



Full Menu

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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A close-up photograph of a white ceramic coffee cup filled with dark coffee, with steam rising from it. In the foreground, a chocolate-glazed donut topped with crushed nuts is partially visible on the left. To the right of the cup, several sugar cubes are scattered on the surface. The background is a soft, out-of-focus white.

Coffee Break Menu

Coffee Break

HYDRATION STATION\$9.00/person

Flavored Water Station
Choice of one flavour
Cucumber Mint, Fresh Limes, and Honey
Pineapple, Strawberry, and Mint
Orange, Lemon and Lime and Grenadine
Soft Drinks
Fruit Juices
Coffee, Tea and Decaffeinated Coffee

(Minimum 20 Persons)

FRUIT SMOOTHIE/POWER BREAK.....\$14.95/person

Frozen Vanilla Yogurt blended with Fresh Blueberries, Strawberries and Pomegranate Juice, served in a chilled glass

CHIPS AND POPCORN\$15.50/person

Home Fried Kettle Chips with Assorted Dressings served with House Made Dip
Kettle Style Popcorn
Bottled Water

GOURMET RICE CRISPY GONE GLUTEN-FREE \$16.25/person

Homemade Gluten Free Rice Krispies made with Assorted Dried Fruit and a Medley of Organic Grains glazed with Milk Chocolate
Coffee, Tea and Decaffeinated Coffee

HEART SMART\$17.50/person

Chilled Fruit Juices
Assorted individual Greek Yogurts and Granola with a Medley of Dried Fruits
Sliced Seasonal Fruit
Coffee, Tea and Decaffeinated Coffee

TRADITIONAL\$17.00/person

Chilled Fruit Juices
Assorted Gourmet Cookies
Assorted Soft Drinks
Coffee, Tea and Decaffeinated Coffee

COFFEE AND DONUTS.....\$18.00/person

Assorted locally baked Donuts
Coffee, Tea and Decaffeinated Coffee

MINI HEALTHY BREAK.....\$19.50/person

Chilled Fruit Juices
Bottled Water
Hummus and Tabbouleh served with Naan Bread, Pita Bread and Pita Chips
Vegetable Crudités and Dip
Coffee, Tea and Decaffeinated Coffee

SWEET STREET\$20.00/person

Chilled Fruit Juices
Assorted French Pastries and Dessert Squares
Assorted Soft Drinks
Coffee, Tea and Decaffeinated Coffee

GOURMET FINGER SANDWICHES.....\$20.75/person

Atlantic Smoked Salmon on Pumpernickel with Capers, Cream Cheese and Red Onions topped with Honey Dijon Mustard
Grilled Eggplant with Feta Cheese, Tomatoes, Black Olives and Avocado in a Multi-Grain Pita
Curried Yogurt Chicken with Cucumber and Tomato on a Panini Bun
Coffee, Tea and Decaffeinated Coffee

(gluten-free bread available upon pre-order request)
(Minimum 20 Persons)

VEGAN FRIENDLY\$21.00/person

Oatmeal Peanut Butter Scone
Sliced Seasonal Fruit and Berries
Coffee, Tea and Decaffeinated Coffee

GLUTEN-FREE BREAK.....\$21.25/person

Chilled Fruit Juices
Assorted Cupcakes, Cookies and Macaroons with Fruit Yogurt and Organic Granolas
Coffee, Tea and Decaffeinated Coffee

CLOSER\$21.50/person

Chilled Fruit Juices
Assorted Flavored Freshly Baked Croissants, Muffins and Danishes
Sliced Seasonal Fruit
Coffee, Tea and Decaffeinated Coffee

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AFTERNOON DELIGHT.....\$23.00/person

Tortilla Chips with Spicy Salsa
 Assorted Candy Bars
 Assorted Nuts
 Assorted Jelly Beans
 Assorted Gummies and Licorice
 Assorted Soft Drinks and Bottled Water
 Coffee, Tea and Decaffeinated Coffee

HEALTHY BREAK.....\$23.50/person

Chilled Fruit Juices and Bottled Water
 Hummus and Tabbouleh served with Naan Bread,
 Pita Bread and Pita Chip
 Domestic Cheese Platter
 Vegetable Crudités with Herb Dip
 Coffee, Tea and Decaffeinated Coffee

À LA CARTE

Thermos of Coffee, Tea or Decaf (serves 10 cups)	\$45.00	Gourmet Cookies	\$40.00
Fruit Juice (60-ounce pitcher)	\$25.00	Assorted Breakfast Pastries (Muffins, Croissants, Danishes)	\$42.00/dozen
Fruit Juice Bottles	\$4.00	Assorted Mini French Pastries	\$50.00/dozen
Soft Drinks (can)	\$3.00	Assorted Dessert Squares	\$43.00/dozen
Soft Drinks (60-ounce pitcher)	\$12.00	Whole Fresh Fruit	\$4.00/piece
Natural Water (750ml)	\$7.00	Spinach and Artichoke Dip	\$15.00/person
Bottled Water	\$4.00	Chips and Salsa	\$12.00/person
Vitamin Water (591ml)	\$6.00	Trail Mix	\$7.50/person
Nutri-Grain Bars	\$4.50	Hummus and Tabbouleh	\$12.00/person
Individual Yogurts	\$4.00	Yogurt Parfait	\$11.25/person
Assorted Ice Cream Bars (Magnum Bars)	\$6.00	Assorted Sushi and California Rolls (minimum 4 dozen)	\$42.00/dozen
Sliced Seasonal Fruit and Berry Platter	\$8.00/person	Domestic Cheese Platter	\$10.00/person

