

THE INTERNATIONAL CENTRE

Menu

EVENT CATERING



*Baby Gem Lettuce,
House-Pickled Shrimps,
Black Pepper Cracker,
Horseradish Tomato Vinaigrette
Page 33 of the Menu*

What's Cooking?

| | |
|--|-----------|
| NUTRITION | 3 |
| CORPORATE SOCIAL RESPONSIBILITY | 4 |
| PLANNING YOUR EVENT | 5 |
| BREAKFAST MENU | 7 |
| BREAK MENU | 10 |
| LIQUID NON-ALCOHOLIC BEVERAGES | 13 |
| LUNCH MENU | 15 |
| STATIONS RECEPTION ITEMS | 22 |
| HORS D'OEUVRES RECEPTION ITEMS | 26 |
| DINNER MENU | 29 |
| COCKTAILS ALCOHOLIC BEVERAGES | 35 |
| BOOTH ORDERS EXHIBITOR | 38 |

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The International Centre Event Catering Menu
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June 2024-June 2025 The International Centre Event Catering Menu.
In light of the volatility in the price and availability of ingredients,
we reserve the right to pass on subsequent price increases, surcharges,
and labour fees associated with your event without notification.

*Mini Cast Iron Baked
Cinnamon Buns with
Maple Crunch Ice Cream
and Berry Salad*



Unlock the Power of Food

Good food builds healthier people.

Research shows that employees with an unhealthy diet are 66% more likely to experience a loss in productivity than those who regularly eat whole grains, fruit and vegetables.¹ Workplace meetings, events and conferences offer an excellent opportunity to serve nutritious food choices while demonstrating an employer's commitment to employee health.

The International Centre is committed to offering health and wellness food choices paired with hospitality and culinary excellence. We proudly partnered with Registered Dietitians Lucia Weiler and Sue Mah, Co-Founders of Nutrition for NON-Nutritionists™, who developed the criteria for our Health & Wellness menu items. These menu items are identified with an 'hw' in the menu and follow evidence-based guidelines for healthy eating in alignment with Health Canada, Canadian Food Inspection Agency, and the province of Ontario, as well as meet professional practice standards for Registered Dietitians. Our Health & Wellness menu items offer a variety of seasonal and local options which unite health with flavour!

About Nutrition for NON-Nutritionists™

Nutrition for NON-Nutritionists™ is a leading agency providing corporate nutrition consulting, workplace wellness, food innovation/menu development, nutrition training, nutrition communications and strategic marketing. Co-Founders and Registered Dietitians Lucia Weiler and Sue Mah are nutrition experts, trailblazers and advocates for healthy eating. Skilled in translating the science of nutrition, they believe in the power of food to enhance lives and improve health. Lucia and Sue have worked with hundreds of professionals across North America. Through nutrition and healthy eating recommendations, they can help you reduce health care costs, increase work productivity and maximize the success of your business communications. For more information, contact: www.NutritionForNonNutritionists.com.

n4nn

¹ Presenteeism According to Healthy Behaviours, Physical Health, and Work Environment. Ray M Merrill, Steven G Aldana, James E Pope et al. *Population Health Management* 2012;15:293-301. <http://online.liebertpub.com/doi/pdfplus/10.1089/pop.2012.0003>



Thinking Global. Acting Local.

Our Kitchen

It all starts in the kitchen. Our 8,000 square feet state-of-the-art Culinary Centre uses Eco Smart technology that drastically reduces energy and water use.

Our Food

Local sourcing with great partners is the main source of inspiration for our culinary team including a collective of local farmers and our roof-top garden. Wherever possible, we try to provide options that leave the smallest possible footprint on the earth.

Your Health

Fueling your event is a key to success and we're here to equip you with just the right selection. Our commitment and focus on healthier options is perfect for that fast-paced, event lifestyle. Leave it to us to get you the right fuel.

Our Community

We've been part of this community for well over 50 years and are committed to our local roots. From food share and youth outreach to scholarship and mentorship programs, it's part of who we are.

