

BREAKS & REFRESHMENTS

KEEPING PACE

Our wide selection of refreshments will keep your guests bright eyed and in tune.

Corporate Coffee Station regular & decaf coffee orange pekoe & herbal tea assortment	\$3.00/person max 4 hours
Coffee & Tea	\$16.95/thermal
Chilled Fruit Juices (Bottles)	\$3.00/each
Chilled Fruit Juices (Pitchers)	\$15.00/each
Assorted Canned Soft Drinks & Iced Tea	\$2.25/each
Bottled Water	\$2.25/each
Ice Cold Milk (Pitchers)	\$15.00/each



BREAKS & REFRESHMENTS (CONT'D)

KEEPING PACE

Easy to handle and eat, our wide selection of refreshments will keep your guests engaged while keeping hunger at bay.

Assorted Doughnut & Pastries Platter	\$3.00/person
Selection of Muffins & Coffee Cake Slices	\$3.00/person
Assorted Bagels & Cream Cheese	\$3.50/person
Selection of Cupcakes	\$2.75/person
Freshly Baked Cookies	\$2.00/person
Build Your Own Brownies Madness Platter	\$4.00/person
Yogurt Parfaits	\$3.50/person
Display of Seasonal Fruit	\$5.75/person
Fresh Vegetable Crudités With Dip	\$4.00/person
Tortilla Chips with Salsa	\$2.50/person
Assorted Domestic Cheese & Cracker Platter	\$4.75/person

APPETIZER SELECTION

SMALLER BITES

Our extensive Appetizer Selection is great for parties with smaller appetites, or to serve as snacks.

Displays and Platters (platters serve 30)

fresh fruit kabobs with yogurt dip	\$160.00
vegetable crudité's with 3 special dips	\$120.00
cheese, sausage, and cracker platter	\$135.00
pickled vegetables, chutney, olives and biscuits	\$150.00
imported and domestic cheese board	\$225.00
warm bread served with balsamic vinegar and olive oil	\$60.00
artichoke and asiago cheese dip served on mini corn tortilla rounds	\$80.00

recommended serving: 5-6 pieces/person/hour

Cold Choices (minimum of 2 dozen/selection)

stuffed vegetable platter	\$15.95/dozen
jumbo shrimp fountain	\$24.95/dozen
smoked salmon and cream cheese canapés	\$18.95/dozen
devilled eggs	\$12.95/dozen
spirals	\$12.95/dozen
spinach and crab dip on baguette rounds	\$15.95/dozen
bruschetta and goat cheese served with toasted baguette rounds	\$15.95/dozen
mini wraps	\$18.95/dozen

Hot Choices (minimum of 2 dozen/selection)

glazed tenderloin pork lollipops	\$24.95/dozen
gourmet mini burger station	\$24.95/dozen
selection of assorted meatballs	\$17.95/dozen
lamb meatballs with tzatziki	\$24.95/dozen
coconut shrimp	\$24.95/dozen
variety of chicken wings	\$14.95/dozen
curried salmon cakes with mango chutney	\$24.95/dozen
beef satay	\$24.95/dozen
chicken souvlaki	\$24.95/dozen
tandoori chicken skewers with mango chutney	\$24.95/dozen
dry ribs	\$12.95/dozen
potato skins	\$17.95/dozen
spanakopita	\$17.95/dozen
vegetable samosas	\$24.95/dozen
assorted puff pastry hors d' oeuvres	\$16.95/dozen
mini quiches	\$16.95/dozen
pot stickers with plum sauce	\$17.95/dozen
fried wontons	\$18.95/dozen
snake bites	\$18.95/dozen
jalapeno poppers	\$18.95/dozen

PAMPERED PLATE SERVICE

SERVED WITH STYLE

Our Pampered Plate service comes with fresh bread service and a choice of soup du jour, garden salad with a special sandman vinaigrette dressing, caesar salad, strawberry spinach salad with poppy seed dressing, sliced cucumber and red onion vinaigrette salad, or tomato, basil and bocconcini salad.

