

# BREAKFAST & LUNCH



**EXECUTIVE**  
HOTELS & RESORTS  
[executivehotels.net](http://executivehotels.net)



## BUFFET BREAKFAST

### CONTINENTAL BREAKFAST

*Minimum of 10 People (Less than 10 people, or additional \$2.00 per person )*

Assorted fruit juices

**Choice of three:**

Bakery fresh croissants, muffins, danish, banana bread or bagel/Chilliwack honey, sweet butter & preserves

Gourmet regular & decaffeinated coffee & tea

### CANADIAN BREAKFAST

*Minimum of 20 People*

Assorted fruit juices

Chef's selection of breakfast pastries/Chilliwack honey, sweet butter & preserves/  
seasonal fruit & berries with yogurt/toast/Montreal smoked beef/scrambled eggs/  
hash brown potato

Gourmet regular & decaffeinated coffee & tea

### AMERICAN BREAKFAST

*Minimum of 20 People*

Assorted juices

Bakery fresh selection of breakfast pastries and breads; honey, butter & preserves/  
seasonal fruit with yogurt/short stack of buttermilk pancakes/peppered scrambled  
eggs/country sausage, maple smoked bacon/hash brown potato

Gourmet regular & decaffeinated coffee & tea

### EXECUTIVE HEALTH SMART BREAKFAST

*Minimum of 20 People*

Assorted fruit juices

Cranberry bran muffins/Chilliwack honey, sweet butter & preserves/honey almond granola/  
assorted low fat yogurts/cottage cheese/skim milk/fresh seasonal fruit

Gourmet regular & decaffeinated coffee & tea





## BREAKFAST ENHANCEMENTS

## BREAKFAST

### BUILD YOUR OWN EXECUTIVE BREAKFAST BUFFET /OR ADDITIONS TO BREAKFAST

*For the buffet minimum of 20 People*

Assorted fresh fruit juices

Skim milk

Milk

Assorted low fat yogurt

Cottage cheese

Yogurt, plain or fruit

Choice of Three: bakery fresh croissants, muffins,  
danish, banana bread or bagel (2 pieces per person)

Chilliwack honey, sweet butter & preserves

Cold cuts platter with European deli meats & cheese

Toast selection

Buttermilk pancakes

Crispy bacon (3 pieces per person)

Baked ham (2 pieces per person)

Breakfast sausage (Beef or Pork) (2 pieces per person)

Scrambled eggs

Scrambled eggs with chives & peppers

Eggs Benedict

Smoked salmon Benedict

Spinach Benedict

Montreal smoked beef, Yukon gold potato hash

Home fried potato hash

Seasonal fruit





## PLATED BREAKFASTS

### PLATED BREAKFAST

- Orange juice
- Scrambled eggs
- Bacon & sausage or ham
- Breakfast potatoes
- Choice of muffins, fruit danishes & croissants
- Chilliwack honey, sweet butter & preserves
  
- Gourmet regular & decaffeinated coffee & tea

### PLATED BREAKFAST

- Orange juice
- English muffin
- Canadian back bacon
- Two poached eggs
- Hollandaise sauce
- Broiled tomato with herbs
- Breakfast potatoes
- Croissants with jams, marmalade, honey & butter
  
- Gourmet regular & decaffeinated coffee & tea





EXECUTIVE  
LUNCH BUFFET

TASTE OF ASIA

## BUFFET LUNCHES

*Minimum of 20 People (or additional \$2.00 per person)*

**Choice of Four:**

- Soup of the day
- Nugget potato salad
- Fraser Valley garden salad, Chef's dressing
- Classic Greek salad, goat cheese feta
- Wild & gathered greens, berries, Mandarin oranges
- Caesar salad, focaccia croutons, parmesan cheese
- Shell pasta, pesto mayonnaise

**Choice of Three:**

- Shrimp salad croissant, horseradish, butter, mayonnaise
- Smoked turkey, aged Canadian cheddar, French baguette
- Black Forest ham, Swiss Emmental, mill baguette
- Cream cheese, grilled marinated vegetable, tomato, sprouts, focaccia
- Egg salad wrap
- Tuna salad panini
- Arugula, grape tomatoes, roasted red onion, goat cheese
- Roasted beef, Dijon mayonnaise, sliced onion & chutney, kaiser roll
- Olives, cocktail onions, pickled peppers, cornichons

- Squares & mousse cakes

Gourmet regular & decaffeinated coffee & tea

*Minimum of 30 People (or additional \$3.00 per person, minimum 20 people)*

Chef's selection of freshly baked breads & rolls

**Choice of Four:**

- Soup of the day
- Spicy bean salad
- Selected greens, soya dressing
- Thai noodle salad
- Romaine lettuce, carrot, green onion, tomato & cucumber-rice wine dressing