Our Packaging

We provide a full array of products that are fully compostable and/or made from recycled materials. Everything from plates, cups, cutlery and napkins have been carefully sourced with the future in mind; and we are always working on looking for the next best thing.

Our Waste

It ends with waste and believe we are in it together. At The International Centre, we are committed to a proper path of waste diversion and continue with our efforts to minimize contribution to landfill. Whether recycling our packaging or composting oil and food waste, we are committed.

Local produce and ingredients may be subject to availability.

June 2024-June 2025 The International Centre Event Catering Menu.



Planning your Event

For your convenience, this menu has been segmented into meal periods; you may select à la carte or take advantage of packaged meals suited to your event.

Exclusivity

The sale and distribution of all food and beverage items and related services are exclusive to The International Centre. Any requests to the contrary require direct and advanced written approval from Events Management. The International Centre reserves the right to restrict any and all product and/or services not previously approved by management.

Procurement

The International Centre prides itself on delivering the highest quality and value on our food and beverage offerings. To maintain elevated service standards all food and beverage products supplied by The International Centre are procured specifically for your event.

The timeframes and order guidelines outlined allow us to fulfill your food and beverage orders without interruption to product requirement and price. We request that you review the guidelines outlined in the menu and your Agreement to provide timely and accurate information to ensure the success of your event. Food and beverage products and pricing may be subject to change for information not received within the timeframes specified below.

Menu Selection and Guarantees

Please ensure that you communicate your menu selections to your Events Manager no later than four (4) weeks prior to your event start date. Confirmation of food and beverage orders is required no later than two (2) weeks prior to your event via signed event orders. A guaranteed guest count is required per menu selection per function, a minimum five business days prior to the event start date (excluding holidays & weekends). The client agrees to pay the guaranteed number quoted or the number in attendance, whichever is greater. If the guaranteed numbers are not provided within the timeframe specified, the ordered numbers outlined on the event orders or the number of attendees shown on Schedule A will be used as the guaranteed numbers. The International Centre is prepared to set up to 3% above the guarantee up to a maximum of 30 covers. Should the guaranteed numbers reduce significantly from the ordered numbers or numbers shown on Schedule A of the Agreement, The International Centre may impose a function room rental and/or appropriate labour charges.

Food and beverage pricing may be subject to change without notice to the client.

Food and beverage orders that are not included in the Agreement will be subject to a cancellation fee of 100% of the ordered total if cancelled within ten (10) business days of the Event. The timeframes outlined in the Agreement allows The Centre to provide the products and services ordered for the Event.

Room setups and meals served in excess of the 3% overset will be subject to surcharges as laid out below.

Overset Meal Rooms for Plated or Family Style Menus

Room setups in excess of 3% of the guarantee will be subject to a surcharge of 50% of the menu price for each additional seat.

Special Meals

Please discuss any special meals, including dietary and/or allergy restrictions with your Events Manager at least four (4) weeks in advance of your event. Our culinary team will be pleased to accommodate your special meals needs with the submission of a confirmed special meals list at least two (2) weeks prior to your event via a signed event order. Please note that we are not a nut-free or wheat-free facility.

The International Centre will accommodate up to 15% of the guarantee in special meals including vegetarian, dietary and/or allergy restriction up to a maximum of 50 covers.

Special meals in excess of 15% of the guarantee are subject to the menu price plus a surcharge of 25% of the menu price and applied per meal.

Family Style and Pre-Selected Plated Choice Menus

Please discuss Family Style and Pre-Selected Choice Menu requests with your Events Manager at least four (4) weeks in advance of your event as these menu styles may be subject to additional fees.

Function Times

Menu prices include service based on standard service times for each meal period. Standard Service Time for each meal period is defined as:

| | |
|-----------|---------------------|
| Breakfast | Ninety (90) Minutes |
| Break | Thirty (30) Minutes |
| Lunch | Two (2) Hours |
| Dinner | Two (2) Hours |

Function times that exceed the Standard Service Time by more than thirty (30) minutes for a meal period are subject to additional labour charges.

