gorgonzola

Corn Chowder with dill shrimp

Minestrone

Beef Barley Soup

Gold Cold Appetizers

Roasted Pepper Tapas with garlic Bruschetta

Platter of Assorted Bruschetta, tomato and basil, roasted peppers and olives, grilled mushrooms and parmesan

Platter Presentations (for Buffet Packages)

Canadian Cheese Tray with Assorted Crackers

Sliced cheddar and marble cheese garnished with fruit and accompanied by baskets of crackers

Garden Vegetables with Dip

A generous selection of fresh vegetables heaped in a rustic basket and served with dip

Relish Tray

An assortment of dill pickles, sweet pickles, Manzanilla and Calamata olives and pickled vegetables

Fresh Fruit Platter

A selection of local and exotic fruits served with a yogurt dip

The Mediterranean

A selection of 6 assorted dips served in martini glasses:

Melitzanosalata - dip of baked eggplant, onion, garlic, extra virgin olive oil and spices; Hummus - an exotic dip made of chickpeas, tahini, onions, and herbs; Tirokafteri - feta cheese blended with hot peppers, yogurt and extra virgin olive oil; Tappenade - an olive pesto dip; Tirosalata - feta, sundried tomatoes, cream cheese, sour cream and herbs; Skordalia - roasted garlic and red peppers, cheese and fresh herbs.

Accompanied by lots of rustic breads and grilled pitas.

Assorted Mini Wraps Platter

A selection of grilled pesto chicken, Teriyaki beef, julienne grilled vegetables, flavoured humus' rolled into spinach and tomato wraps (48 pieces per tray)

Assorted Quartered Sandwich Tray

A selection of albacore tuna, sockeye salmon, egg salad, shaved roast beef, ham and cheese, and pastrami (48 pieces per tray)

Antipasto Platter

A selection of marinated olives, mushrooms, grilled eggplant, zucchini and ratatouille

Gold Hot Entrées

Chicken Options...

Tuscan Chicken with mustard apricot and pepper glaze

Sesame Crusted Chicken served with grilled pineapple

Chicken with Orange-Basil Chipotle Sauce, chipotle, orange, citrus zest, Soya sauce, basil, red onion and brown sugar glaze

Chicken Picata with tomato basil Concasse

Chicken Stuffed with Mushrooms, Spinach, Caramelized Onions and Fontina Cheese

Roast Chicken Breast with wilted spinach and Fava bean radish

Butter Chicken

Lime and Honey Roast Chicken

Chicken Cacciatore served over pasta

Asian Style Orange Chicken served over rice

Jerk Chicken marinated in our own Jerk sauce

Rosemary Mustard Chicken with cranberry chutney

Tandoori Chicken an Indian dish with a lemon ginger and turmeric yogurt sauce

Traditional Roast Turkey with sage, onion and apple bread stuffing

Plum Glazed Roasted Turkey with spinach, bacon, onion and cashew stuffing

Coconut Grilled Chicken – ginger, coriander & coconut marinated breast of chicken topped with Thai Chili sauce

Grilled Chicken Breast & Roasted Vegetable Bundle – chicken stuffed with cream cheese & roasted vegetables

Stuffed Turkey with mushrooms, spinach & caramelized onions and served with Apricot Salsa

Seafood Options...

5 oz. Baked Salmon Crusted with Potato and Spinach

Seafood Paella

Grilled Salmon asparagus, peppers and black olives over pasta Alfredo

Basa & Salmon Napoleon – layers of Basa and Salmon served with mandarin and mango salsa

Beef Options...

Beef Stroganoff

Roast AAA Alberta Beef served with a rich beef gravy

Traditional Meat Loaf with mushroom gravy

Meat or Cheese Stuffed Ravioli smothered in a choice of Alfredo or tomato basil sauce

Meat or Vegetable Lasagna

Beef Brochette served on a bed of egg noodles and topped with a smoked chipotle sauce

Pork Options...