**Choice of Two:**

- Thai red curry chicken
- Curry pork
- Beef teriyaki
- Wild BC salmon, orange-grapefruit sauce
- Fried rice, baby, shrimp, egg, green onion
- &
- Jasmine rice pearls
- Medley of Asian vegetables
- &
- Fruit salad
- Assorted jello and pudding

- Vegetable chow mein
- Chicken teriyaki
- Fish teriyaki

Gourmet regular & decaffeinated coffee & tea

Prices do not include gratuities and taxes



## TASTE OF ITALIA

### BUFFET LUNCHES

*Minimum of 30 People (or additional \$2.00 per person, minimum 20 people)*

Chef's selection of freshly baked breads & rolls

**Choice of Four:**

- Soup of the day
- Roma tomatoes, bocconcini, basil, cold pressed olive oil, aged balsamic dressing
- Wild & gathered greens, berries, Mandarin oranges, roasted garlic vinaigrette
- Classic Caesar salad, pesto croutons, Parmigiano-Reggiano
- Butter lettuce, crumbled blue cheese, sun-dried tomato vinaigrette
- Fire-roasted bell peppers, lemon juice, olive oil

**Choice of Two:**

- Chicken Cacciatore
- Pork Scaloppine
- Baked salmon, capers, lemon, roasted pepper herb butter sauce
- &
- Rosemary garlic mashed potatoes
- &
- Cream puffs
- Chicken Parmigiana
- Baked vegetable lasagna
- Baked meat lasagna
- Grilled seasonal vegetables
- Strawberry & chocolate mousse

Gourmet regular & decaffeinated coffee & tea

## TASTE OF INDIA

*Minimum of 30 People (or additional \$2.00 per person, minimum 20 people)*

**Choice of Four:**

- Soup of the day
- Sweet corn, assorted pepper, chili, cilantro salad
- Tomato kachumber
- Raita
- Mesclun greens, onion, tomato
- Wild & gathered greens, berries, Mandarin oranges, roasted garlic vinaigrette

**Choice of Two:**

- Fish masala
- Chicken biryani
- Beef curry
- Vegetarian curry
- Cheese stuffed eggplant, chili tomato sauce
- &
- Basmati rice
- Jeera potatoes
- &
- Mango cheesecake
- Cardamom infused cream caramel

Gourmet regular & decaffeinated coffee & tea

Prices do not include gratuities and taxes



TASTE OF  
MEDITERRANEAN

TASTE OF  
WEST COAST

## BUFFET LUNCHES

*Minimum of 30 People (or additional \$3.00 per person, minimum 20 people)*

Chef's selection of freshly baked breads & rolls

**Choice of Four:**

- Soup of the day
- Assorted olives, peppers, pickles
- Potato salad
- Medley of baby lettuce, oil & vinegar dressing
- Macaroni salad
- Lemon & mint coriander cous cous salad

**Choice of Two:**

- Chicken souvlaki
- Roasted herb & lemon spice chicken
- Eggplant beef moussaka
- &
- Savory rice pilaf
- &
- Rice pudding
- Pork souvlaki
- Vegetable moussaka
- Beef kebabs
- Grilled seasonal vegetables
- Strawberry & chocolate mousse

Minted fruit salad

Gourmet regular & decaffeinated coffee & tea

*Minimum of 30 People (or additional \$2.00 per person, minimum 20 people)*

Chef's selection of freshly baked breads & rolls

**Choice of Four:**

- Red bliss potato salad
- Spinach salad, red onion & tomato
- Wild & gathered greens, berries, Mandarin oranges, roasted garlic vinaigrette
- Pasta salad, pesto mayonnaise
- Fire-roasted bell peppers, lemon thyme oil
- Classic Caesar salad, pesto crouton, Parmigiano-Reggiano

**Choice of Two:**

- Grilled chicken breast, herb mushroom jus
- Broiled BC salmon filets, citrus orange parsley sauce
- Roasted grain-fed beef striploin, sauce Pinot Noir
- Roasted pork loin, mushroom sauce
- &
- Baby roasted potatoes
- &
- Sliced fruits & seasonal berries
- Basa filet, white wine, herbs & butter
- Beef stew
- Mushroom ravioli, roasted tomato sauce
- Medley of vegetables
- Chocolate mousse

Gourmet regular & decaffeinated coffee & tea

Prices do not include gratuities and taxes



VEGETARIAN  
LUNCH BUFFET

## BUFFET LUNCHES

*Minimum of 30 People (or additional \$2.00 per person, minimum 20 people)*

Chef's selection of freshly baked breads & rolls

**Choice of Four:**

Vegetable chowder  
Tomato & Spanish onion salad  
Sweet corn & diced pepper salad  
Gold coin potato salad  
Mesclun greens, hazelnut curry vinaigrette  
Roasted bell pepper salad, sweet corn, beans  
Tomato bocconcini  
Baby beet & red onion salad

