



Breakfast Buffets

Minimum 15 guests – priced per person

\$18

Continental

Chef's selection of Fresh Baked Mini Pastries

Allergens: milk, egg, wheat, gluten, tree nuts

Yogurt Parfait Bar

greek yogurt, artisan granola, chocolate chips, toasted nuts, berry compote

Allergens: milk, wheat, gluten, soy, tree nuts

Assorted Whole Fruit

seasonal selection

Allergens: no known priority allergens

Milano Organic Fair Trade Coffee **Organic Fair Trade Four O'clock Teas**

\$28

Traditional Breakfast

Artisan Bread & Butter

Allergens: milk, egg, wheat, gluten

Scrambled Free Range Eggs

Allergens: egg

Double Smoked Bacon

Allergens: no known priority allergens

Turkey Sausage

Allergens: no known priority allergens

Potato Hash

Allergens: soy

Fresh Fruit & Wild Berry Platter

seasonal fresh cut fruit

Allergens: no known priority allergens

Milano Organic Fair Trade Coffee **Organic Fair Trade Four O'Clock Teas**



vegetarian



vegan



made without gluten



ocean wise



halal



Meeting Breaks

Minimum 10 guests – priced per person

\$13 Light Break

Chef's selection of Fresh Baked Mini Pastries

Allergens: milk, egg, wheat, gluten, soy, tree nuts, peanuts

Fresh Fruit & Berries

seasonal fresh cut fruit

Allergens: no known priority allergens

Milano Organic Fair Trade Coffee
Organic Fair Trade Four O'Clock Teas
Ice Water

\$16 Afternoon Snack Break

Mini Beignets

sugar dusted & berry filled

Allergens: milk, egg, wheat, gluten

Hard Bite Chips

Individual bags

Allergens: no known priority allergens

Made Good Granola Bars

Allergens: no known priority allergens

Infused Spa Water

Allergens: no known priority allergens

Milano Organic Fair Trade Coffee
Organic Fair Trade Four O'Clock Teas

Add assortment of juices to all packages for \$3.50 / person



vegetarian



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made without gluten



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Lunch - A la Carte

\$6.50

Soups

Minimum order 15 per type – priced per person

Thai Coconut Butternut Squash

Allergens: soy

Roasted Tomato Basil

fresh herbs

Allergens: no known priority allergens

Wild Mushroom Cream

Allergens: milk, wheat, gluten

Pacific Northwest Seafood Chowder

baby clams, local fish & dill

Allergens: milk, wheat, gluten, fish (cod), shellfish (clam)

Surcharge: \$2 / person

\$6.50

Salads

Minimum order 15 per type – priced per person

Kale Caesar Salad

baby kale & romaine, house-made croutons, caesar dressing, parmesan cheese

Allergens: milk, egg, wheat, gluten, sulphites, mustard

Garden Vegetable Salad

cucumbers, radishes, cherry tomatoes, shredded carrots & beets, baby lettuces, toasted sunflower seeds, lemon & herb vinaigrette

Allergens: sulphites, mustard

Roasted Beet & Goat Cheese Salad

aper persones, candied walnuts, shaved fennel, mixed greens, caramelized orange vinaigrette

Allergens: milk, sulphites, mustard, treenuts (walnut)

Southwest Quinoa Salad

roasted corn, black beans, grape tomatoes, roasted sweet potatoes, mixed greens, cilantro, avocado lime dressing

Allergens: sulphites, mustard

Sesame Ginger Noodle Salad

red cabbage, peppers, cucumber, red onion, carrots, cilantro, sesame ginger vinaigrette

Allergens: soy, sulphites, mustard, sesame

Greek Chopped Salad

tomatoes, cucumber, olives, chickpeas, red onions, red peppers, feta cheese, citrus vinaigrette

Allergens: milk, sulphites, mustard



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Sandwiches & Wraps

Maximum choice of 3 types

Minimum order 5 per type – priced per person

GF bread or wrap \$2.50 / item

Looking to add something sweet – please refer to the dessert section from our Reception Menu

