





Break-Time

Stop and refuel.

Choose a themed break that will keep your delegates fueled for the day ahead.





SWEET AND SALTY / \$17

Fresh Popcorn with Toppings  
 Selection of Decadent Brownies 
 Kettle Chips 
 Fresh Brewed Starbucks Coffee and Tea/Herbal Tea




A LITTLE PICK-ME-UP / \$16

Almond Quinoa Berry Energy Bar
 Chia Apple and Blueberry Fruit Leather
 Crunchy Spiced Chickpeas
 Fresh Brewed Starbucks Coffee and Tea/Herbal Tea

HEALTHY BREAK / \$15

Root Vegetable Chips with Artichoke Dip  
 Spicy Oven Roasted Almonds  
 Raspberry Zinger Energy Balls
 Dark Chocolate Banana Oat Bites
 Fresh Brewed Starbucks Coffee and Tea/Herbal Tea

DONUTS, BEIGNET & FRITTERS – OH MY! / \$17

Selection of Home-made Donuts, Beignet & Fritters enhanced with Local Flavours and Toppings 
 Sliced Fruit Display  
 Fresh Brewed Starbucks Coffee and Tea/Herbal Tea

THE ROAD-TRIPPER / \$11

Easy to grab healthy mini loaves for that extra-busy day.
 (2 pieces per person)
 Crosby's Molasses Gingerbread
 Annapolis Valley Apple Streusel
 Oxford Blueberry and Lemon
 Highland Field Rhubarb and Yogurt
 Fresh Brewed Starbucks Coffee and Tea/Herbal Tea

Build Your Own Break

Customize your break the way you want.

BREAKFAST PASTRIES / \$5 PER PIECE (MIN 25 OF EACH ITEM)

House-made fresh and baked daily.

Traditional local Pictou County Oatcakes ^{VG}
 Danish Pastries (a selection of Fruit-Filled Pastries) ^V
 Croissants (Butter, Old Cheddar, Lemon Curd, Chocolate) ^V
 Cinnamon Rolls ^V
 Tea Biscuits and Scones ^V
 Large Muffins, daily creation ^V
 Flakey Turnovers (Blueberry, Apple and Cherry) ^V

ALMOND QUINOA BERRY ENERGY BAR / \$5 ^{VG GF}

HOUSE-MADE FRUIT AND SEED GRANOLA BARS / \$5 ^V

ASSORTED COOKIES (2) / \$4 ^V

FIELD BERRY SMOOTHIE / \$8 ^V

SEASONAL WHOLE FRUIT / \$3 ^{VG GF}

FRESH FRUIT SALAD WITH BERRIES / \$7 ^{VG GF}

SLICED FRUIT GARNISHED WITH SEASONAL BERRIES / \$9 ^{VG GF}

FRESH FRUIT KABOB / \$10 ^{VG GF}

CRISP CRUDITÉ WITH ASSORTED DIPS / \$8 ^{VG GF}

WARM KETTLE STYLE CHIPS WITH AIOLI AND LIGHT CURRY MAYO / \$9

TRUFFLE POPCORN / \$6 ^{VG GF}

BREAK TRAIL MIX: HOUSE-MADE GRANOLA CLUSTERS, TOASTED ALMONDS, PLUMP DRIED CRANBERRIES AND BLUEBERRIES, CRUNCHY BANANA CHIPS / \$7 ^V

PRETZEL STICK WITH SWEET MUSTARD / \$7 ^V

PREMIUM ICE CREAM BARS / \$8

(Minimum order of 24 per flavour required)

REGIONAL AND CANADIAN CHEESE DISPLAY WITH ASSORTED CHUTNEYS, SPICED NUTS AND BAGUETTINE TOAST / \$13 ^V

ASSORTED SELECTION OF CHEF'S CHOICE OF SWEET PETITES / \$6 ^V



O On the way to your next session? Need to refuel for that big meeting? We've got options that are fast, and sustainably produced and packaged.