

# Breakfast Menu

# Breakfast Buffet

## GREEN MACHINE (BREAKFAST SHAKE) .....\$12.00/person

Cucumber, Kale, Banana, Pear, Blueberries and Fresh Oranges blended with Coconut Yogurt, Coconut Water and Oatmeal

## BREAKFAST BOWL .....\$18.00/person

Individually packaged. Served with Coffee, Tea and Decaffeinated Coffee. Choice of one Bowl:

- Berry Bowl  
Barley and Quinoa glazed with Greek Vanilla Yogurt topped with Fresh Berries, Shaved Coconut and Toasted Walnuts
- Apple and Pumpkin Spice Cobbler  
Greek Vanilla Yogurt with Apples and Pumpkin Spice, Golden Raisins and Dried Cranberries, topped with Sliced Almonds and Honey
- Tropical Quinoa  
Quinoa with Coconut, Pineapple, Mango and Pomegranate Seeds with Greek Vanilla Yogurt

## BAGEL BREAKFAST .....\$18.50/person

Variety of Bagels served with Assorted Cream Cheeses, Jams and Peanut Butter

Sliced Seasonal Fruit

Coffee, Tea and Decaffeinated Coffee

*Gluten Free Option available upon pre-order request*

## MORNING GLORY .....\$19.00/person

Chilled Fruit Juices

Caramel Coffee Cake

Sliced Seasonal Fruit

Coffee, Tea and Decaffeinated Coffee

## MINI CONTINENTAL .....\$19.50/person

Chilled Fruit Juices

Freshly Baked Croissants, Muffins and Breakfast Pastries served with Butter and Preserves

Fruit Cocktail and Yogurt

Coffee, Tea and Decaffeinated Coffee

*Gluten Free Option available upon pre-order request*

## MORNING AVOCADO TOAST .....\$20.00/person

Chilled Fruit Juices

Artisanal Sliced Bread served with Fresh Avocado, Sliced Tomato, Cucumbers, Bocconcini Cheese

Fresh Lime Wedges

Hard Boiled Eggs

Pink Grapefruit Sections

Greek Yogurt

Coffee, Tea and Decaffeinated Coffee

## HOT BREAKFAST .....\$22.00/person

Chilled Fruit Juices

Freshly Baked Mini Croissants

Farm Fresh Scrambled Eggs

Canadian Thick Cut Bacon

Golden Home Fries with Caramelized Onions and Peppers

Coffee, Tea and Decaffeinated Coffee

## OCEC BREAKFAST POUTINE .....\$22.00/person

Spicy Home Fries with Caramelized Onions and Peppers

St. Albert Cheese Curds

Canadian Applewood Smoked Bacon

Country Sausage

Gruyere Swiss Cheese Mornay Sauce

Green Onions

Freshly Whipped Scrambled Eggs

Coffee, Tea and Decaffeinated Coffee

## GLUTEN-FREE AND VEGAN .....\$22.25/person

Chilled Fruit Juices

Assorted Breakfast Pastries

Assorted Greek Yogurts and Granola

Coffee, Tea and Decaffeinated Coffee

## SANDWICH BREAKFAST .....\$23.00/person

Chilled Fruit Juices

Choice of one Breakfast Sandwich:

- Butter Croissant with Egg, Ham and Swiss Cheese
- English Muffin with Egg, Peameal Bacon and Canadian Cheddar Cheese
- Buttermilk Biscuit with Egg and Sausage with Monterey Jack Cheese
- English Muffin, Egg with Wilted Spinach and Swiss Cheese

Hash Brown Patties

Assorted Low-Fat Yogurts and Granola

Citrus Fruit Cocktail

Coffee, Tea and Decaffeinated Coffee

*All listed sandwiches can be made gluten-free or egg white only upon pre-order request*

*Please note: OCEC does not charge a gratuity fee. Minimum catering order is for 10 people unless otherwise indicated.*



**EGGS BENEDICTION.....\$24.00/person**

Slow Poached Farm Fresh Eggs on a Bed of Wilted Baby Spinach glazed with Hollandaise Sauce served with an Applewood Smoked Bacon and Potato Hash

Fruit Cocktail

Coffee/Tea and Decaffeinated Coffee

Choose one of the following:

- English Muffin
- Buttermilk Biscuit
- Whole Wheat Croissant

**CONTINENTAL.....\$25.00/person**

Chilled Fruit Juices

Freshly Baked Croissants, Muffins and Danishes served with Butter and Preserves

Yogurt Parfait – Greek Yogurt with Fresh Berries, Chia Seeds, Granola and Toasted Coconut

Whole Fruit

Coffee, Tea and Decaffeinated Coffee

**TRULY CANADIAN.....\$27.50/person**

Buttermilk Waffle with Warm Caramelized Apples

Canadian Maple Syrup & Freshly Whipped Cream

Smoked Canadian Peameal Bacon

Coffee, Tea and Decaffeinated Coffee

**RISE AND SHINE.....\$28.50/person**

Chilled Fruit Juices

Assorted Low-Fat Yogurts and Granola

Sliced Seasonal Fruit

Farm Fresh Scrambled Eggs

Assorted Breakfast Croissants

Crisp Bacon and Traditional Country Sausage

Home Fried Potatoes

Coffee, Tea and Decaffeinated Coffee

(Minimum 20 Persons)

**EXECUTIVE BREAKFAST BUFFET.....\$33.00/person**

Chilled Fruit Juices

Freshly Baked Croissants, Muffins, Bagels, Danishes, served with Butter, Cream Cheese and Preserves

Sliced Seasonal Fruit

Domestic and Imported Cheese Platter

Farm Fresh Scrambled Eggs

Buttermilk Waffles

Crisp Bacon and Traditional Country Sausage

Home Fried Potatoes

Individual Fruit Yogurt served with Granola

Assorted Cereals served with chilled Milk

Coffee, Tea and Decaffeinated Coffee

(Minimum 20 Persons)

**OCEC MORNING BRUNCH.....\$45.00/person**

White & Brown Bread

Assorted Cereals served with 2% Milk

Low-Fat Yogurt served with Granola

Fruit Cocktail

Freshly Baked Croissants, Muffins, Danishes served with Butter and Preserves

Medley of Salad Greens served with Assorted Dressings

Traditional Greek Salad (feta on the side)

Vegetable Crudités with Herb Dip

Assorted Deli Platter

Scrambled Eggs

Crisp Bacon and Traditional Country Sausage

Pan Seared Breast of Chicken with a Mushroom Marsala Sauce

Three Cheese Tortellini tossed in Rosé Sauce garnished with Fresh Basil and Parmesan Cheese

Home Fried Potatoes

Assorted French Pastries

Chilled Fruit Juices and Soft Drinks

Coffee, Tea and Decaffeinated Coffee

(Minimum 40 Persons)

**À LA CARTE**

Peameal Bacon	\$6.00	Assorted Cereal	\$4.00
Turkey Bacon	\$6.00	Sliced Seasonal Fruit and Berry Platter	\$8.00
Rosemary Ham	\$6.00		
Gluten Free Oatmeal	\$5.00	Domestic Cheese Platter	\$10.00
Smoked Salmon	\$11.00	Cold Cut Platter	\$14.00
Individual Yogurts	\$4.00	Mini Mushroom and Leek Quiche	\$12.00
Hard Boiled Egg	\$4.00		
Egg Whites	\$4.00		

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