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Lunch Menu

Working Lunch

WORKING LUNCH #1 \$35.00/person

Soup of the Day
House Blend of Baby Spinach, Kale and Mesclun Greens, Feta Cheese with a Custom Blend of Pumpkin, Chia and Poppy Seeds with Dried Cranberries and Golden Raisins (gf)
Assorted Sandwiches and Wraps:
Assortment of Artisanal Breads and Wraps filled with Tuna Salad, Egg Salad, Grilled Vegetables, Oven Roasted Turkey Breast and Black Forest Ham, Cranberry Mayonnaise and Honey Dijon
Kosher Pickles, Medley of Olives
Sliced Seasonal Fruit

WORKING LUNCH #2 \$35.00/person

Artisanal Garlic Baguette
Classic Caesar Salad
Homemade Spinach and Cheese Manicotti – Tomato and Basil Sauce
Italian Style All Beef Meatballs tossed in our homemade Tomato and Basil Sauce (df)
Sliced Seasonal Fruit

WORKING LUNCH #3 \$40.00/person

Artisanal Garlic Focaccia
Classic Caesar Salad (Croutons and Bacon Bits on the side)
Medley of Olives and Marinated Mushrooms
Lightly Breaded Breast of Chicken glazed with Tomato and Basil Sauce, baked with mozzarella and freshly grated parmesan cheese
Penne Pasta with a Tomato and Pesto Sauce (df)
Sliced Seasonal Fruit

WORKING LUNCH #4 \$40.00/person

House Blend of Baby Spinach, Kale and Mesclun Greens, Feta Cheese with a Custom Blend of Pumpkin, Chia, Poppy Seeds, Dried Cranberries and Golden Raisins (gf) with Assorted Dressings
Tomato and Cucumber Salad with Lime and Avocado Dressing
Chicken Fajitas – Freshly Roasted Chicken with Soft Flour Tortillas, Caramelized Onions, and Peppers
Tortilla Chip Platter: Chips, Guacamole, Salsa, Shredded Cheese, Sliced Jalapeños, Sour Cream and Mexican Rice, Refried Beans
Assorted Mini Pastries

WORKING LUNCH #5 \$40.00/person

Traditional Greek Salad
Mediterranean Flat Bread glazed with a Pesto Spread topped with Oven Roasted Chicken Breast, Feta Cheese, Kalamata Olives, Red Onion, and Baby Arugula, baked with Mozzarella Cheese, and drizzled with a Balsamic Reduction
Mediterranean Flat Bread glazed with a Pesto Spread, topped with Roma Tomatoes and Bocconcini Cheese, Arugula and drizzled with a Balsamic Reduction
(Gluten-free Crust available upon pre-order request)
Sliced Seasonal Fruit

WORKING LUNCH #6 \$40.00/person

House Blend of Baby Spinach, Kale and Mesclun Greens, Feta Cheese with a Custom Blend of Pumpkin, Chia and Poppy Seeds with Dried Cranberries and Golden Raisins (gf)
Broccoli and Sesame Sweet Potato Salad (gf/df)
Thai Curry Chicken with Asian Eggplant and Napa Cabbage (gf)
Vegetarian Fried Rice (gf/df)
Vegetarian Spring Roll with Plum Sauce (df)
Sliced Seasonal Fruit

WORKING LUNCH #7 \$40.00/person

House Blend of Baby Spinach, Kale and Mesclun Greens, Feta Cheese with a Custom Blend of Pumpkin, Chia and Poppy Seeds with Dried Cranberries and Golden Raisins (gf)
Curried Couscous with Golden Raisins (gf/df)
Freshly Made Hummus and Tabbouleh (gf/df)
Pita and Naan Bread
Vegetarian Samosas (df)
Vegan Falafel (gf/df)
Mediterranean Chicken Kebobs with Tzatziki (gf)
Basmati Rice, Chickpea and Cauliflower Curry
Sliced Seasonal Fruit

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Salad Bar

Salad Bar \$39.00/person

Soup of the Day

Fruit Cocktail

Choice of One Salad

- House Blend of Heritage Greens, Tomato and Cucumber, Feta Cheese with a Custom Blend of Dried Fruits, Pumpkin, Chia and Poppy Seeds with Assorted Dressings
- Classic Caesar Salad (Bacon Bits, Croutons, Dressing and Parmesan Cheese on the side)
- Baby Spinach and Feta Cheese, Mandarin Oranges, Tomatoes and Cucumbers, Red Onions and Assorted Dressings
- Vine Ripe Tomato and Cucumber Salad with Red Onions and Tuscan Dressing