Additional Services

Your Events Manager will be happy to assist you in arranging the final touches for your event. Our dedicated professionals can advise on music, entertainment, hosting, photography, floral and event decorations.

Labour

Where minimum cover attendance is not guaranteed and/or client-initiated extensions of programs cause delays in Function Times (Service Time), additional labour charges will apply.

Function Times are outlined on Schedule "A" and/or Event Plans(s).

The International Centre has established labour ratios for Standard Service Times. Additional labour charges will be applied for service in excess of the established labour ratios. Additional labour charges will be applied for service in excess of the Standard Service Times by thirty (30) minutes.

Should the Client change set-up requirements within 24 hours of the Start Date, the Client shall pay a labour charge for the re-setting of the room.

Additional labour charges will be applied for any set up that requires a specialty item to be placed at a setting.

For bar services, labour fees may apply. Please speak with your dedicated Events Manager for more information.

Taxes and Facility Fees

A twenty-percent (20%) Facility Fee will be applied to all food and beverage charges. Government taxes are applicable to food, beverage and Facility Fees. Regulated S.O.C.A.N. and Re:Sound charges are applicable to all events with music and/or entertainment based on the final number of guests in attendance. Please refer to www.socan.ca and www.resound.ca for additional information.

Rules and Regulations

The International Centre operates in strict accordance with all municipal, provincial and federal regulations, such as those set by the Alcohol and Gaming Commission of Ontario, Region of Peel Public Health, etc. Any direct violation may be subject to immediate termination of services. Please consult with your Events Manager regarding regulatory procedures and special permit designations where required.

- gf** Gluten-Free **v** Vegetarian **vg** Vegan
hw Health & Wellness **dz** By the Dozen

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THE INTERNATIONAL CENTRE

Breakfast
MENU



*Spinach & Feta
Lattice Pastry
Page 8 of the Menu*



*Scrambled Eggs,
Cheddar Cheese and Chive
in Croissant Pastry
Page 8 of the Menu*

MENU

Breakfast

HOT BREAKFAST BUFFET

Maximum Service Time of 90 minutes. Minimum of 20 Guests.

All prix fixe Breakfast Selections are accompanied with Freshly Brewed Regular & Decaffeinated Lavazza Coffee, Variety of Specialty Teas with Lemon, Honey & Milk and an Assortment of Tropicana 100% Fruit Juices.

Waffles n' Eggs / 32

Waffles, Fresh Honeyed Ricotta, Berries
Poached Eggs on a Bed of Wilted Spinach
Herb Crusted Tomato, Sauteed Mushrooms, Whole Wheat Toast
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

The Hot Egg Breakfast / 34

Selection of Individual Quiche: Oven Roasted Tomato, Spinach, Goat Cheese **and** Mushroom, Leek, Cheddar, Onion **and** Asparagus, Mixed Herbs
Oven Roasted Red Skinned Potatoes
Breakfast Salad of Spinach, Strawberry and Ricotta with Waffle Croutons
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

The Exec / 38

Freshly Baked Mini Croissants, Danishes and Muffins
Fruit Preserves and Whipped Butter
Farm Fresh Scrambled Eggs with Kale
Choice of Two Meats: Turkey Bacon, Traditional Bacon, Chicken Sausage **or** Traditional Pork Sausage
Choice of: Grilled Tomatoes **or** Oven Roasted Red Skinned Potatoes
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

Goldilocks / 26

Homemade Steelcut Oatmeal with selection of Dried Fruit (Cranberries, Apricots, Dates, Sunflower Seeds, Walnuts, Slivered Almonds, Diced Apples) and Ontario Maple Syrup
Vibrant Display of Sliced Fresh Fruit Garnished with Berries
Individual Yogurt Parfaits with Berries

COLD BREAKFAST BUFFET

Maximum Service Time of 90 minutes. Minimum of 20 Guests.