**&**

Vegetable platter, blue cheese dip, pesto mayonnaise  
Assorted olives & pickles  
Focaccia, baguette, assorted rolls, butter

**&**

**Choice of Two:**

Mushroom strudel  
Vegetable lasagna  
Szechuan stir-fry, firm tofu, vegetables  
Grilled eggplant & curried chickpea, spinach, feta cheese

**&**

Steamed market vegetables  
Wild rice medley

**&**

Squares, cheese cakes, pies & mousse cakes  
Whole fruit display

Gourmet regular & decaffeinated coffee & tea







EXECUTIVE  
FLATBREAD  
LUNCH BUFFET

## BUFFET LUNCHES

*Minimum of 20 People (or additional 2.00 per person)*

**Choice of Four:**

- Soup of the day
- Spicy bean salad
- Shell pasta, pesto mayonnaise
- Wild & gathered greens, berries, Mandarin oranges
- Fraser Valley garden salad, Chef's dressing
- Classic Greek salad, goat cheese feta
- Caesar salad, focaccia croutons, parmesan cheese
- Sweet corn, assorted peppers, chili, cilantro
- Quinoa salad, red onion, dried cranberries, almonds, cilantro, lemon & lime juice

**Choice of Four:**

**Arugula goat cheese flatbread**

Arugula, grape tomatoes, roasted red onion, goat cheese, balsamic reduction

**Basil, mozzarella flatbread**

Tomato, young mozzarella, basil, Dijon-balsamic dressing

**Tuna melt flatbread**

Tuna salad, tomato, cheddar cheese

**Smoked salmon flatbread**

Cream cheese, smoked salmon, tomato, cucumber, yogurt-Dijon aioli

**Black Forest flatbread**

Ham, artichoke hearts, black olives, feta cheese, lemon chipotle aioli

Olives, cocktail onions, pickled peppers, cornichons

Fruit salad

Assorted jello & pudding

Gourmet regular & decaffeinated coffee & tea





EXECUTIVE  
SANDWICH  
BUFFET

WEST COAST  
SANDWICH  
BUFFET

TEA SANDWICH

## BUFFET LUNCHES

### ASSORTMENT OF OPEN FACED SANDWICHES ANY TIME OF THE DAY

Presented on Focaccia, Baguette, Croissant & Assorted Wraps, Flat breads

Buffet selection includes

Gourmet regular & decaffeinated coffee or tea

#### Choice of Four:

Chef's daily creation

Chicken & papaya

Roast beef, sliced onion & chutney

Egg salad, cucumber

Black Forest ham, cheddar cheese

Tuna salad, apple

Cream cheese, tomato, cucumber, sprouts

Arugula, grape tomatoes, roasted red onion, goat cheese

Served with an assortment of olives, pickles, vegetables (3 pieces per person)

#### Choice of Four (3 pieces per person):

Baby shrimp, dill mayonnaise

Brie cheese, grapes

Smoked salmon, cream cheese, capers, red onion

Crab, pineapple, chives

Grilled vegetables, hummus, feta

Arugula, grape tomatoes, roasted red onion, goat cheese

Prosciutto, asparagus

Selection of pastries

Assorted olives, pickles, vegetables

### Only Available Between 3:00PM and 5:00 PM

#### 3 pieces per person:

Vegetable sticks

Assorted bars and squares

Open face on assorted breads

Black Forest ham with cheddar cheese

Smoked salmon, cream cheese caper, red onion

Cucumber, sprouts butter, mayonnaise

Assortment of olives & pickles



## PLATED LUNCH

### PASTA

*Minimum of 20 People (or additional \$2.00 per person, minimum 10 people)*

Chef's selection of freshly baked breads & rolls

Fraser Valley mesclun greens, virgin olive oil, tarragon vinaigrette

#### **Choice of One**

Penne, farfallini or rotini

#### **With choice of One**

Tomato sauce, cream sauce **or** white wine, olive oil garlic sauce

Tiramisu cakes

Gourmet regular & decaffeinated coffee or tea

### STEAK

*Minimum of 20 People (or additional \$2.00 per person, minimum 10 people)*

Chef's selection of freshly baked breads & rolls

Soup of the day

New York steak sandwich, centre-cut

Shoe-string fries, house salad

Roasted hazelnut vanilla mousse

Gourmet regular & decaffeinated coffee or tea

### WILD BC SALMON

*Minimum of 20 People (or additional \$2.00 per person, minimum 10 people)*

Chef's selection of freshly baked breads & rolls

Executive Salad Bowl

Mesculin & microgreens, tomato Champagne vinaigrette, seasonal berries, cucumbers, tomatoes