All the selections below also include the chef's selection of a decadent dessert to compliment your meal, plus coffee and tea service.

Prime Rib & Yorkshire Pudding (minimum 20 people) roast potatoes and fresh seasonal vegetables	\$29.95/person
Roast Baron of Beef herb roasted potatoes and fresh seasonal vegetables	\$27.95/person
Oven Roasted Turkey with Sage Stuffing mashed potato and fresh seasonal vegetables	\$26.95/person
Ginger Orange Pork Tenderloin (minimum 20 people) rice pilaf and fresh seasonal vegetables	\$25.95/person
Chicken Parmesan spaghetti with marinara and vegetable crudités	\$25.95/person
Lime Cilantro Chicken rice pilaf and fresh seasonal vegetables	\$25.95/person
Special Additions to Create a Four Course Dining Experience:	
tejano style shrimp cocktail	\$6.95/person
shrimp and crab stuffed mushroom caps on a bed of lemon vinaigrette lettuce	\$5.95/person
caesar salad cornucopias	\$5.95/person
stuffed cucumber cups	\$4.95/person
tomato, basil and bocconcini skewers	\$3.50/person
serve both soup and salad	\$3.50/person
cheese and grape platter	\$55.95/table of 8

CLASSIC DINNER BUFFET

ALWAYS A FAVOURITE

Our Classic Dinner Buffet comes with a wide array of time honoured favourites, perfect for more traditional tastes.

Classic Dinner Buffet \$21.95/person

freshly baked dinner rolls

caesar salad, strawberry spinach, plus three other chef selection salads

fresh vegetable crudités served with dip

pickle platter

garlic mashed potatoes topped with cheddar, whipped potatoes, roasted herbed potatoes, scalloped potato, duchess potatoes or rice pilaf

seasonal fresh vegetables or broccoli, cauliflower and carrots with cheese sauce on the side

assortment of cakes, squares and display of seasonal fruit

coffee, tea and hot chocolate station

Add Any of the Following

prime rib with yorkshire puddings \$7.00/person

herb crusted baron of beef with yorkshire puddings \$5.00/person

stuffed chicken breast \$5.00/person

slow roasted turkey with stuffing \$4.00/person

clove studded glazed ham with pineapple \$4.00/person

bruschetta, parisian, or parmesan chicken \$4.00/person

ginger orange pork tenderloin medallions \$4.00/person

stuffed pork loin \$4.00/person

chicken, prawn or beef stir fry \$3.00/person

beef, chicken or vegetarian lasagna \$3.00/person

cabbage roll casserole \$2.50/person

chicken and mushroom alfredo \$2.50/person

vegetarian risotto in a cream or rose sauce \$2.50/person

penne pasta primavera \$2.00/person

perogies with golden fried onions,
bacon and mushroom gravy on the side \$2.00/person

Add a Chocolate Fountain with All the Fixings (minimum 75 people) \$5.00/person

cake, cookies, dried fruit, marshmallows,
and a fresh fruit assortment

CORPORATE DINNER BUFFET

THE SMART CHOICE

These classic favourites are simple and satisfying, sure to please any crowd.

Corporate Dinner Buffet	\$14.95/person
freshly baked dinner rolls or bread service	
caesar salad	
greek pasta salad	
pickle tray	
herbed roast potatoes, pasta or rice	
seasonal vegetables	
assorted desserts	
Add on Any of the Following	
herb crusted roast baron of beef	\$5.00/person
bruschetta chicken	\$4.00/person
chicken parisian	\$4.00/person
butter chicken	\$4.00/person
pepper steak	\$4.00/person
ginger orange pork tenderloin	\$4.00/person
stuffed pork loin	\$4.00/person

BAR SERVICE

HOST OR CASH BAR

These types of bars will use our liquor licenses, alcohol, variety of mix and garnishes and glassware. Host bars are put onto one master bill and paid by one person. Cash bars allow the individual guests to pay for their own drinks as they go. Hosts may opt to pay for part of the drinks, and their guests pay for the remaining which can then form a toonie or loonie bar.