All prix fixe Breakfast Selections are accompanied with Freshly Brewed Regular & Decaffeinated Lavazza Coffee, Variety of Specialty Teas with Lemon, Honey & Milk and an Assortment of Tropicana 100% Fruit Juices.

Traditional Continental / 29

Freshly Baked Mini Croissants, Danishes and Breakfast Loaves
Fruit Preserves and Whipped Butter
Vibrant display of Sliced Fresh Fruit Garnished with Berries
+ Add: Variety of Individual Yogurt / 3.75

Contemporary Continental / 30

Spinach & Feta **and** Tomato & Olive Lattice Pastries
Scrambled Egg, Cheddar Cheese and Chive in Croissant Pastry
Fruit Salad
+ Add: Variety of Individual Yogurts / 3.75

Build Your Own Bagel / 30

Assorted Bagels
Cream Cheese, Peanut Butter, Preserves, Sliced Ham, Smoked Salmon, Turkey, Ontario Cheddar, Swiss, Tomatoes, Mayonnaise and Mustard
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

Fit N' Healthy / 32

Choice of: Overnight Soaked Oats with Roasted Coconut and Dark Chocolate
or
Berry Quinoa Breakfast Bowl with Hemp and Almonds

Assorted Individual Greek Yogurt
Shaved Turkey, Sliced Eggs, Ontario Cheddar Cheese, Grape Tomato Salad
Assortment of Whole Grain Bread and Whole Wheat Mini Croissant
Vibrant Display of Sliced Fresh Fruit Garnished with Berries

Minimum Breakfast Buffet price of 26 dollars per guest.

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MENU

Breakfast

HAND-CRAFTED BREAKFAST ENHANCEMENTS

Maximum Service Time of 90 minutes. Minimum of 20 Guests.

Open-Faced Mini Breakfast Bagels / 14

Selection of Smoked Salmon and Cream Cheese,
Sliced Farm Fresh Hard Boiled Egg and Peameal,
Cheese and Tomato Melt

Breakfast Sandwich / 10.50

Farm Fresh Egg, Ontario Cheddar Cheese
Choice of: Turkey Bacon, Traditional Bacon,
Turkey Sausage **or** Traditional Sausage
Served on a Toasted English Muffin

Berry Wafflewich / 10.75 **v**

Whole Grain Waffles, Fresh Ricotta Cheese,
Berries and Ontario Wildflower Honey

Hot Steelcut Oatmeal / 7 **v**

Served with Dried Fruits and Maple Syrup

The Bennie / 10.75

Choice of: Smoked Salmon or Back Bacon
with Kale served on a Toasted English Muffin

Whole Grain Pancakes / 9.75 **v**

Served with Warm Fruit Compote, Maple Syrup and Butter

Make Your Own Parfait / 9.50 **v**

Greek Yogurt, Fresh Berries, Granola
(Gluten-Free Available with Pre-Order)

Whole Wheat Wrap / 11

with Farm Fresh Scrambled Eggs, Peppers, Tomatoes,
Spinach and Turkey Bacon **or** Traditional Bacon

Two Farm Fresh Hard Boiled Eggs / 5.75 **v** **gf**

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THE INTERNATIONAL CENTRE

Break

MENU



*Dressed Up Salad Cups
Top Your Fruit Salad:
Hemp, Goji Berries, Chia and Flax,
Mint and Honey Syrup
Top Your Mini Kale and Beet Salad:
Walnuts, Pumpkin Seeds,
Dried Cranberries, Sherry Vinaigrette*
Page 11 of the Menu

MENU

Break

THEMED BREAK

Maximum Service Time of Thirty (30) Minutes. Minimum of 20 Guests.

All Themed Break selections are accompanied with Freshly Brewed Regular & Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey & Milk (unless otherwise noted).