Choice of One Sandwich

- Sliced Slow Cooked Oven Roasted Turkey Breast with Avocado and Sundried Tomato Mayo, Swiss Cheese with Cucumbers and Leaf Lettuce
- Buffalo Chicken Caesar Wrap – Tangy Buffalo Chicken with Cucumber, Romaine Lettuce, Avocado and a thin layer of Creamy Caesar Dressing
- Gourmet Philly Cheese Steak – Thinly Sliced Beef Steak with Fried Mushrooms, Peppers and Onions with Melted Swiss Cheese
- Curried Turkey Salad – Oven Roasted Turkey Breast with a Curry and Cranberry Aioli, Fresh Guacamole on an Artisanal Bread
- Classic Rueben – Thinly Sliced Smoked Meat piled high in a Toasted Marbled Rye Bread with Swiss Cheese and Sauerkraut with Honey Dijon
- Turkey Burger – Grilled House Made Turkey Burger with a Sundried Tomato and Pesto Aioli, Lettuce, Tomato and Swiss Cheese on an Artisanal Bun
- Simply Vegetarian – Curried Chick Pea Salad with Avocado, Cucumber, Cilantro and Leaf Lettuce on an Artisanal Bun

Add-Ons (Choose one for an extra \$5.00/person)

- Fresh Cut Fries
- Sweet Potato Fries
- Kettle Chips
- Onion Rings

Super Bowls

Items will be individually packaged.

MEDITERRANEAN \$20.00/person

Heritage Blend of Greens with Curried Chick Peas, Black Beans and Kidney Beans, Quinoa, Roasted Red Peppers, Grilled Artichoke Hearts, Sliced Cucumbers, Grape Tomatoes, Toasted Walnuts, Grilled Haloumi Cheese and Kalamata Olives, Finished with a Lemon Poppy Seed and Sundried Tomato Dressing and Fresh Herbs

Add Chicken, Steak or Salmon for an additional \$10.00 Per Person

POWER BOWL \$30.00/person

Herb Roasted Chicken, Baby Spinach, Arugula, Kale, Yellow Endive, Roasted Sweet Potatoes, Lentils, Cous-Cous, Sweet Drop Red Peppers, Candied Striped Beets, Pomegranate Seeds with a Yogurt Ranch Dressing

STEAK IT UP \$30.00/person

Pearl Bocconcini and Grilled Skirt Steak, Medley of Ancient Grains, Romaine Hearts, Pickled Onions, Roasted Cauliflower, Fire Roasted Peppers, Toasted Corn, Sun Dried Tomatoes with a Roasted Garlic and Lime Dressing

CAESAR OF ALL CAESARS \$30.00/person

Lemon Pepper Chicken, Romaine Hearts and Arugula, Brown Rice, Avocado, Hard Boiled Egg, Sautéed Mushrooms, Bacon Bits, Dried Cranberries, Fresh Cilantro and Green Onions, Marbled Sourdough Croutons with Caesar and Pesto Dressing and Shaved Parmesan Cheese

THE BUDDHA BOWL \$30.00/person

Honey Hoisin Glazed Salmon Poke, Soba Noodles with Napa Cabbage, Baby Corn, Grilled Tofu, Bean Sprouts, Crushed Peanuts, Toasted Sesame Seeds, Sliced Radish, Chick Peas, Diced Mango with an Asian Sesame Ginger Dressing

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Lunch and Signature Lunch Buffets

Lunch Buffet (minimum 40 persons) \$50.00/person

Assorted Rolls and Butter

Soup of the Day

Choice of Two Salads

- Mixed Greens with Feta Cheese with a Blend of Dried Fruits and Seeds
- Spinach with Goat Cheese, Mandarin Oranges and Red Onions
- Classic Caesar Salad
- Couscous with Golden Raisins
- Farfalle Pasta Salad
- Medley of Olives and Pickles

Choice of Two Main Entrées

- Cheese Tortellini tossed in a Tomato and Basil Sauce (Parmesan cheese and Chili Flakes on the side)
- Roasted Chicken Breast glazed with a Coconut, Pesto and Sundried Tomato Sauce (gf)
- Roasted Pork Loin with Sautéed Mushrooms and Caramelized Onions
- Steamed Mussels in White Wine Sauce
- Slow Cooked Shaved Beef with a Whiskey and Peppercorn Sauce
- Oven Baked Cod with a Saffron Glaze
- Basmati Rice with Curried Mushrooms and Chickpeas

Desserts

- Assorted Pastries
- Sliced Seasonal Fruit

Signature Lunch Buffet (minimum 40 persons) \$58.00/person

Assorted Rolls and Butter

Soup of the Day

Medley of Mixed Greens, Cherry Tomatoes and Cucumbers (Assorted Dressings on the side)

Domestic Cheese Platter

Assorted Olives and Marinated Mushrooms

Any Two of the following Salads

- Classic Caesar Salad
- Traditional Greek Salad (gf) (df – Feta Cheese on the side)
- Lentil with Chick Peas and Quinoa tossed with Vine Ripe Tomatoes, Fresh Basil and Balsamic Reduction (gf/df)
- Kale with Roasted Sweet Potato and Dried Cranberries (gf) with Dressing on the side (df – Feta Cheese on the side)
- Farfalle and Tabbouleh with Kalamata Olives and Semi Dried Tomatoes (gf/df)

