



THE ROSTIE GROUP

FALL

CATERING MENU 2026

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**We are happy to accommodate dietary
restrictions, allergies and special catering
requests**

PRIX FIXE

\$65

BREAKFAST

Continental Breakfast
Served with coffee, tea,
and juice

MORNING BREAK

Refresh on coffee and tea

LUNCH

Choice of Executive Box
or Protein Bowl
Details on page 6 & 7
Served with soda, water
and juice

AFTERNOON BREAK

Choice of Snack
Details on page 9
Refresh on coffee and tea

**Ask us how you can upgrade
your breakfast, lunch and
snack options**



SEASONAL

BREAKFAST POWER CUPS - \$10

High fiber and protein grab and go cups :

Overnight oats: Oats, almond milk, almond butter, berries, pistachio

Chia pudding: Chia seeds, coconut milk, maple syrup, berries, nut and seed topper

PROTEIN POWER PARFAIT - \$15

Greek yogurt, strawberry compote, strawberries, blueberries, almonds, pecans, walnuts, maple syrup, chia seeds with whey protein powder

SOUP

Served with veggie & bread bun

CHICKEN SOUP

Diced lean chicken, carrots, celery, vegetables in a natural stock with fusilli and broad noodles

TUSCAN VEGETABLE W/ BEANS

Mixed beans with seasonal vegetables in a tomato broth

BUTTERNUT SQUASH W/ ROASTED APPLES

Roasted red apples enhance the natural sweet flavours of butternut squash

HOT APPLE CIDER \$10

12 cup urn

A TASTE OF FALL - \$5

Variety selection of pastries

PRICES ARE PER PERSON, MINIMUM 10 PEOPLE



BREAKFAST

CONTINENTAL BREAKFAST - \$25

Assortment of morning pastries, served with greek yogurt, granola & hard fruit basket. Accompanied with a variety of jams, whipped butter & our local Waterpark Place Honey

HOT BREAKFAST BUFFET - \$28

Scrambled eggs served with home fries, mini croissants or biscuits and your choice of bacon or sausage

*****Add on: Greek yogurt served with fresh berries and protein-enriched granola topping***

BREAKFAST BURRITO BAR - \$28

Build your own burrito with a selection of toppings: scrambled eggs, bacon or sausage, cheese, salsa, sour cream and sauteed vegetables

BREAKFAST CROISSANT SANDWICHES - \$14

Platter of croissant sandwiches with cheese and choice of protein :

- Turkey & Egg
- Spinach, Egg & Goat cheese
- Bacon & Egg
- Ham & Egg



PRICES ARE PER PERSON MINIMUM 10 PEOPLE

SANDWICH PLATTER - \$20

Assortment of sandwich selections

EXECUTIVE BOXES - \$25

Choice of sandwich with side garden salad

Prices above are per person

SELECTIONS

ROASTED TURKEY

Roasted garlic aioli, mushrooms, tomato,
havarti cheese

VEGGIE

Roasted red pepper spread, caramelized onions,
arugula, mushrooms, havarti cheese

GRILLED CHICKEN

Roasted garlic aioli, roasted red peppers,
arugula, havarti cheese

PROSCIUTTO

Sun-dried tomato spread, roasted red peppers,
arugula, goat cheese

ROAST BEEF

Roasted garlic aioli, tomatoes,
caramelized onions, havarti cheese

PROTEIN BOWLS



CHIPOTLE BOWL - \$25

Quinoa, grilled chicken breast, avocado, cheddar cheese, kidney beans, tomatoes, roasted corn, spicy banana peppers, spicy chipotle

POWER BOWL - \$25

Quinoa, kale, avocado, cherry tomatoes, beets, broccoli, carrots, chickpeas, kidney beans, pumpkin seeds, ginger sesame

NOURISH BOWL - \$25

Quinoa, kale, grilled chicken breast, goat cheese, apples, cucumber, almonds, beets, pumpkin seeds, sunflower seeds, asian dressing

BLISS BOWL - \$25

Quinoa, avocado, cherry tomatoes, beets, roasted corn, cheddar cheese, pumpkin seeds, balsamic vinaigrette

BURRITO BOWLS - \$25

• Chicken Burrito Bowl

Grilled chicken, cilantro-lime brown rice, sautéed vegetables, black beans, cheese, sour cream and salsa

• Veggie Burrito Bowl

Soy protein, quinoa, sautéed vegetables, black beans, cheese, sour cream and salsa



HOT LUNCH

LEMON & HERB CHICKEN - \$36

Grilled chicken breast topped with lemon-garlic glaze and fresh herbs.

CHICKEN PARMESAN - \$34

Crispy breaded chicken breast topped with rich marinara and melted mozzarella.

KOREAN BBQ BEEF - \$44

Sliced sirloin beef slowly marinated in garlic, sesame, ginger, Korean red pepper flakes and chili paste.

CRISPY TOFU FRIED RICE - \$26

Stir fried rice with crispy tofu, egg, peas, peppers, scallions and crispy garlic.

Each protein includes 2 of the following side choices:

- Basmati rice
- Roasted seasonal vegetables
- Rosemary and thyme baby potatoes

**PROTEIN PORTIONS ARE 6 OZ
MINIMUM 10 PEOPLE**

SOMETHING SWEET

\$8

PER PERSON

COOKIES & BROWNIES

CHEESECAKE

SEASONAL PIES

MINI DOUGHNUTS

SNACK BASKET



SHARING BOARDS

FRESH SEASONAL FRUIT PLATTER - \$17

Selection of fresh seasonal fruit



CHARCUTERIE BOARD - \$14

Selection of sliced meats, crackers, and fresh fruit

**add cheese for an additional \$3 per person*

CHEESE BOARD - \$14

Selection of cheeses, crostinis, mini jams and fresh fruit

DIP TRIO - \$12

Pita chips, sliced vegetables and a trio of dips including: classic ranch, roasted garlic hummus & creamy tzatziki

DESSERT BOARD - \$12

Selection of mini bite-sized sweets, baked items, and seasonal additions

PROTEIN SNACK BASKET - \$14

Protein bars, Quest protein chips, Popcorners, Artisan beef snack sticks, and a curated selection of individually packaged nuts

PRICES ARE PER PERSON, MINIMUM 5 PEOPLE

BEVERAGES

HOT

REUNION ISLAND COFFEE AND
PREMIUM TEAS (12 CUP URN) -**\$24**
SERVED WITH BISCOTTIS

UNLIMITED COFFEE & TEA -**\$7**
MINIMUM 30 PEOPLE

COLD

ASSORTED SODA -**\$2**

PREMIUM SODA-**\$4**

POPPI, BUBLY POP, SPARKLING CANS

BOTTLED JUICE -**\$3**

SPARKLING WATER (750 ML) -**\$7**

COLD BREW (1 LITRE) - **\$10**