

Breakfast

Have a seat. We've got breakfast covered with these plated options.

All breakfasts come with fresh brewed Starbucks coffee, tea/herbal tea, and fresh apple juice.

THE NOVA SCOTIAN / \$26 ^{GF}

Scrambled Eggs with Leeks topped with Applewood Smoked Cheddar
Locally made Meadowbrook Breakfast Sausage
Smoked Back Bacon
Classic Home Fries
Baked Tomato

LOCAL BREAKFAST BOWL / \$28 ^{GF}

Poached Egg with Sweet Potato Hash
Double-Smoked Bacon
Braised Onions
Spinach, Herb and Garlic Hollandaise

HEART SMART BREAKFAST / \$22 ^{V GF}

Roasted Vegetable Egg White Frittata
Squash Mouseline, Warm Tomato Relish
Oven Caramelized Mini Red Potatoes

⁺ Add a basket of assorted house-made breakfast pastries to your plated breakfast / \$5 per person

○ Choose from a wide selection of healthy options to meet the various lifestyles of your delegates.



Big, Beautiful Breakfast Buffets

Want an easy way to make a lot of people happy?
These flexible breakfast buffets check all the boxes.

THE CONTINENTAL / \$24

Selection of Chilled Fruit Juices and Milk

Assortment of fresh baked goods, including:

Muffins, Turnovers, Mini Loaves, Sweet and Savoury Scones,
and Double Smoked Bacon Cornbread

Assorted Maritime Yogurt

Sliced Seasonal Fruit and Berries

Fresh Brewed Starbucks Coffee and Tea/Herbal Tea

HEALTHY HOME RUN / \$32 ^{GF}

Selection of Chilled Fruit Juices and Milk

Fresh local Oxford Blueberry and Banana Smoothie ^V

Assorted Fat-free Yogurt ^V

Sliced Seasonal Fruit and Berries ^{VG GF}

Turkey Sausages

Oven Roasted Mini Potatoes

Egg White Frittatas with Smoked Tomato Concassée **or** Nova Scotia Scrambled Eggs
with Ciboulette and Aged Cheddar Cheese

Fresh Brewed Starbucks Coffee and Tea/Herbal Tea

GET UP AND GO / \$35

A clean and green option for breakfast on the run.

Includes:

Maple Blueberry Granola Bars

Mini Muffins ^V

Fresh Fruit Kabob ^{VG GF}

MeadowBrook Breakfast Sandwich with Bacon and Nova Scotia Egg, and Gouda
Cheese (Vegetarian option can be available)

Fresh Brewed Starbucks Coffee and Tea/Herbal Tea

Build a Breakfast Buffet for the Ages

Fresh Brewed Starbucks Coffee and Tea/Herbal Tea Included.

Pick a minimum of 4 items from the first 2 categories, 1 egg, 1 meat and 1 side. (Items listed below are not available individually):






PASTRY & CEREAL

- Assorted House-made Breakfast Pastries / \$5 
- Assorted Muffin Bites / \$4 
- Classic All Butter Croissant / \$5 
- Cinnamon Roll / \$5 
- Dried Fruit Brioche / \$6 
- Traditional Local Pictou County Oatcakes / \$5 
- Assorted Bagels with Cream Cheese / \$5 
-  Add local Seabright Cold Smoked Salmon / \$6
- Assorted Individual Cereal / \$4
- Hot Oatmeal with Raisins and Toasted Almonds / \$8  
- Buttermilk Pancake with Warm Local Acadian Maple Syrup / \$10 
- Belgian Waffle with Fresh Fruit, Chantilly Cream and Fruit Couli / \$10 








FRUIT & DAIRY

- Melon Kabobs / \$11  
- Sliced Fruit Display / \$9  
- Fruit Salad / \$7  
- Yogurt, Fruit Compote and Granola Parfait / \$8 
- Individual Yogurt (100 ML) / \$4  
- Local Oxford Blueberry and Banana Smoothie / \$8  









EGG

- Eggs Benedict with Back Bacon and House-made Hollandaise Sauce / \$12
- Free-Range Scrambled Eggs with Cheddar Cheese and Ciboulette / \$8 
- Mini Omelette with Sweet Pepper and Gouda Cheese / \$9 
-  Add \$3 per person to make it an Omelette action station
- Breakfast Sandwich / \$11
- Hard-Boiled Egg / \$3  

MEAT \$6 PER CHOICE

- Pork and Beef Sausages 
- Nova Scotian Sausages 
- Turkey Sausages 
- Nova Scotian Back Bacon 
- Glazed Brown Sugar Ham 
- Smoked Local Bacon 
- Beef Bacon 

SIDE \$4 PER CHOICE

- Oven Roasted Potatoes  
- Mini Herb and Garlic Potatoes  
- Hash Browns with Braised Onions  
- Peppered Baked Tomatoes  
- Baked Beans 