Main Entrées

- Carved Roast Beef au Jus (gf/df)
- Mushroom Filled Agnolotti
- Roasted Chicken Breast glazed in an Artichoke and Mushroom Sauce (gf)
- Oven Roasted Cod glazed with Lemon Beurre Blanc on a Bed of White and Wild Rice (gf)*
- Sour Cream and Chive Whipped Potatoes
- Seasonal Vegetables

* Replace Cod with Salmon – Add \$10.00 Per Person

Sweet Table

- Assorted Mini French Pastries
- Sliced Seasonal Fruit
- Coffee, Tea and Decaffeinated Coffee

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Plated Lunch

All Plated Lunches include 3 courses: Dinner Rolls and Butter, Soup OR Salad, Entrée, Dessert, Coffee, Tea and Decaffeinated Coffee. Prices are based on the entrée selected. Choose one entrée.

(Minimum of 20 persons)

Roasted Boneless and Skinless Chicken Breast **\$45.00/person**
served with a Medley of Mushrooms and
Caramelized Onion with Herb Roasted Baby
Red Potatoes, Carrot and Parsnip Puree and
Seasonal Vegetables (gf/df)

Grilled Chicken Supreme with a Pesto **\$45.00/person**
Sun-dried Tomato Cream with Dauphinoise
Potato, Carrot and Parsnip Puree and Seasonal
Vegetables (gf)

Grilled Atlantic Salmon served with Scaloped **\$49.00/person**
Potatoes and Seasonal Vegetables glazed with
a White Wine and Dill Sauce (gf)

Poached Red Snapper with a Ginger Sesame **\$49.00/person**
Glaze served with Braised Napa Cabbage and
Carrots with a Vegetable Fried Rice

Grilled AAA Sirloin with a Merlot Sauce, **\$51.00/person**
Sour Cream and Chive Whipped Potato and
Seasonal Vegetables

Baked Chicken Supreme stuffed with Spinach **\$55.00/person**
and Ricotta Cheese, Roasted Garlic and
Semi Dried Tomatoes finished with a Merlot
Sauce, Herb Roasted Potatoes and Seasonal
Vegetables

Grilled AAA Striploin with Caramelized Onions **\$55.00/person**
and Mushrooms finished with a Whiskey and
Peppercorn Sauce served with Sour Cream
and Chive Whipped Potatoes and Seasonal
Vegetables

SOUPS

(Choose one soup OR one salad)

- Tomato and Smoked Gouda Bisque (gf)
- Creamy Leek and Potato Soup (gf)
- Classical French Onion with Gruyere Crisp (gf)
- Vegetable Harvest with Quinoa and Red Lentils (gf)
- Butternut Squash and Apple (gf/df)

All soups can be made Gluten and/or Dairy Free upon request

SALADS

(Choose one soup OR one salad)

- Medley of Mixed Garden Greens with Semi Reduced Tomatoes, Cucumbers and shaved Red Onion with an Avocado Lime Dressing (gf)
- Greek Orzo Kale and Fennel Salad with Kalamata Olives and Roma Tomatoes Baby Spinach with Belgian Endive, Candied Walnuts and Dried Apricots drizzled with a Sherry Vinaigrette (gf/df)
- Classic Caesar Salad with shaved Parmesan, Sourdough Garlic Toast and Double Smoked Bacon Bits

DESSERTS

(Choose one dessert)

- Classic Mile High Cheese Cake with Berry Compote and Freshly Whipped Cream
- Colossal Carrot Cake with Bourbon Cream and Berries
- Apple and Maple Crème Brûlée Bourbon Pecan Pie
- Chocolate Pyramid

Other Options Available

Boxed Lunches

\$34.00/person

Choose one item from each section (for entire group). Beverages are not included.

Salads

- Traditional Greek Salad (gf) (df – Feta Cheese served on the side)
- Farfalle Pasta and Sundried Tomato Salad
- Cous-Cous Salad with Dried Fruits (gf/df)
- Sesame Sweet Potato Salad (gf/df)
- Hummus and Whole Wheat Pita

Sandwiches

- Turkey Salad with Boston Lettuce, Roma Tomatoes on an Herb Focaccia
- Roasted Breast of Chicken with Bacon, Lettuce and Tomato, in a Sun-Dried Tomato Wrap
- Rosemary Ham with Gruyere Swiss Cheese on an Artisanal Baguette
- Grilled Vegetables with Avocados on an Artisanal Baguette

Desserts

- Chocolate Brownie
- Cookies: Chocolate and Oatmeal
- Gourmet Rice Crispy Square (gf)
- Citrus Fruit Cup

Other Items

- Cheese and Crackers **\$4.00 Per Person**
- Individual Yogurts **\$3.95 Per Person**
- Vegetable Crudités and Dip **\$4.00 Per Person**
- Potato Chips **\$3.00 Per Person**
- Whole Seasonal Fruit **\$3.50 Per Person**

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Canapés Menu

Canapés

We recommend four-six hors d'oeuvres per person per hour.

