



Waterfront  
EVENT & CONFERENCE CENTRE

# ALL DAY WORKSHOPS





## **OUR ALL DAY WORKSHOP PACKAGES INCLUDE:**

**ROOM RENTAL INCLUDED IN PER-PERSON PRICING**

(MINIMUM OF 35 GUESTS)

**YOUR CHOICE OF SET-UP**

(BANQUET, THEATRE OR CLASSROOM STYLE)

**COMPLIMENTARY HIGH SPEED WIRELESS INTERNET ACCESS**

**PODIUM & MICROPHONE**

**BUILT-IN STATE OF THE ART LCD PROJECTOR**

**CONTINUOUS ALL DAY REFRESHMENT STATION:**

100% PREMIUM GOURMET COLOMBIAN COFFEE & DECAF

VARIETY OF HERBAL & REGULAR TEAS

ASSORTED SOFT DRINKS

CHILLED FRUIT JUICE

FRUIT INFUSED WATER STATION

**MINIMUM OF 35 GUESTS FOR ANY PACKAGE**



# BRONZE

## ALL DAY WORKSHOP PACKAGES

### MORNING OPTIONS

(BUFFET STYLE – SELECT ONE)

#### CONTINENTAL BREAKFAST

ASSORTED BREAKFAST PASTRIES  
LOW FAT MUFFINS  
BUTTER, MARMALADE AND RASPBERRY PRESERVES

- OR -

#### PROTEIN BAR STATION

PROTEIN BARS  
LOW FAT MUFFINS  
ASSORTED GOURMET PARFAIT YOGURTS  
ASSORTED FRESH FRUIT SMOOTHIES



# BRONZE

## ALL DAY WORKSHOP PACKAGES

### GOURMET BUFFET LUNCH

INCLUDES BAG OF KETTLE CHIPS & HOMEMADE COOKIE

#### SOUPS/SALADS

(CHOICE OF ONE)

##### CALIFORNIA MIXED GREENS

CUCUMBERS, JULIENNE CARROTS, GRAPE TOMATOES,  
SERVED WITH BALSAMIC OR RASPBERRY DRESSING

##### CHOPPED GREEK SALAD

SPRING MIX, CHOPPED KALE, ICEBERG LETTUCE, BLACK OLIVES, RED ONIONS,  
CUCUMBER, CHERRY TOMATO, FETA CHEESE, RED WINE & OLIVE OIL DRESSING

##### WHOLE WHEAT PENNE

SUNDRIED TOMATOES, ROASTED CORN,  
FRESH PARSLEY AND CITRUS VINAIGRETTE

##### THREE BEAN

CHERRY TOMATOES, ROASTED CORN, PEPPERS,  
FRESH PARSLEY AND CITRUS VINAIGRETTE

##### LENTIL & QUINOA

TOMATOES, CUCUMBER, KALE, PARSLEY,  
CRANBERRY WITH LEMON CILANTRO OLIVE OIL DRESSING

##### ROASTED CARROT GINGER SOUP

BUTTER, ROASTED ORGANIC CARROTS, WHITE ONIONS, GINGER, CINNAMON,  
NUTMEG, BROWN SUGAR, VEGETABLE STOCK

##### CLASSIC VEGETABLE SOUP

DICED RED PEPPERS, YELLOW PEPPERS, POTATOES, CARROTS, CELERY, ONIONS,  
CHOPPED MUSHROOMS, TOMATOES, VEGETABLE STOCK & HERBS



# BRONZE

## GOURMET BUFFET LUNCH

### SANDWICH SELECTION

(CHOOSE ONE PER PERSON - MIN OF 10 PCS)