- \$11.50 Roast Beef & Cheddar Sandwich**
garlic Dijon aioli, tomato & lettuce
Allergens: milk, egg, wheat, gluten, soy, sulphites, mustard
- \$11.50 Black Forest Ham & Swiss Cheese Sandwich**
lettuce, tomato & grainy mustard mayo
Allergens: milk, egg, wheat, gluten, soy, sulphites, mustard
- \$11.50 Roast Turkey & Cheddar Sandwich**
lettuce, tomato and mayo
Allergens: milk, egg, wheat, gluten, sulphites
- \$11.50 Herb & Balsamic Grilled Vegetable & Brie Cheese Sandwich** 
zucchini, mushroom, peppers, red onion, pesto aioli, lettuce
Allergens: milk, egg, wheat, gluten, soy, sulphites
- \$11.50 Roasted Red Pepper Hummus & Fresh Vegetable Wrap** 
baby spinach, avocado, shredded carrot, cucumber, tomato, flour tortilla
Allergens: wheat, gluten, soy, sulphites, sesame
- \$11.50 Southwest Quinoa Veggie Wrap** 
jalapeños, black beans, tomato, peppers, guacamole, chipotle aioli, lettuce, cheddar cheese, flour tortilla
Allergens: milk, egg, wheat, gluten, soy, sulphites
- \$14 Sesame Ginger Grilled Salmon Wrap** 
shredded cabbage, carrots, green onion, cilantro, spicy hoi sin mayo, flour tortilla
Allergens: egg, wheat, gluten, soy, sesame, sulphites, fish (salmon)
- \$13.50 Crispy Chicken Wrap**
crispy chicken, red onion, lettuce, tomato, honey Dijon aioli, flour tortilla
Allergens: egg, wheat, gluten, soy, sulphites, mustard
- \$13.50 Blackened Chicken Wrap** 
jalapeno jack cheese, lettuce, roasted red pepper, smashed avocado, flour tortilla
Allergens: milk, wheat, gluten, soy, sulphites



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Snacks - A la Carte

Minimum 10 per order

\$3/per person

Sea Salted Chips & Onion Dip  

Allergens: milk, egg, sulphites

\$3.50/per person

Garlic Parmesan Pretzel Bites 

roasted tomato basil dip

Allergens: milk, wheat, gluten

\$3.50/per person

Corn Tortilla Chips  

guacamole & salsa

Allergens: soy

\$3/per person

House Popped Popcorn  

caramel & buttered sea salt

Allergens: milk

\$3.50/per person

Pita Chips & Hummus 

roasted garlic hummus

Allergens: wheat, gluten, soy, sulphites, sesame



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International Pre Set Buffet Menus

No substitutions or modifications

Available for lunch until 3pm

Minimum 15 guests – priced per person

Looking to add something sweet – please refer to the dessert section from our Reception Menu

\$35 The Olympus

Grilled Thick Pita

roasted red pepper hummus

Allergens: wheat, gluten, sesame

Greek Chopped Salad

tomatoes, cucumber, olives, chickpeas, red onions, red peppers, feta cheese, citrus vinaigrette

Allergens: milk, sulphites, mustard

Lemon Dill Rice Pilaf

Allergens: no known priority allergens

Chickpea Falafels

Allergens: no known priority allergens

Mediterranean Grilled Chicken

citrus & herb chicken thigh

Allergens: no known priority allergens

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Organic Fair Trade Four O'Clock Teas
Ice Water



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\$35 The Vesuvius

Thick Cut Garlic Parmesan Bread

Allergens: milk, egg, wheat, gluten

Garden Salad

tomatoes, cucumber, radish, red onion, olives, croutons, pepperoncini, shredded parmesan, lemon & herb vinaigrette

Allergens: milk, wheat, gluten, sulphites

Sautéed Zucchini & Roasted Red Peppers

Allergens: no known priority allergens

Lentil Bolognese Pasta

tomato sauce, fresh basil

Allergens: wheat, gluten, sulphites

Chicken Parmesan

tomato sauce, mozzarella & parmesan cheese

Allergens: milk, egg, wheat, gluten, soy, sulphites

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\$35 The Darjeeling

Warm Garlic Naan Bread

fresh herbs

Allergens: milk, egg, wheat, gluten, soy

Kachumber Salad

tomatoes, cucumber, red onion, cilantro, mint, chilies, citrus vinaigrette

Allergens: sulphites, mustard

Jeera Basmati Rice

cinnamon, cardamom, cloves, cumin

Allergens: no known priority allergens

Channa Masala

chick peas, home ground spices, onion, tomato

Allergens: no known priority allergens

Butter Chicken

cream, butter, tomato, spices

Allergens: milk

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Ice Water



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\$35 The Oaxaca

Flour Tortillas

Allergens: wheat, gluten, soy

corn tortilla substitution available upon request

Southwest Quinoa Salad

roasted corn, black beans, grape tomatoes, roasted sweet potatoes, mixed greens, cilantro, avocado lime dressing

Allergens: sulphites, mustard

Cilantro & Cumin Spiced Rice

Allergens: no known priority allergens

Chili Lime Chickpeas

sautéed peppers and onions

Allergens: no known priority allergens

Spiced Pulled Chicken

sautéed peppers and onions

Allergens: no known priority allergens

Accompanied With:

fresh pico de gallo & guacamole, sour cream, Monterey jack cheese

Allergens: milk

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\$35 The Squamish

Bannock Bread

Allergens: milk, wheat, gluten

Harvest Greens Salad

roasted beets & squash, dried cranberries, toasted pumpkin seeds, maple vinaigrette

Allergens: sulphites, mustard

Mushroom Wild Rice

Allergens: no known priority allergens

Three Sisters Stew

fire roasted tomato, corn, beans, squash

Allergens: no known priority allergens

Grilled Wild Sockeye Salmon

Allergens: fish (salmon)

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