COLD CANAPÉS\$40.00/dozen

Cucumber with Dill Cream Cheese and Baby Shrimp
 Smoked Salmon and Caper on Pumpernickel
 Cajun Shrimp on Baby Toast
 Brie Cheese and Grapes on Herb Toast
 Puffed Pastry filled with Ratatouille
 Vol au Vent filled with Chicken or Tuna Salad
 Artichoke and Sun-Dried Tomato with Goat Cheese on a Crisp Baguette
 Shrimp Cocktail
 California Rolls
 Fillicetti and Mandarin Orange with Herbed Goat Cheese on a Crostini
 Prosciutto with Fig Relish on a Crostini
 (Minimum order 10 dozen)

HOT CANAPÉS\$40.00/person

Vegetable Spring Rolls
 Spanakopita – Phyllo Spinach and Feta Triangles
 Duck Spiedini
 Arancini (Rice Balls)
 Chicken Skewer
 Vegetable Samosas
 Mushroom Crescents
 Mini Beef Wellington
 Lamb Spiedini
 Italian Meatballs
 Mini Pogo
 Vegetarian Dumplings
 Shrimp Dumplings
 (Minimum order 10 dozen)

SPECIALTY COLD CANAPÉS\$55.00/dozen

Sushi with Soya Sauce and Pickled Ginger
 Salmon Tartar in a Cucumber Round with Vodka Crème Fraiche
 Duck Liver and Green Peppercorn Pate
 Duck Breast with Apples and Calvados on Melba Toast
 Rolled Crepe filled with Cream Cheese, Chives and Smoked Salmon
 Sliced Tuna with Wasabi Cream
 (Minimum order 10 dozen)

SPECIALTY HOT CANAPÉS\$55.00/dozen

Potato and Cheese Filled Perogies
 Lobster Bisque
 Tempura Shrimp
 Beef Tenderloin with Truffled Tulip
 Panang Shrimp
 Rack of Lamb
 Bacon Wrapped Scallops
 Coconut Curry Dragon Shrimp
 Crab Cakes with Roasted Red Pepper Dip
 Mini Chicken Wellington
 Herb Crusted Lamb Chop with Honey Dijon Sauce
 Mushroom Truffled Tulip
 Wild Mushroom Beggar's Purse
 Pork or Shrimp Shumai
 Lollipop Chicken Wing
 (Minimum order 10 dozen)

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Dinner Menu

Dinner Buffets

All Working Dinner Buffets include Coffee, Tea and Decaffeinated Coffee
(Minimum of 20 persons)

WORKING DINNER BUFFET #1 \$52.00/person

Artisanal Garlic Baguette
Classic Caesar Salad
Traditional Chicken Parmesan
Penne Pasta in an Alfredo Sauce with Fresh
Parmesan and Chili Flakes
Seasonal Vegetables Sliced
Seasonal Fruit

WORKING DINNER BUFFET #2 \$52.00/person

Assorted Rolls and Butter
Medley of Mixed Greens, Cherry Tomatoes and
Cucumbers with assorted Dressings
Traditional Greek Salad (gf - Feta is on the side)
Freshly Made Hummus with Tabbouleh (gf/df)
Pita and Naan Bread Vegetarian Samosas (df)
Vegan Falafel (df)
Grilled Mediterranean Chicken Kebob with Tzatziki (gf)
Basmati Rice with Chick Pea and Cauliflower Curry
Fruit Cocktail

WORKING DINNER BUFFET #3 \$52.00/person

Assorted Dinner Rolls and Butter
Baby Spinach with Assorted Dressings (gf)
Bow Tie Pasta Salad with Kalamata Olives and
Sun-Dried Tomatoes (df)
Baked Cod with a Tarragon and Fennel Cream on a
bed of White and Wild Rice (gf)
Chicken with Pesto and Mushroom (gf)
Roasted Potatoes
Seasonal Vegetables
Sliced Seasonal Fruit

DINNER BUFFET (minimum 40 persons) \$75.00/person

Artisanal Rolls and Butter

Medley of Garden Greens, Cherry Tomatoes and
Cucumbers, Mandarin Oranges with Assorted
Dressings (gf/df)

Traditional Greek Salad (gf) (df - Feta Cheese
on the side)

Mixed Medley of Mushrooms and Olives (gf/df)

Vegetable Crudit  and Herb Dip (gf)

Entr es

- Carved Slow Roasted Beef Au Jus (gf/df)
- Assortment of Mustards and Horseradish
- Home Style Potato Gnocchi tossed in a
Tomato Basil and Pesto Sauce (gf/df)
- Slow Roasted Chicken Breast glazed with a
Thai Curry Potato Glaze (gf/df)
- Baked Cod glazed with a Grilled Fennel and
Tomato Compote (gf/df)
- Sour Cream and Chive Whipped Potato (gf)
- Seasonal Vegetables

Desserts

- Assorted Cakes and Pastries
- Sliced Seasonal Fruit

(Some gluten free desserts available when pre-ordered)

Coffee, Tea and Decaffeinated Coffee

EXECUTIVE DINNER BUFFET (minimum 40 persons) \$85.00/person

Artisanal Rolls and Butter

Soup of the Day

Baby Spinach with Red Onions, Feta Cheese
(on the side), Cucumbers and Tomatoes with
assorted Dressings (gf/df)