#### CALIFORNIA GRILLED CHICKEN CIABATTA BUN

BASIL PESTO, ROASTED RED PEPPERS, BALSAMIC GLAZED TOMATOES,  
SLICED AVOCADO & ROMAINE

#### ROASTED CHICKEN, FETA & AVOCADO CIABATTA BUN

HUMMUS, AVOCADO SPREAD, PICKLED ONIONS, FETA SPREAD, ARUGULA & TOMATO

#### CHICAGO BEEF & DIP FRENCH STICK

SHAVED ITALIAN ROAST BEEF, GRILLED PEPPERS, PORTOBELLO MUSHROOMS,  
SPICY JARDINIÈRE, FONTINA CHEESE

#### IN HOUSE ROASTED TURKEY CLUB CIABATTA BUN

ROASTED TURKEY BREAST, BACON, ROMA TOMATOES, CRANBERRY SPREAD,  
FONTINA CHEESE. GARLIC AIOLI

#### CLASSIC CHICKEN SALAD WRAP

DICED CHICKEN, CELERY, RED ONION, RED PEPPERS, SLICED ROMA TOMATOES,  
FRESH ARUGULA & HOMEMADE MAYO

#### ROASTED CAULIFLOWER WRAP\*\*

BRAISED LENTILS, ROASTED EGGPLANT HUMMUS & CHIMICHURRI

#### GRILLED SUMMER VEGETABLE WRAP\*

RATATOUILLE, RED PEPPERS, YELLOW PEPPERS, EGGPLANT, ZUCCHINI,  
ROASTED RED PEPPER SAUCE & CREAMY FETA CHEESE

\*\* VEGAN | \* VEGETARIAN

**\$37.50 PER PERSON**

PRICES DO NOT INCLUDE 15% SERVICE CHARGE OR APPLICABLE TAXES  
ROOM RENTAL CHARGES MAY APPLY FOR CERTAIN SETUP REQUIREMENTS  
PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE





# SILVER

## ALL DAY WORKSHOP PACKAGES

### MORNING OPTIONS

(BUFFET STYLE – SELECT ONE)

#### CONTINENTAL BREAKFAST

ASSORTED BREAKFAST PASTRIES  
LOW FAT MUFFINS  
BUTTER, MARMALADE AND RASPBERRY PRESERVES

- OR -

#### PROTEIN BAR STATION

PROTEIN BARS  
LOW FAT MUFFINS  
ASSORTED GOURMET PARFAIT YOGURTS  
ASSORTED FRESH FRUIT SMOOTHIES



# SILVER

## ALL DAY WORKSHOP PACKAGES

### LUNCH OPTIONS

SERVED BUFFET STYLE  
INCLUDES BAG OF KETTLE CHIPS, CRUDITES BUNDLE & HOUSE MADE MONSTER COOKIE

#### STARTERS

(CHOICE OF TWO)

##### **CALIFORNIA MIXED GREENS**

CUCUMBERS, JULIENNE CARROTS, GRAPE TOMATOES,  
SERVED WITH BALSAMIC OR RASPBERRY DRESSING

##### **CHOPPED GREEK SALAD**

SPRING MIX, CHOPPED KALE, ICEBERG LETTUCE, BLACK OLIVES, RED ONIONS,  
CUCUMBER, CHERRY TOMATO, FETA CHEESE, RED WINE & OLIVE OIL DRESSING

##### **ASIAN NOODLE SALAD**

CHOW MEIN NOODLES, CILANTRO, GREEN ONIONS, DICED RED PEPPERS, DICED YELLOW PEPPERS,  
JULIENNE CARROTS, BALSAMIC VINEGAR, SOY SAUCE, TOASTED SESAME SEEDS

##### **THREE BEAN**

CHERRY TOMATOES, ROASTED CORN, PEPPERS,  
FRESH PARSLEY AND CITRUS VINAIGRETTE

##### **LENTIL & QUINOA**

TOMATOES, CUCUMBER, KALE, PARSLEY,  
CRANBERRY WITH LEMON CILANTRO OLIVE OIL DRESSING

##### **ROASTED CARROT GINGER SOUP**

BUTTER, ROASTED ORGANIC CARROTS, WHITE ONIONS, GINGER, CINNAMON,  
NUTMEG, BROWN SUGAR, VEGETABLE STOCK

##### **CLASSIC VEGETABLE SOUP**

DICED RED PEPPERS, YELLOW PEPPERS, POTATOES, CARROTS, CELERY, ONIONS,  
CHOPPED MUSHROOMS, TOMATOES, VEGETABLE STOCK & HERBS



# SILVER

## ALL DAY WORKSHOP PACKAGES LUNCH OPTIONS

### MAIN ENTREE

(CHOICE OF ONE)

#### GRILLED JERK CHICKEN TACOS

#### SOFRITAS TACOS

SERVED WITH CILANTRO LIME BROWN RICE AND ASSORTED SALSAS

#### GRILLED GREEK CHICKEN SKEWERS

#### GRILLED VEGGIE KABOBS

HOUSE MADE PITAS, ROASTED LEMON POTATOES  
AND OUR HOUSE MADE GREEK YOGURT MINT SAUCE

#### DETROIT STYLE GOURMET PIZZA

CHOICE OF 3 STYLES WITH HOUSE MADE ROASTED GARLIC AIOLI,  
CHIPOTLE AIOLI, ROASTED JALAPEÑO FETA DIP

#### ARSTISAN POWER BOWLS

CHOICE OF 3 SERVED WITH GRILLED CHICKEN BREAST ON THE SIDE  
MEDITERRANEAN BOWL, OMG TABBOULEH BOWL, MIAMI BEACH BOWL, YUCATAN BOWL,  
FARMERS HARVEST BOWL