Herb Crusted Pork Loin served with sautéed apples and nutmeg

Apple Stuffed Loin of Pork with orange Soya glaze

Hickory Smoked Canadian Back Bacon with pineapple

Pasta with Grilled Italian Sausage peppers and mushrooms

Grilled Pork Chops drizzled with apple & sundried cranberry glaze

Tandoori Spiced Pork Loin with Mango Chutney

Soy & Maple marinated Pork Loin

Gold Accompaniments – Starches

Cajun Spiced Roast Potatoes

Roasted Red Skin Potato

Maple and Pecan Sweet Potatoes

Garlic Mashed Potatoes

Horseradish Mashed Potatoes

Herb and Lemon Roast Potatoes

Parisian Potatoes

Baked Potatoes with Sour Cream

Pesto Pasta

Saffron Rice with pepper confetti

Long Grain and Wild Rice

Green Rice with Pablano strips

Arugala, Bacon & Gruyere Cheese Bread Pudding

Duchess Potatoes

Red Skin Mashed Potatoes

Herb Potato Pudding

Potato and Zucchini Fritters

Potato Gnocchi with Smoked Bacon and Pommery Mustard

Baby Potato Ragout

Gold Accompaniments – Vegetables

Braised Root Vegetables with an onion ragout

Green Beans with tomato

Spaghetti Squash with Canadian maple and butter

Mixed Seasonal Vegetables

Oriental Style Stir Fry Vegetables

Steamed Asparagus

Steamed Broccoli

Maple Glazed Carrots with walnuts

Tarragon Oven Braised Carrots

Creamy Cauliflower

Honey Lemon Roasted Beets

Parmesan Grilled Tomatoes and Oregano

Gold Breads

Baskets of Pumpernickel, Whole Wheat and Bastoni

Gold Desserts

Triple Berry Crepes with whipped cream

Fresh Fruit Tart with French vanilla cream

Strawberry Shortcake with vanilla cream sauce

Carrot Cake

Butter Pecan Fudge Cake

Banana Chocolate Cake

New York Cheese Cake with triple berry sauce

Apple Caramel Cheese Cake

Maple Pumpkin Cheese Cake with maple flavoured cream

Passion Fruit Charlotte

Apple Crisp with caramel sauce and fresh whipped cream

Maple Walnut Napoleons layers of Phyllo pastry, vanilla maple cream, and caramelized walnuts

Millefeuille with Grappa Cream and Berries layers of puff pastry, grappa whipped cream and berries

Platter of Chef's Choice Assorted Sweets

PLATINUM MENU CHOICES

The Platinum Salad Bar

Thai Noodle Salad with beef

Tomato Feta Cheese Salad

Curried Chicken and Rice

Creamy Pasta with Grilled Chicken and Vegetable

Grilled Salmon and Pasta Salad

Tomato, Bocconcini and Sweet Red Peppers drizzled with roasted garlic, oregano, feta cheese and olive oil dressing

Grilled and Braised Vegetable Salad with olive oil and balsamic vinaigrette dressing

Watercress and Asparagus Salad

Mango and Baby Shrimp with Walnut salad

Platinum Hot Appetizers

Shrimp Bisque

Bowtie Pasta with Mussels and Zucchini

Baked Camembert with banana sauce served over mixed greens with a citrus vinaigrette

Pan Seared Crab Cakes with cayenne butter

BBQ Jumbo Shrimp with cucumber radish

Gemelli Pasta with grilled vegetables tossed in a sun dried tomato basil sauce

Baby Spinach, Goat Cheese, Toasted Pecans, Bacon, topped with tuna cakes, drizzled with balsamic vinaigrette

Fried Greens with a creamy garlic dressing and cherry tomato salad

Thai Grilled Chicken Salad

Platinum Cold Appetizers

Baby Shrimp Cocktail with Roma tomatoes in a martini glass

Grilled Tomato & Boconchini Cheese with balsamic vinaigrette

Grilled Calamari with garden greens tossed in a lemon vinaigrette

Grilled Vegetable and Tomato Napoleon with a raspberry drizzle

Fresh Parmesan Cheese Chunks drizzled with maple & honey

Mixed Baby Greens with stilton, toasted cashews, pears and sherry vinaigrette

Spinach and Radicchio Salad, with mushrooms, pine nuts, mandarins, and vinaigrette dressing

Garden Greens and Roasted Vegetables with herb raspberry vinaigrette

Platinum Hot Entrees

Chicken Options...

Boneless Supreme of Chicken with warm Portobello mushrooms in a balsamic glaze

Breast of Duck with sun dried cherry and mint glaze

Seafood Options...

Grilled Salmon with a citrus glaze

Baked Salmon with an Arugula pesto crust

Hazelnut Halibut served with a Frangelico sauce

Salmon Wellington

Grilled Sea Bass topped with mango salsa

Beef Options...

AAA Prime Rib of Beef served with rich mushroom gravy

AAA Alberta Strip Loin of Beef with a mushroom ragout

Beef Wellington

Carved Prime Rib of Beef

Peppered Roast Tenderloin of Beef drizzled with a cranberry and port wine glaze

Pecan crusted Beef Tenderloin with Champagne Risotto

Pork Options...

Stuffed Pork Loin with prunes & fresh herbs topped with cognac sauce

Platinum Accompaniments – Starches

Potato Latke with sweet onion and rosemary

Scallop Potatoes

Parisian Potatoes

Potato Croquettes

Gemelli Pasta with green beans and fresh herbs

Wilted Spinach and Baby Bok Choy with mushrooms

Grilled Polenta with rosemary and three mushroom ragout

Duel Potato Mash

Vegetable Rice

Champagne Risotto

Platinum Accompaniments – Vegetables

Grilled Vegetable Strudel

Golden Crisp Vegetable Phyllo Tower

Fresh Baby carrots

Medley of Baby Squash

Eggplant Parmigiana

Stuffed Peppers filled with rice, onions, mushrooms and spinach

Platinum Breads

Baskets of Pumpernickel, Whole Wheat, Bastoni, Focaccia and Corn Bread

Platinum Desserts

Dark and White Chocolate Mousse with Strawberry Sauce

Banana Chocolate Cake with berry compote

Hazelnut Nut Torte

Tangy Lemon Gateaux

Chocolate Truffle Cheese Cake

Chocolate Fountain with strawberries, pineapple, melon and vanilla chiffon cake cubes for dipping