Broccoli with Sweet Potato Salad (gf/df)

Domestic and Imported Cheese Platter with
Soda Crackers

Mixed Medley of Mushrooms and Olives (gf/df)

Entr es

- Carved Slow Roasted Prime Rib Au Jus (gf/df)
- Cheese Tortellini with a Tomato and Basil
Sauce, Parmesan and Chili Flakes on the side
- Boneless Breast of Chicken glazed with a
Bourbon Peppercorn Sauce
- Baked Atlantic Salmon glazed with a Creamy
Seafood Medley on a bed of White and Wild
Rice (gf)
- Brie and Chive Whipped Potatoes (gf)
- Seasonal Vegetables

Desserts

- Assorted Cakes and Pastries
- Sliced Seasonal Fruit

(Some gluten free desserts available when pre-ordered)

Coffee, Tea and Decaffeinated Coffee

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

Plated Dinners

All Plated Dinners are 4 courses and include an Artisan Bread Basket, Soup, Salad, Main Entrée, Dessert, Coffee, Tea and Decaffeinated Coffee. Prices are based on the entrée selected. Choose one entrée.

(Minimum of 20 persons)

Grilled Chicken Supreme on a Bed of Squash **\$75.00/person**
Purée, Roasted Fingerling Potatoes and Seasonal Vegetables with a Coconut Thai Glaze and Fresh Cilantro (gf)

Slow Roasted Boneless Breast of Chicken **\$75.00/person**
marinated in Pesto and Sun-Dried Tomato Glaze, served on a Bed of Leek and Mushroom Ragu with Seasonal Vegetables, Classic Dauphinoise Potatoes finished with a White Wine Cream (gf)

Grilled AAA Sirloin marinated with our..... **\$78.00/person**
In-House Rub served on a Bed of Spaghetti Squash and Seasonal Vegetables, Double Baked Potato with Sour Cream, glazed with a Merlot Sauce and garnished with Pickled Onions (gf)

Slow Poached Atlantic Salmon on a Bed **\$80.00/person**
of Roasted Garlic and Celeriac Purée with Steamed Broccolini, Crispy Onions and Micro Carrots, Parmesan Risotto, drizzled with a Saffron Sauce (gf)

Short Rib Braised to perfection in our Signature **\$80.00/person**
Blend of Vegetables and Beef Broth, served on a Bed of Grilled Fennel and Brie Cheese Mashed Potatoes and Seasonal Vegetables (gf)

Prosciutto Wrapped Chicken Supreme stuffed **\$85.00/person**
with Baby Spinach, Grilled Artichoke Hearts and Mascarpone Cheese, glazed with a Tomato and Tarragon Compote, served with a Parmesan Risotto and Seasonal Vegetables

AAA Prime Rib Centre Cut with Sour Cream **\$100.00/person**
and Chive Whipped Potatoes, Seasonal Vegetables finished with a Whiskey Peppercorn and Gorgonzola Sauce (gf)

Grilled French Cut Veal Chop, served on a **\$100.00/person**
bed of Truffle and Herb Risotto, Broccolini and Caramelized Cipollini Onions with Pan Drippings (gf/df)

Grilled AAA Filet Mignon served with **\$105.00/person**
Dauphinoise Potato and Sweet Potato Pavée, Parsnip and Carrot Purée and Seasonal Vegetables glazed with a Whiskey Peppercorn Sauce (gf)

SOUPS

(Choose one)

- Oven Reduced Tomato Bisque with Fresh Basil and Quinoa, drizzled with Avocado Crème Fraiche (gf)
- Duck Consommé Garnished with Shredded Brome Lake Duck and King Oyster Mushrooms (gf/df)
- Carrot and Parsnip with Fresh Ginger finished with a Cilantro Drizzle (gf/df)
- Cream of Mushroom with Caramelized Leeks and Fresh Tarragon (gf)
- Curried Coconut Thai with Fresh Cilantro and Shrimp (gf)
- Provençal Vegetable Harvest with a Mixed Medley of Beans and Fleur du France Dijon (gf)
- Mussel and Clam Chowder with Saffron and Freshly Chopped Chives (gf)
- Broccoli and Roasted Fennel with Parmesan

SALADS

(Choose one)

- Baby Spinach and Kale Greens with Sesame Roasted Sweet Potatoes and Grilled Fennel with Chia and Sunflower Seeds, drizzled with Lemon and Poppy Seed Dressing (gf/df)
- Arugula, Radicchio and Belgian Endive with Candied Beets, Grilled Artichoke Hearts and Semi Reduced Heirloom Tomatoes with an Avocado and Lime Dressing (gf)
- Medley of Greens with Lightly Toasted Walnuts and White Wine Poached Bosc Pear glazed with a Sherry and Organic Honey Vinaigrette (gf/df)
- Watercress, Baby Spinach and Avocado with Feta Cheese drizzled with a Cilantro Lime Vinaigrette (gf)
- Red Kale and Micro Romaine Caesar with Mustard Croutons, Shaved Asiago Cheese and Crispy Pancetta Chips with Semi Reduced Tomatoes and Classic Caesar Dressing
- Arugula and Baby Spinach with Mango, Pomegranate and Grilled Portobello Mushrooms with Aged Balsamic Vinaigrette garnished with Parmesan Petals (gf)