**\$39.95 PER PERSON**

PRICES DO NOT INCLUDE 15% SERVICE CHARGE OR APPLICABLE TAXES  
ROOM RENTAL CHARGES MAY APPLY FOR CERTAIN SETUP REQUIREMENTS  
PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE



# GOLD

## ALL DAY WORKSHOP PACKAGES

### MORNING OPTIONS

(BUFFET STYLE - SELECT ONE)

#### EARLY BIRD BREAKFAST BUFFET

FRESH SLICED AND WHOLE FRUIT

SCRAMBLED EGGS WITH CHIVES, APPLEWOOD SMOKED BACON

BREAKFAST POTATOES OR SLICED LOCAL GROWN TOMATOES

DANISH, CROISSANTS AND MUFFINS

BUTTER, MARMALADE AND RASPBERRY PRESERVES

- OR -

#### BREAKFAST SANDWICHES

FRESH SLICED & WHOLE FRUIT

SCRAMBLED EGGS, HAM, CHEDDAR CHEESE & BACON

SCRAMBLED EGGS, ASPARAGUS, PEPPERS & WHITE CHEDDAR

SCRAMBLED EGGS, BACON, ORANGE CHEDDAR CHEESE



# GOLD

## ALL DAY WORKSHOP PACKAGES

### PLATED / BUFFET LUNCH

#### SOUPS/SALADS

(CHOICE OF ONE)

##### **BABY KALE CAESAR SALAD**

CRISP BABY KALE, SHAVED FENNEL, HOUSE MADE HERBED BREADCRUMBS,  
PARMESAN CHEESE, ROASTED GARLIC DRESSING

##### **LOCAL GROWN SALAD GREENS**

FRESH LOCAL 100KM GREENS  
WITH YOUR CHOICE OF DRESSING:  
HOUSE MADE BALSAMIC, RASPBERRY & POMEGRANATE, HONEY MUSTARD OR GREEK.

##### **AWARD WINNING CARROT GINGER SOUP**

ROASTED ORGANIC CARROTS, FRESH GINGER & CRÈME SWIRL

##### **GARDEN VEGETABLE & LENTIL SOUP**

AROMATIC ROOT VEGETABLES, GREEN LENTILS IN A VEGETABLE BROTH

##### **CHOPPED KALE, BEET, WALNUT & GOAT CHEESE SALAD**

CHOPPED KALE, SPRING MIX, GOLDEN BEET, WALNUTS, GOAT CHEESE,  
APPLE CIDER VINAIGRETTE





# GOLD

## ALL DAY WORKSHOP PACKAGES

### PLATED / BUFFET LUNCH

#### MAIN ENTRÉE

(CHOICE OF ONE)

##### 5 OZ. ROASTED SKIN-ON BONELESS CHICKEN

LEMON BASIL SAUCE

SERVED WITH SKIN-ON MASHED POTATOES & SEASONAL LOCAL VEGETABLES

##### GRILLED BEEF SIRLOIN TIPS

MUSHROOM & ROASTED ONION GRAVY

SERVED WITH WILD RICE & ROASTED CARROTS.

##### MEDITERRANEAN CHICKEN KEBOBS

FRESH GREEK YOGURT/MINT SPREAD

SERVED WITH GREEK FRIES

##### ASIAN CHICKEN STIR FRY

NOODLES SERVED WITH A TOASTED CASHEW CRUMBLE

##### PANKO CRUSTED CHICKEN CUTLET

WITH LEMON HERBED GRAVY

##### PENNE ALFREDO

WITH JULIENNE CAJUN CHICKEN BREAST & GARLIC STICK

#### DESSERT

(CHOICE OF ONE)

##### STAWBERRIES & CREAM

##### LEMON THYME POUND CAKE

**\$44.95 PER PERSON**

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# BREAKS

## ALL DAY WORKSHOP PACKAGES

**ADD ON TO ANY PACKAGE FOR ONLY  
\$4.95 PER PERSON**

### **SWEET & NAUGHTY**

ASSORTED MONSTER COOKIES

ITALIAN BISCOTTI

BROWNIE SQUARES

### **NAPA VALLEY**

FRESHLY SQUEEZED HOMEMADE LEMONADE WITH MINT

MINI CRUDITE & DIP

FRUIT KEBOBS

### **FRUIT & CHEESE BOARD**

VARIETY OF CHEESES & FRESH FRUIT