Bottles of wine are available, our Group Food & Beverage Manager will be happy to offer you a current list.

We will also, gladly bring in any special requests to meet you and your guests needs. Please ask for special pricing for these items.

Alcoholic Beverages

hi-balls and domestic beer	\$4.75 each
wine, premium beer, coolers and house liquors	\$5.75 each
1 litre of house wine, red or white	\$25.00 each

Non-Alcoholic Punch

served throughout the evening (based on total dinner count)	\$2.50/person
	\$40.00/bowl

Bartender Fees

There will be a service charge of \$15.00/hour (minimum 4 hours) for the bartender if sales are below \$325.00 for the night.

INTERNATIONAL FLAVOUR PROFILES

At Sandman Conferences & Catering, we offer a wide range of menus to ensure that all your guests are satisfied.

A Taste of Greece (minimum of 20 people) \$24.95/person

vegetable crudité's platter with olives
 tzatziki and hummus with pita
 spanakopita
 tomatoes with feta
 chicken souvlaki
 bifteki (greek beef patties)
 keftedakia me ouzo (chicken meatballs in ouzo)
 baklava

A Taste of Mexico (minimum of 20 people) \$22.95/person

individual nachos
 quesadillas platter
 mexican fondue
 eight layer dip with chips
 spicy filled taquitos
 spirals platter
 fruit rolls and cinnamon crisps
 salsa bar with plenty of pico de gallo, salsa, sour cream and guacamole

A Taste of Asia (minimum of 20 people) \$24.95/person

pot stickers
 sushi
 deep-fried wontons
 spring rolls
 sweet and sour chicken balls
 fruit platter
 vegetable samosas
 tandoori chicken skewers with mango chutney
 beef satay

Wine and Cheese Reception (minimum 20 people)

carafes of red and white wine \$21.95/liter

international and domestic cheeses
 with fresh grapes and assorted crackers \$12.95/person

international and domestic cheeses with fresh grapes,
 prosciutto wrapped melons, chocolate dipped strawberries,
 assortment of crackers and breads, gourmet deli assortment,
 olives, pickled vegetables and chutney \$21.95/person

BUILD YOUR OWN RECEPTION

APPETIZERS AS A MEAL

Serving appetizers as a meal is a fun and diverse way to enjoy a reception. Choose seven of your favourite appetizers, and feel free to add on more from the list of *Additional Choices* below.

Build Your Own Reception (minimum 15 people) \$19.95/person
your choice of 3 cold and 4 hot appetizers

ADDITIONAL CHOICES

Cold Choices

fresh fruit kabobs with yogurt dip	\$1.50/person
vegetable crudités with 3 special dips	\$1.50/person
stuffed vegetable platter	\$2.25/person
jumbo shrimp fountain	\$2.95/person
cheese, sausage, and cracker platter	\$1.95/person
smoked salmon and cream cheese canapés	\$1.50/person
devilled eggs	\$1.00/person
spirals	\$1.50/person
spinach and crab dip with baguette rounds	\$1.25/person
bruschetta and goat cheese served with toasted baguette rounds	\$1.50/person
pickled vegetables, chutney and olives	\$1.00/person
imported and domestic cheese board	\$2.95/person

Hot Choices

spicy meatballs	\$1.50/person
chicken wings	\$1.75/person
beef satay	\$2.50/person
chicken souvlaki	\$2.50/person
tandoori chicken skewers with mango chutney	\$2.50/person
dry ribs	\$1.25/person
potato skins	\$1.75/person
warm bread served with balsamic vinegar and olive oil	\$1.00/person
artichoke and asiago cheese dip served with tortilla chips	\$1.50/person
spanakopita	\$1.50/person
vegetable samosas	\$1.50/person
assorted puff pastry hors d' oeuvres	\$1.75/person
mini quiches	\$1.50/person
pot stickers with plum sauce	\$1.50/person
fried wontons	\$1.50/person

These are some of our favorites but if you don't see yours please ask and we will design a special platter for you.