DESSERTS

(Choose one)

- Classic Mile High Cheese Cake
- Triple Chocolate Mousse Tower of Power
- Carrot Cake and Cheese Cake Duo
- Maple Crème Brûlée
- Bourbon Pecan Pie
- Chocolate Pyramid

All desserts are served with Freshly Whipped Cream and Seasonal Berries

Other Options Available upon request

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Reception Menu

Cold Specialties

Malpeque Oysters on the Half Shell \$ Market Price/piece
Mignonette and Tabasco

Chilled Shrimp served with Cocktail \$ Market Price/50 pieces
Sauce and Fresh Lemon

Smoked Salmon Platter served with \$140.00/serves 30 persons
Fresh Dill, Honey Dijon and Herb Crisps

Cold Poached Salmon served with \$175.00/serves 25 persons
Onions and Capers finished with Dill
Mayonnaise

Assorted California Rolls served with \$120.00/serves 20 persons
Soy Sauce, Pickled Ginger and Wasabi

Cold Cut Platter consisting of Imported \$10.00/person
and Domestic Meats Garnished with
Pickles and Olives (minimum 20 persons)

Imported and Domestic Cheese Platter..... \$10.00/person
served with Water Biscuits and Crisp
Baguettes (minimum 20 persons)

Finger Sandwich Platter: An assortment of \$10.00/person
Finger Sandwiches filled with Deli Meats,
Tuna and Egg Salad (minimum 20 persons)

Sandwich Platter: An assortment of \$10.00/person
Sandwiches filled with Deli Meats, Tuna
and Egg Salad (minimum 10 persons)

Sliced Seasonal Fruit and Berry Platter..... \$8.00/person
(minimum 20 persons)

Vegetable Crudités with Dip..... \$7.00/person
(minimum 20 persons)

Hot Specialties

Herb Crusted Rack of Lamb with \$45.00/rack
Rosemary Au Jus (7 chops per rack)

Alberta Beef Tenderloin with Red \$450.00/person
Wine Au Jus served with Mini Kaiser
Rolls (requires chef attended station)

Pan Seared Shrimp and Bay Scallops \$ Market Price/person
in Creamy Saffron Sauce
(requires chef attended station)

Mini Hamburgers \$51.75/dozen
(minimum 3 dozen)

Pulled Pork Slider \$51.75/dozen
(minimum 3 dozen)

Pizza and Bruschetta \$10.00/person
(minimum 20 Persons)

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Stations

CHEF ATTENDED STATION.....\$35.00/hour

Minimum three hours

POUTINE STATION.....\$14.00/person

Crispy French Fries with your choice of Topping to include; Gravy, Beef and Bean Chili, Cheese Curds, Shredded Cheese, Sour Cream, Bacon Bits and Green Onions

(Minimum 20 Persons)

PASTA STATION.....\$22.00/person

Choice of Two Pastas:

Penne, Farfalle, Spaghetti, Fettuccini or Linguine

Choice of Two Sauces:

Tomato and Basil, Alfredo Sauce, Pesto Sauce and Rosé Sauce

(Requires chef attended station)

(Minimum 20 Persons)

CREPE STATION.....\$18.00/person

Crepes Flambéed with Grand Marnier, Fresh Seasonal Fruit and Whipped Cream

(Requires chef attended station)

SWEET TABLE.....\$28.00/person

Assortment of Cakes, French & Italian Pastries

Chocolate Fondue Station with Seasonal Fruits, Fruit Sauces and Whipped Cream

Assorted Sliced Seasonal Fruit and Berry Platter

Coffee, Tea and Decaffeinated Coffee

LINDT CHOCOLATE FONDUE STATION.....\$20.00/person

Lindt Chocolate Fondue with Assortment of Fruit

(Minimum 20 Persons)

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OTTAWA
CONFERENCE AND EVENT
CENTRE

Banquet Bar

Wine List

HOUSE WHITE

Lindeman's Pinot Grigio, Australia \$45
(1 litre)

WHITE

Matua Sauvignon Blanc, New Zealand \$45
Beringer Founders Estate Chardonnay, USA \$45
Deinhard Reisling, Germany \$40

HOUSE RED

Lindeman's Merlot, Australia \$45
(1 litre)

RED

Graffigna Malbec, Argentina \$40
19 Crimes Pinot Noir, USA \$48
Beringer Founder's Estate Cabernet Sauvignon, USA \$45
Wolf Blass Shiraz, Australia \$45
Rosé Grow Wild, Canada \$45

CHAMPAGNE / SPARKLING WINE

Martini & Rossi, Asti, Italy \$40
Two Oceans, Brut, South Africa \$40
Mumm Cordon Rouge, Brut, France \$120
Dom Perignon, France \$350

All prices besides house wines are for 750ml bottles

Liquor & Beverages

LIQUOR \$8.00/oz

Gibson's Rye, Grant's Scotch, Boodles Gin,
Finlandia Vodka, J. Wray White and Dark Rum,
Standard (1 oz)