Dressed Up Salad Cups / 15.50 vg gf

Top Your Fruit Salad: Hemp, Goji Berries, Chia and Flax, Mint and Honey Syrup
Top Your Mini Kale and Beet Salad: Walnuts, Pumpkin Seeds, Dried Cranberries, Sherry Vinaigrette

From the Fridge / 19

Served Cold
Selection of Focaccia Pizzas: Tomato Bruschetta & Marinated Eggplant **and** Grilled Zucchini & Goat Cheese
Singapore Noodles with Shrimp
Buffalo Chicken Sliders

All About Cookies / 15.75 v

Selection of Freshly Baked Cookies:
Chocolate Chip, Oatmeal, White Chocolate Macadamia, Salted Caramel Crunch, Shortbread

Feel-Good / 16.25 hw v

Assortment of Granola and Protein Bars
Pulp & Press Cold Pressed Wellness Shots
Elderberry, Ginger, Wheatgrass, Turmeric
Coffee and Tea not included

Corner Store Counter / 16 v

Assortment of Granola and Mini Candy Bars
Variety of Individual Bags of Chips, Pretzels and Ontario Popcorn
Selection of Fresh Whole Fruit

Candy Bar / 15.50 v

Jube Jubes, Jelly Beans, Tootsie Rolls, Lollipops, Hot Lips, Sour Keys and more...
Cans of Cream Soda, Root Beer, Orange and Grape Pop
Coffee and Tea not included

Parfait Bar / 16.75 v

Create Your Own Parfait: Greek Yogurt, Granola and Fresh Berries (Gluten-Free Available with Pre-Order)
Vibrant Display of Sliced Fresh Fruit and Berries

Fruit n' Cheese / 22 v

Selection of Locally Produced Ontario Cheeses: Brie, Borgonzola, Friulano, Herbed Goat Cheese, Bocconcini, Aged Ontario Cheddar, Provolone and Blue Cheese served with Truffle Honey, Fruit Chutneys, and Artisan Fruit Bread Garnished with Mixed Dried Fruits, Nuts and Seeds

Deli with a Twist / 18.75

Open Faced Whole Grain English Muffins:
Sustainable Tuna Salad with Light Mayo, Diced Celery, Green Onions and Herbs
Egg Salad of Farm Fresh Eggs with Light Mayo, Chives and Paprika
House-Smoked Local Chicken Salad with Light Mayo, Diced Vegetables, Gherkins and Fresh Herbs
Vibrant Display of Sliced Fresh Fruit and Berries

Table O' Nachos / 17 v

Build Your Own Nachos:
Salsa, Black Beans, Shredded Monterrey Jack Cheese, Sour Cream, Shredded Lettuce and Pickled Jalapeños

Design Your Own Trail Mix / 13.75 v

Granola Clusters, Slivered Almonds, M&M's, Sunflower Seeds, Craisins, Wasabi Peas, Gummi Bears, Dark Chocolate Chips
Pure Leaf Iced Tea, Tropicana Lemonade
Coffee and Tea not included

The Petite Patisserie / 18 v

Macarons, Eclairs, Profiteroles, Carrot Caramel Stack, Strawberry Swirl Cake Pops

