



Sheraton

flavour OF THE day

CLUB BREAKFAST

CHILLED JUICES

Orange, apple and grapefruit juices

FRESHLY SLICED FRUITS

pineapple, watermelon, honey dew & cantaloupe

CEREALS

(5 kinds in individual boxes and organic granola)

Whole, skim milk

Pecan, raisin, apricots, prunes, sliced almonds, cranberry and fresh blue berries

CHEESE AND YOGURT

Canadian cheese board Selection of fruit and low fat Yogurts

FRESHLY BAKED MORNING PASTRIES

Cinnamon buns

Danish pastries

Banana and coffee breads

Butter/chocolate/ almond Croissant

Petite all bran muffins, blueberry and carrot muffins

Served with Fruit Preserves & honey

Creamy butter

COLD MEATS PLATTER AND HARD BOILED EGGS

TOAST STATION

Raisin bran, multigrain, rye, whole wheat and white

Selection of mini Canadian bagels, flavored cream cheese, low fat cream cheese

EVENING APPETIZERS

Selection of cold canapés

Ontario vegetable crudité with red pepper hummus and babaganouj

Quebec cheese display with fresh fruits and crackers