




Beverages

 Frog Friendly Coffee by the Gallon	\$95.00
Red Rose & Mighty Leaf Herbal Teas	\$4.00
Tropicana & Ocean Spray	
Chilled Fruit Juices by the Pitcher	\$20.00
Minute Maid Individual Juices (450ml)	\$4.50
Coca Cola Brand Soft Drinks (355ml)	\$3.50
Dasani Pure Spring Bottled Water (591ml)	\$4.00
Vitamin Water	\$4.50
Hot Chocolate	\$4.00
Ice Tea with Lemon Slices by the Pitcher	\$16.00
Perrier & San Pelligrino	\$4.00
Yogurt Drink	\$3.75
Red Bull Energy Drink	\$5.00
Naked Juice Smoothies (Assorted Flavors)	\$5.00

From The Bakery (per item)

Assorted Home Baked Cookies	\$2.50
Assorted Dessert Squares	\$2.00
Assorted Fresh Baked Bagels w/ Cream Cheese	\$4.50
Fresh Breakfast Buns	
Served with 2 types of Cheese	\$5.00
Fresh Baked Muffins, Danish, Croissants	\$2.75 ea
Breakfast Sandwich	\$4.50
w/ Omega 3 Egg, Cheese & Turkey Sausage	

Delights

Assorted Large Chocolate Bars	\$2.50
Granola Bars	\$3.50
Whole Fresh Fruit	\$4.00
(apples, oranges, bananas, grapes)	
Chocolate Dipped Strawberries	\$4.00
Seasonal Sliced Fresh Fruit	\$6.50
Mini Fruit Skewers	\$7.50
with chocolate or yogurt dip	
Imported & Domestic Cheese Tray	\$12.50
With Gourmet Crackers & Artisan Breads	
Artisan Pastries	\$4.00

Breaks & Treats

All prices are subject to change & 18% Gratuity & 5% GST

Classic Continental

Chilled Tropicana & Ocean Spray Juices
Basket of Freshly Baked Muffins,
Danish & Croissants
Assorted Preserves, Creamery Butter & Honey
Fresh Fruit Salad
Assorted Fruit & Vegetable Smoothies
Frog Friendly Coffee & Mighty Leaf Tea
\$21.00 per person

Rocky Mountain Ranch

Chilled Tropicana & Ocean Spray Juices
Scrambled Omega 3 Eggs
Bacon & Turkey Sausage Patties
Hashbrowns or Breakfast Polenta
Muffins, Danish & Croissants
Assorted Preserves, Creamery Butter & Honey
Frog Friendly Coffee & Mighty Leaf Tea
\$24.00 per person

Metro Signature

Chilled Tropicana & Ocean Spray Juices
Your Benedict, Your Way with a Poached Egg
Selection of 2 of the following:
Benedict - *Canadian Back Bacon & Hollandaise Sauce*
Blackstone - *Vine Ripe Tomatoes Aged Cheddar Cheese
& Hollandaise Sauce*
Florentine - *Spinach & Hollandaise Sauce*
Pacifica - *Canadian Nanook Smoked Salmon
& Hollandaise Sauce*
Italian - *Pancetta & Tomato sauce*
Served with Home Fries or Breakfast Polenta
Fresh Fruit in Season
Muffins, Danish & Croissants
Assorted Preserves, Creamery Butter & Honey
Frog Friendly Coffee & Mighty Leaf Tea
\$24.00 per person

Buffet Breakfasts
All buffets are for 1 hour 30 minutes

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Buffet Breakfasts

All buffets are for 1 hour 30 minutes


Keep it Healthy

Chilled Tropicana & Ocean Spray Juices
Egg White Cloud with white cheddar cheese,
spinach & tomatoes
Assorted Naked Juice Smoothies
Fresh Fruit & Berries
Granola Parfaits

 Frog Friendly Coffee & Mighty Leaf Tea
\$20.00 per person

The Chef's Italian

Chef's Creation Frittata served with Mini Buns
Fruit Nectar Beverages

 Frog Friendly Coffee & Mighty Leaf Tea
& Espresso

\$18.00 per person

Al a carte Breakfasts

Freshly Baked Muffins, Danish, Croissants \$2.75 ea

Assorted Fruit & Berry Yogurts \$2.75

Individually Packaged Cereal \$3.50

Assorted Fresh Baked Loaves \$3.00 per slice

Egg McMetro \$4.50 ea

(omega 3 egg, cheddar cheese & turkey sausage on an English muffin)

Chef attended Omellette station \$7.50

(with all the trimmings)

Breakfast Panini \$7.50

Served with German Butter Cheese, Mortadella or Smoked Turkey

Breakfast Sausage 3 Pieces \$2.50

(Beef/Chicken/Turkey/Maple Pork)

Venezuelan Arepas stuffed with

Chicken & Avocado \$5.00