Dip Your Chip / 15 v

A Variety of Root Chips, Tortilla Chips and Pita with Hummus, Tapenade and Salsa

Energy Boost / 15.50 v hw

Kombucha
Protein & Almond Sea Salt Dark Chocolate Bar
Whole Bananas

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MENU

Break

BREAK ENHANCEMENTS

BAKERY

- Mini Whole Wheat Bagels
with Cream Cheese and Jam / **48** dz v
- Freshly Baked Assorted Gourmet Muffins / **52** dz v
Banana, Lemon Cranberry, Chocolate Chunk and Carrot
- Assorted Pâtisserie Danishes / **52** dz v
- French Style Butter Croissants / **52** dz v
- Decadent Chocolate Croissants / **56.50** dz v
- Assorted Mini Canadian Style Donut Treats / **44** dz v
- Selection of Mini Breakfast Loaves / **48** dz v
Banana, Lemon Cranberry, Blueberry, Carrot
- Decadent Dessert Squares and
Chocolate Fudge Brownies / **44** dz v
- Assorted Mini French Pastries / **64** dz v
S'mores, Red Velvet Cupcakes, Maple Butter Tart, Raspberry
Jeconde, Lemon Macaroons, Opera Slice, Chocolate Cake Pops
- Selection of Freshly Baked Cookies / **46** dz v
Chocolate Chip, Oatmeal, White Chocolate Macadamia,
Salted Caramel Crunch, Shortbread
- Selection of Strudels and Turnovers / **45.50** dz v
Blueberry, Apple, Strawberry, Cheese
- Homemade Seasoned Kettle Potato Chips / **40** vg
Serves 15
- Gourmet Novelty Cupcakes / **72** dz v
- Traditional Assorted Savoury and Fruit Scones / **54** dz v
- Assortment of Flavoured Macaroons / **66** dz v

INDIVIDUALLY PACKAGED

- Assorted Candy and Chocolate Bars / **3.75** v
- Individual Bags of Ontario Popcorn / **4** v gf
- Individual Bags of Chips and Pretzels / **4** v
- Assorted Artisan Granola Bars / **5.75** v
- Assorted Protein Bars / **7.25** v gf hw

COLD

- Individual Yogurt / **4.75** v gf
- Ice Cream Novelties / **6.50**
- Homemade Individual Fruit Smoothies / **9** gf
- Pulp & Press - Cold Pressed Wellness Shots / **9** v gf hw
Elderberry, Ginger, Wheatgrass, Turmeric

GLUTEN-FREE

- Assorted Mini Muffins / **59** dz v
- Variety of Cookies / **56.25** dz v
- Assorted Granola Bars / **7**
- Cupcakes / **72** dz v
- Breakfast Breads / **60** dz v
- Honduran Chocolate Brownie / **66** dz v

FRESH

- Farm Fresh Hard Boiled Eggs / **32** dz hw v gf
- Array of Fresh Whole Fruits / **3.50** hw vg gf
- Sliced Fresh Fruit with Berries / **8.75** hw vg gf
- Fresh Fruit Kebobs with Ontario Wildflower
Honey and Yogurt Dip / **8.50** v gf
- Chocolate Dip Strawberries / **60** dz v

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THE INTERNATIONAL CENTRE

Liquid

NON-ALCOHOLIC MENU



MENU

Liquid

Freshly Brewed Regular and Decaffeinated Coffee & Variety of Specialty Teas with Lemon, Honey, Milk and Cream

\$5.50 / cup

Minimum of 20 Guests

Hot Chocolate **\$4.50 / cup**

Minimum of 10 Guests

No minimum applicable if ordered as an enhancement to Coffee & Tea service

The Barista Experience

Enjoy an upgrade to your break with an array of Espresso-based beverages from Lattes to Frothy Cappuccinos and Iced Coffee

740 / 4 Hours of Service or 100 cups

175 / Each Additional Hour of Service or 25 cups

Premium Iced Tea Bar

Variety of Specialty Teas with Fruit Garnishes and Simple Syrup

265 / 50 cups

530 / 100 cups

H2O Infusion

Revitalize with Local Fruit and Vegetable infused Water. Choose from Cucumber and Mint; Berries and Stone Fruit; Citrus

67.50 / 50 glasses

135 / 100 glasses

Variety of Canned Pepsi Soft Drinks / **4.75**

Variety of Individually Bottled Tropicana 100% Fruit Juices / **5.65**

Individually Bottled Water / **4.95**

Domestic Sparkling Water / **5.50**

Kombucha / **7.50**

Gatorade or G2 / **5.65**

Celsius Energy Drink / **7.50**

Peach or Orange

Chilled Regular or Chocolate Milk / **4.50**

THE INTERNATIONAL CENTRE

Lunch MENU



*BYO (Bowl Your Own)
Customize Your Own
with a Selection of Proteins,
Healthy Grains, Vegetables,
Fruits, Pulses, Seeds & Cheeses
Page 19 of the Menu*

MENU Lunch

CUSTOMIZED EXECUTIVE LUNCH BUFFET

The Informal / 49

Maximum Service Time of 2 Hours. Minimum of 20 Guests. Menu selections include Homemade Kettle Chips tossed with Special Seasonings, Vibrant Display of Sliced Fresh Fruit & Berries, Freshly Brewed Regular & Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey & Milk.

