



## **B** PRODUCTIVE Meeting Package

**\$60.00 per guest**

### **Includes**

**Flipchart with markers, bottled water by Vivreau, candies, pencils, notepad and tool box**

### **Continental Breakfast**

*(Can be upgraded to a hot breakfast including scrambled eggs, herbed tomatoes, mini potatoes, bacon and sausage for an additional \$5.50 per guest – minimum of 15 guests required)*

#### **Fruit salad**

**Danishes, butter croissants and selection of muffins**

**Butter, peanut butter and assorted jams**

**Carafes of orange and grapefruit juice**

**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee and a selection of Tazo teas**

### **Mid-morning Beverage Refresh**

**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee and a selection of Tazo teas**

### **Lunch Buffet**

**(Choice of 1 out of 3 selections)**

#### **☐ SELECTION 1 - Lunch Buffet**

##### *Appetizers*

**Chef's soup creation of the day with fresh rolls and butter**

**Romaine and arugula lettuce with shaved parmesan and baguette croutons, lemon anchovy dressing**

**Watermelon, black olive and feta with lemon balm**

**Couscous with sun dried tomato salad and toasted sunflower seeds**

**Russet potato and cornichon salad with dill remoulade**

##### *Assorted Wrap Sandwiches*

**Shaved black forest ham with spinach artichoke spread**

**Sopresa, salami and field mushroom flash with chevre lick**

**Pulled chicken with cranberries and slivered almonds**

**Roast beef with brie and crushed maple pecan**

**Marinated Chinese eggplant with charred Holland peppers and chile spiced havarti**

##### *Sweets*

**Dark chocolate brownies**

**Assorted large cookies**

**Whole fruit**

**Assorted soft drinks**

**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee and a selection of Tazo teas**



❑ **SELECTION 2 - Lunch Buffet**

*Appetizers*

**Chef's soup creation of the day with fresh rolls and butter**  
**Field lettuces with assorted garnishes and house vinaigrette**  
**Romaine lettuce with lemon anchovy balm**  
**Shaved parmesan, toasted baguette**  
**Red skin potato salad with grainy mustard whip**  
**Tomato crushed feta and Sicilian black olive**

*House Made Sandwiches*

**Breads: Pullman's loaf, soft pita and foccacia, panini**  
**Hickory smoked chicken**  
**Black forest ham and cheddar**  
**Albacore tuna with fennel**  
**Grilled aromatic vegetables**

*Sweets*

**Fruit salad**  
**Chocolate mousse cake**  
**Dark chocolate brownies**  
**Pound cake**  
**Assorted soft drinks**  
**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee**  
**and a selection of Tazo teas**

❑ **SELECTION 3 - Lunch Buffet**

*Appetizers*

**Chef's soup creation of the day with fresh rolls and butter**  
**Field lettuces with assorted garnishes and house vinaigrette**  
**Tomato crushed feta and Sicilian black olive**  
**Romaine lettuce with lemon anchovy balm**

*Warm Italian*

**Vegetarian Calzone with roasted red peppers, sun dried tomatoes and basil pesto**  
**Combination pizza with pepperoni, green peppers and mushrooms**  
**Penne pasta with roasted garlic, tomato sauce with basil**

*Sweets*

**Tiramisu cake**  
**Apricot nougat cake**  
**Fruit salad**  
**Assorted soft drinks**  
**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee**  
**and a selection of Tazo teas**

**Afternoon Break**

**Lemon pound, banana bread and carrot cake**  
**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee**  
**and a selection of Tazo teas**



**B HEALTHY Meeting Package**  
**\$62.00 per guest**

**Includes**

Flipchart with markers, bottled water by Vivreau, candies, pencils, notepad and tool box

**Continental Breakfast**

Assorted low fat fruit flavoured yoghurts with granola, raisins, nuts and honey  
 Cream of wheat with hot, cold and skimmed milk

**Whole fruit**

Carafes of orange and grapefruit juice

Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee  
 and a selection of Tazo teas

**Mid-morning Beverage Refresh**

Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee  
 and a selection of Tazo teas

**Lunch Buffet**

*Appetizers*

Chef's broth based soup creation of the day with fresh whole grain rolls  
 Selection of garden leaves served with condiments and dressings  
 South western white bean salad  
 Watermelon, black olive and feta with lemon balm

*House Made Sandwich Selection*

Lean turkey breast with fresh avocado salsa  
 Albacore tuna with fennel  
 Smoked salmon with shaved fennel  
 Grilled aromatic vegetables with capers, rosemary and Emmental cheese

*Sweets*

Sliced fresh fruit and berries  
 Mixed almonds, walnuts, raisins and dried apricots  
 Low fat cottage cheese and apple shards with sprinkle of cinnamon  
 Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee  
 and a selection of Tazo teas  
 Sparkling Vivreau water with sliced lemons and limes