Ocean Wise Lois Lake steelhead salmon, whiskey & maple syrup soaked salmon, Yukon gold walnut mashed potatoes, market vegetables

Minted fruit salad

Gourmet regular & decaffeinated coffee or tea

### CHICKEN BREAST

*Minimum of 20 People (or additional \$2.00 per person, minimum 10 people)*

Chef's selection of freshly baked breads & rolls

Soup of the day

Chicken breast, spiced & grilled

Caesar salad

Lemon tart

Gourmet regular & decaffeinated coffee or tea

Prices do not include gratuities and taxes





## REFRESHMENTS

### COFFEE BREAKS

*Minimum of 25 People*

Mineral or sparkling water

Pellegrino

Playboy, energy beverage

Pop, juice

Gourmet regular & decaffeinated coffee & assorted teas

Thermos of coffee or tea

Gallon of coffee or tea

Freshly squeezed orange, apple, or grapefruit juice

Whole, skim, or 2% milk

Garden vegetables with tzatziki

Dried Okanagan fruit & nuts granola bar

Assorted squares

Chef's choice assorted baked goods

Assorted muffins

Assorted Italian biscotti

Freshly baked giant cookies

Breakfast breads - banana walnut, date & nut, banana bread

Platter of sliced seasonal fruit

Whole fruit basket

Honey almond granola parfait

Ice cream bars





## COFFEE BREAKS

### DESSERT & COFFEE BREAK

*Minimum of 10 People (Less than 10 people, additional \$2.00 per person)*

Choice of Two:

Freshly baked jumbo cookies **or** assorted squares **or** banana bread **or** muffins

**or** danishes

**&**

Coffee & tea

### FRUIT & VEGGIE BREAK

*Minimum of 25 People (Less than 25 people, additional \$2.00 per person)*

Seasonal local farm fruit & veggies

Tzatziki sauce & kiwi mango dressing

With choice of:

Fruit punch, mineral water, lemon & lime wedges

**or**

Coffee & tea

### AFTERNOON FIESTA

*Minimum of 10 People (Less than 10 people, additional \$2.00 per person)*

Tortilla chips, salsa, sour cream, guacamole dip

Pickles & olives

With choice of:

Fruit juices & pop **or** coffee & tea

### DIP "N" SAVOR

*Minimum of 10 People (Less than 10 people, additional \$2.00 per person)*

Pita bread

Tzatziki dip, hummus

Mediterranean roasted red pepper salad

With choice of:

Iced tea & juices **or** coffee & tea





## COFFEE BREAKS

*(Minimum of 10 people, Less than 10 people – additional \$2.00 per person)*

### LIGHT “N” HEALTHY MARTINI

Honey granola, BC local nuts, Chilliwack honey, yogurt, seasonal fruit  
Assortment of fruit flavoured yogurt  
With choice of:  
Apple or orange or cranberry juice **or** coffee & tea

### CHOCOLATE EXTRAVAGANZA

Chocolate fudge & pecan brownies  
Chocolate covered rice crispy squares  
Chocolate chunk cookies  
White & dark chocolate dipped strawberries  
Pitchers of ice cold chocolate milk  
Deluxe blend of roasted coffee  
Traditional & herbal teas

### THE SUGAR RUSH

Chocolate dipped rice crispy squares  
Chocolate covered coffee beans  
Jelly beans  
Maple & walnut fudge  
Deluxe blend of roasted coffee  
Traditional & herbal teas





## COFFEE BREAKS

*(Minimum of 10 people, Less than 10 people – additional \$2.00 per person)*

### ICE CREAM PARLOUR

A selection of ice cream bars & frozen yogurt  
Fruit pops & Oreo cookies  
Deluxe blend of roasted coffee  
Traditional & herbal teas

### FONDUE & CAKES

*(Minimum of 25 People)*

Dark & white chocolate fondue  
Banana bread, chocolate & vanilla sponge cake, berries, fruit  
Deluxe blend of roasted coffee  
Traditional & herbal teas

### THE PERFECT MID-DAY BREAK

Selection of tea sandwiches to include:

Smoked salmon & dill cream cheese, Black Forest ham, butter, mayonnaise  
Chicken & pineapple pate on toast  
Cheese scones, preserves  
Gourmet pastries  
Deluxe blend of roasted coffee  
Traditional & herbal teas





## BOXED LUNCHES

### THE BACKPACKER

#### Take-out only

Deli meat & cheese, French baguette  
Market green salad, kosher pickle  
Vegetable sticks  
Whole fruit  
Jumbo cookie  
Orange juice

### THE PICNIC LUNCH

Roast tender chicken breast  
Garlic baguette  
Potato salad  
Cheddar cheese  
Vegetable sticks  
Kosher pickle  
Whole fruit  
Jumbo cookie  
Orange juice