APERITIFS \$8.00

Vermouth, Dubonnet, Averna

BEER

Domestic: \$8.00
Coors Light, Canadian, Rickards Red, Miller
Genuine Draft
Imported: \$9.00
Heineken, Corona, Belgian Moon
Cider: \$9.00
Strongbow

LIQUEURS & COGNACS \$9.50/oz

Cointreau, Drambuie, Bailey's Irish Cream,
Kahlua, Amaretto, Courvoisier V.S. Cognac,
Grand Marnier

WHITE/RED WINE

House Wine \$8.00/glass

PUNCH

Fruit Punch (40 Glasses - 4.5 Litres) \$120
Liquor Punch (40 Glasses - 4.5 Litres) \$170

NON-ALCOHOLIC BEVERAGES

Soft Drinks, Assorted Fruit Juices \$4.00/glass
Aquafina, Natural Spring Water \$4.00/bottle

*If less than \$400.00 of liquor is consumed, the cost of the bartender
is \$30.00 per hour, per bartender - minimum of 4 hours*

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Christmas Menu

Christmas Lunch Buffet

Christmas Lunch Buffet (minimum 40 persons) **\$50.00/person**

Assorted Dinner Rolls

Medley of Garden Greens with Tomato and Cucumber (gf) with Assorted Dressings on the side (df - Feta Cheese on the side)

Lightly Toasted Barley with Quinoa, Oven Reduced Tomatoes and Kalamata Olives tossed in Balsamic Vinaigrette (gf/df)

Domestic Cheese Platter with Crackers

Assorted Olives and Marinated Mushrooms

Main Entrée

- Three Cheese filled Tortellini tossed in an Olive Oil and Tomato Basil Sauce, Parmesan Cheese and Chili Flakes
- Baked Cod glazed with a with a Lemon and Dill Sauce on a bed of white and wild rice (gf/df)
- Traditional Slow Roasted Turkey served with Country Style Stuffing and Home-Made Gravy
- Herb Roasted Baby Red Potatoes
- Steamed Seasonal Vegetables

Desserts

- Assorted Pastries
- Sliced Seasonal Fruit
- Coffee, Tea and Decaffeinated Coffee

Christmas Plated Lunch

Christmas Plated Lunch (minimum 40 persons) **\$50.00/person**

Soup

- Asparagus and Potato Soup with Manchego Cheese and garnished with an Herbed Crouton

Salad

- Medley of Baby Spinach, Kale and Belgian Endive garnished with Pumpkin Seeds, Crumbled Feta, Mandarin Oranges and drizzled with a Grapefruit Infused Dressing

Main Entrée

- Slow Roasted Turkey served with Country Style Stuffing
- Whipped Baby Red Potatoes with Brie Cheese
- Seasonal Vegetables
- Home Style Turkey Gravy and Cranberries

Dessert

- Classic New York Cheesecake glazed with Chocolate Sauce and Raspberry Coulis with Freshly Whipped Cream and Seasonal Berries
- Coffee, Tea and Decaffeinated Coffee

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Christmas Dinner Buffet

Christmas Dinner Buffet (minimum 40 persons) \$65.00/person

Assorted Dinner Rolls

Classic Caesar Salad

Imported and Domestic Cheese Platter
with Crackers

Vegetable Crudités and Herb Dip

Assorted Olives and Marinated Mushrooms

Main Entrée

- Carved Maple Glazed Ham with Assorted Mustards (gf/df)
- Cheese Tortellini tossed in a Tomato and Basil Sauce
- Baked Cod Glazed with a Yellow Thai Curry Sauce garnished with a Tempura Battered Asian Eggplant on a bed of White and Wild Rice (df)
- Slow Roasted Turkey served with Country Style Stuffing & Homemade Gravy
- Whipped Baby Red Potatoes with Roasted Garlic and Freshly Chopped Green Onion
- Steamed Seasonal Vegetables

Desserts

- Assorted Pastries
- Sliced Seasonal Fruit
- Coffee, Tea and Decaffeinated Coffee

Christmas Plated Dinner

Christmas Plated Dinner (minimum 40 persons) \$65.00/person

Assorted Dinner Rolls

Soup

- Caramelized Leek and Potato Soup with a Truffled Crouton

Salad

- Romaine Hearts with Candied Mushrooms and Oven Reduced Tomatoes drizzled with Basil Oil and a Buttermilk Chive Dressing

Main Entrée

- Slow Roasted Turkey stuffed with Cranberries and Caramelized Cipollini Onions served with our Signature Stuffing
- Dauphinoise Potatoes
- Maple Glazed Brussel Sprouts and Roasted Root Vegetables

Dessert

- Warm Chocolate Molton Cake glazed with a Vanilla Crème Anglaise and Seasonal Berries
- Coffee, Tea and Decaffeinated Coffee

Vegetarian Option (minimum 40 persons) \$65.00/person

Grilled Cauliflower Steak served with a Tomato and Lentil Ragout with Seasonal Vegetables and Potatoes (gf/df)

Prime Rib Option (minimum 40 persons) \$75.00/person

AAA Prime Rib au Jus, Dauphinoise Potatoes, Maple Glazed Brussel Sprouts and Roasted Root Vegetables

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