**INCLUDED:** WiFi Connection in meeting room, microphone for podium (if required) and underground parking.

**Brookstreet Meetings & Events | 613.271.3582 or 888.826.2220 | events@brookstreet.com | brookstreet.com/events**

*Prices are subject to applicable taxes and gratuities. Meeting room rental, audio-visual equipment and guestrooms are additional.  
 Minimum of 10 guests required unless otherwise noted / Packages are available until March 31<sup>st</sup> 2012.*



**Afternoon Break**  
 Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee  
 and a selection of Tazo teas  
 Assorted low fat muffins  
 Strawberry, banana and yoghurt smoothies

*Executive Chef Clifford Lyness has always been committed to creating exciting and healthy menus using the freshest available ingredients. A huge advocate of supporting local farmers and suppliers, the freshest ingredients are what impact our menus. You can rest assured that our offerings will always keep your varied dietary requirements in mind, both for health and allergenic needs.*

Also available for your health:

**Relaxation Break**

A 30 minute session offered by an experienced Flex Professional Trainer through a series of stretches and various breathing techniques to help your group release stress, unwind and bring out the energy and creativity required for an important meeting.

**\$7.00 per guest**  
*(minimum of 15 guests required)*

**Chair Yoga**

A 30 minute session offered by a Certified Yoga Instructor adapting many of the classic yoga postures to the seated position. The benefits include improved flexibility, strength, improved circulation and mental focus. Yoga relaxes your body and mind, improving musculoskeletal fitness and elevates your overall health and well being.

**\$7.00 per guest**  
*(minimum of 15 guests required)*



*Includes bottled water by Vivreau, darkened room accented with tea lights, inspirational music and a warm hand towel for each participant to refresh.*

**Ask our team about other clinics or sessions that we can help arrange for your group with a health and fitness focus.**

**INCLUDED:** WiFi Connection in meeting room, microphone for podium (if required) and underground parking.

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**B** **INSPIRED Meeting Package**  
**\$66.00 per guest**

**Includes**

**Flipchart with markers, bottled water by Vivreau, candies, pencils, notepad and tool box**

**Continental Breakfast**

*(Can be upgraded to a hot breakfast including scrambled eggs, herbed tomatoes, mini potatoes, bacon and sausage for an additional \$5.50 per guest – minimum of 15 guests required)*

**Three melon sliced fruit**

**Assorted muffins and freshly baked danishes**

**Butter, peanut butter and assorted jams**

**Carafes of orange and grapefruit juice**

**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee and a selection of Tazo teas**

**Mid-morning Beverage Refresh**

**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee and a selection of Tazo teas**

**Lunch Buffet** (Choice of 1 of 2 selections)

**❑ SELECTION 1 - Lunch Buffet**

*Appetizers*

**Chef's soup creation of the day with fresh rolls and butter**

**Farmhouse platter prepared with salami, ham and cheese**

**Penne pasta salad with basil, pine nuts and olive oil**

**Selection of garden leaves served with condiments and dressings**

*House Made Sandwich Selection*

**Breads: Pullman's loaf, soft pita foccacia and rye**

**Corned beef with grained mustard**

**Bacon, lettuce, tomato and cheese sandwich**

**Cajun medium rare roast beef with cheddar cheese and horseradish coleslaw**

**Smoked salmon with shaved fennel**

**Grilled aromatic vegetables with capers, rosemary and Emmental cheese**

*Sweets*

**Tiramisu cake**

**Fruit salad with strawberries**

**Chocolate and caramelized pecan pyramid**

**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee and a selection of Tazo teas**

**Assorted soft drinks**

**INCLUDED:** WiFi Connection in meeting room, microphone for podium (if required) and underground parking.

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❑ **SELECTION 2 - Lunch Buffet**

*Appetizers*

**Chef's soup creation of the day with fresh rolls and butter**  
**Caesar salad with lemon anchovy dressing**  
**Roast chicken salad with crisp bean sprouts**  
**Fennel, acidulated daikon, red onion and apple shards**

*Main Courses*

**Pot au feu of beef with cultivated mushrooms, confit of pearl onions**  
**Steamed Asian vegetables, sweet soy, sesame and five spice flash**  
**Sweet chili glazed boneless chicken drumettes**  
**Steamed Jasmine rice**

*Sweets*

**Fruit salad**

**White chocolate and wild berry pyramid**  
**Chocolate mousse cake**  
**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee**  
**and a selection of Tazo teas**  
**Assorted soft drinks**

**Afternoon Break**

**Freshly brewed Starbucks Fair Trade coffee, decaffeinated coffee**  
**and a selection of Tazo teas**  
**Whole fruit**  
**Brookstreet customized cupcakes**

**Au Naturel Spa coupon valued at \$200.00 including free spa treatments**