LUNCH SELECTIONS

APPETIZING MID-DAY MEALS

Nourishing and delicious, these lunch options are sure to keep your guests engaged and in tune.

Sandman Corporate Special \$14.95/person

garden salad bar with assorted dressings
pickle and olive tray
chef's soup of the day
assorted sandwiches and wraps
assorted desserts

Sandman Deli Bar \$15.95/person

garden salad bar with assorted dressings
pasta salad
pickle and olive tray
chef's soup of the day
freshly baked deli buns
assortment of sliced deli meats
domestic and imported cheeses
lettuce, onions, sliced tomatoes, cucumbers and pickle slices
variety of mayonnaises and mustards
assorted desserts

Taste of Italy \$16.95/person

garden salad bar with assorted dressings
caesar salad
garlic herbed toast
lasagna
display of seasonal fruit
assorted desserts

Taste of Asia \$16.95/person

thai noodle salad
strawberry spinach salad
vegetable crudité's with dip
freshly baked buns
basmati rice
chicken, beef or shrimp stir-fry
assorted desserts

LUNCH SELECTIONS (CONT'D)

APPETIZING MID-DAY MEALS

Nourishing and delicious, these lunch options are sure to keep your guests engaged and in tune.

Beef on the Bun \$14.95/person

caesar salad
baked potato salad
thinly sliced herb crusted roast beef on fresh buns
fried onions
steamy hot au jus
wedge cut fries
chef's selection dessert

Add Some Flair \$17.95/person

opt for a chef carved hot herb crusted roast beef on toasted french bread

Build Your Own Tacos \$16.95/person

garden salad bar with assorted dressings
taco chips and soft tortillas shells
refried beans
pepper and onion mix
seasoned chicken and beef
lettuce, tomato, sour cream, guacamole, fresh pico, salsa
chef's selection dessert

Sandman Executive Lunch \$14.95/person

garden salad bar with assorted dressings
greek pasta salad
pickle tray
freshly baked dinner rolls or bread
herbed roast potatoes, pasta or rice
seasonal vegetables
display of seasonal fruit
assorted desserts

Add On Any of the Following

herb crusted roast baron of beef	\$5.00/person
bruschetta chicken	\$4.00/person
chicken parisian	\$4.00/person
butter chicken	\$4.00/person
pepper steak	\$4.00/person
ginger orange pork tenderloin	\$4.00/person
stuffed pork loin	\$4.00/person

PLATED LUNCHEONS

FULL SERVICE

Our Plated Luncheons come with fresh rolls and butter, and your choice of soup du jour, garden salad with a special Sandman vinaigrette dressing, caesar salad, strawberry spinach salad with poppy seed dressing, sliced cucumber and red onion vinaigrette salad, or tomato, basil and bocconcini salad.

All the selections below also include the chef's selection of a decadent dessert to compliment your meal, plus coffee and tea service.

Roast Beef

au jus, herbed roast potatoes, seasonal mixed vegetables \$19.95/person

Butter Chicken

coconut rice \$18.95/person

Baked Lasagna

with vegetable crudités \$16.95/person

Chicken Parisian

served on a bed of butter herbed fettuccine and garden peas \$18.95/person

Pepper Steak

served on a bed of rice \$18.95/person

Lemon Peppered Grilled Tilapia

served with rice pilaf and seasonal mixed vegetables \$18.95/person

LUNCHESES TO GO

ON THE RUN

\$12.95/person

All Lunches To Go are served with seasonal whole fruit, potato chips, two freshly baked cookies and a bottle of water, plus your choice of any one of the following sandwiches.

Honey Ham Stacked High on a Rustic Bun

with cheddar cheese, grainy deli mustard, leaf lettuce, tomato and red onion

Roast Beef on a Rustic Bun

with cheddar cheese, horseradish mustard, leaf lettuce, tomato and red onion

Slow Roasted Turkey on Multigrain Bread

with cranberry aioli, leaf lettuce and tomato

Vegetarian Wrap

with cream cheese, lettuce, tomato, red onions, cucumber, pickles and mushrooms

ALL INCLUSIVE CORPORATE DAY

SET FOR THE DAY

\$34.95/person

Our All Inclusive Corporate Day package ensures that your guests will be well-fed and well taken care of from morning until evening. All options include tea, coffee, and hot chocolate.

BREAKFAST

Choose one of the following:

Continental

chilled fruit juice, fresh baked pastries and muffins, assorted breakfast breads with toasters, display of seasonal fruit

Hot Breakfast

chilled fruit juices, scrambled eggs, bacon and sausage, breakfast potatoes, pancakes

AM BREAK

coffee, teas and hot chocolate are refreshed, assorted soft drinks are added

LUNCH BUFFET

Choose one of the following:

Soup & Sandwich

soup, garden salad bar, assorted sandwiches and wraps

Pasta Buffet

caesar salad, garden salad bar, lasagna, garlic toast

Chicken Buffet

choice of lime cilantro, teriyaki, butter chicken or crispy oven fried chicken (please select one only) garden salad bar, caesar salad, rice or potatoes, bread service

Beef Dip Buffet

caesar salad, baked potato salad, beef dips, au jus, potato wedges

PM BREAK

coffee, teas and hot chocolate are refreshed, assorted soft drinks are added

PM Break Accompaniment (choose one)

freshly baked cookies, pastry platter, vegetable crudités platter, display of seasonal fruit, cupcake assortment, build your own brownie madness platter, tortilla chips with salsa sour cream and freshly made pico de gallo, or yogurt and granola parfaits

Add dessert, or an AM snack

add \$3.50/person

ON THE RIGHT FOOT

Start the day off right with our wide selection of breakfast choices. All options are served with coffee, tea, and hot chocolate.

Continental Breakfast \$9.95/person

chilled fruit juices
 assorted breads, bagels and english muffins with toasters
 variety of muffins and pastries
 seasonal fruit salad

Rise and Shine \$12.95/person

chilled fruit juices
 scrambled eggs
 bacon and sausage
 pancakes
 warm maple syrup
 substitute french toast for pancakes

\$1.50/person

Some Like It Hot \$12.95/person

chilled fruit juices
 scrambled eggs
 bacon and sausage
 red skinned breakfast potatoes
 assorted breads, bagels and english muffins with toasters

Kickin' It Up a Notch \$15.95/person

chilled fruit juices
 scrambled eggs with onions, peppers, mushrooms and cheddar
 salsa
 bacon and sausage
 red skinned breakfast potatoes
 display of seasonal fruit
 assorted breads, bagels and english muffins with toasters
 variety of muffins and pastries, or pancakes served with warm maple syrup

SANDMAN SPECIALTIES

SIGNATURE SPREADS

Treat your guests to a hearty breakfast they'll never forget. All options are served with coffee, tea, and hot chocolate.

Full Continental Breakfast \$13.95/person

chilled fruit juices
assorted breads, bagels and english muffins with toasters
variety of muffins and pastries
fruit kabobs with flavoured yogurt dip
yogurt and granola parfaits
assorted cold cereals
old fashioned oatmeal with toppings

Breakfast Bennies \$15.95/person

chilled fruit juices
assortment of egg benedicts
red skinned breakfast potatoes
display of seasonal fruit
variety of breakfast pastries and muffins

Breakfast Omelettes \$15.95/person

chilled fruit juices
assortment of omelettes
red skinned breakfast potatoes
assorted breads, bagels and english muffins
display of seasonal fruit
display of breakfast pastries and muffins

Sweet As Can Be \$15.95/person

chilled fruit juices
scrambled eggs with cheddar
french toast and pancakes
assorted fruit toppings
whipped cream
warm maple syrup
red skinned breakfast potatoes
display of seasonal fruit
assortment of breakfast pastries and muffins