SOUPS AND SALADS

Select three (3) from the following items:

Soup

Hearty Chicken Noodle

Classic Borscht with Sour Cream (v) (gf)

Mulligatawny (hw) (vg) (gf)

Vegetarian Indian Spiced Lentil

Kale & Potato with Chorizo

Smoked Tomato & Basil with Parmesan Croutons (v)

Sweet Potato, Coconut and Cardamon (vg) (gf) (hw)

Smokey Vegan Black Bean (vg)

Minestrone

with Italian Pork Sausage Meatballs

Salad

IC Custom Romaine

with Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded Parmesan, Roasted Garlic, Lemon Pepper Dressing

Vegan Soba Noodle (vg)

Red Cabbage, Carrots, Cilantro, Sesame-Soy Dressing

"Haricot Blanc Salad" with Tuna (gf)

Grape Tomatoes, Red Onions, Celery, Chive-Vinaigrette

Organic Greens (vg) (gf)

with Chef's Array of Dressings

Orrechiette Pasta (v)

Grape Tomatoes, Cucumber, Red Pepper, Olives, Feta, Red Wine Emulsion

"6 Bean Greek Salad" with Seasonal Greens (v) (gf) (hw)

Grape Tomatoes, Cucumber, Red Onion, Kalamata Olives, Feta, Oregano Dressing

Southwest Quinoa (v) (gf) (hw)

Black Beans, Sweet Corn, Red Onion, Cheddar, Lime Vinaigrette

SANDWICHES, WRAPS & PIZZAS

Select four (4) from the following items:

Sandwiches

Roast Turkey

Smoked Gouda, Lingonberry, and Baby Lettuce on Cranberry Bread

Smoked Chicken

Brie, Lettuce, Tomato on Focaccia Bread

Roast Beef

Arugula, Cheddar, Blue Cheese & Horseradish Spread on Whole Wheat Onion Bun

Ham

Provolone, Arugula, Pesto Parmesan Spread on Honey Flax Bun

Smoked Salmon

Arugula, Red Onion, Lemon Caper, & Goat Cheese Spread on a Multigrain Bun

Roast Eggplant (v)

Squash, Green Olives, Baby Lettuce on Focaccia Bread

Tortilla Wraps

Ginger Sesame Chicken

Peppers, Carrots, Mango Coleslaw in a Wrap

White Albacore Tuna Salad

Caper Berry, Lemon Aioli, Lettuce, Tomato in a Sundried Tomato Wrap

Mesquite Smoked Turkey

Roasted Bell Peppers, Chipotle Ranch, and Baby Greens in a Spinach Wrap

Smoked Ham

Gruyere, Apple Chutney in a Whole Wheat Wrap

Hoisin Tofu and Garlic Bokchoy (vg) (gf)

Cabbage and Sesame in a Gluten-Free & Vegan Wrap

Minimum Customized Executive Lunch Buffet price of 49 dollars per guest.

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MENU *Lunch*

CUSTOMIZED EXECUTIVE LUNCH BUFFET

Pizzas

Bruschetta Pizza **v**

Fresh Tomato, Garlic and Torn Basil with Baby Arugula and Buffalo Mozzarella

Verde with Grilled Eggplant **v**

Green Zucchini, Broccoli, Grilled Eggplant, Oregano and Parsley with Olive Oil, Mozzarella and Parmesan

Buffalo Chicken

Chicken, Red Onion and Pickled Jalapeño with Monterrey Jack Cheese on White Crust topped with Scallions and Crumbled Blue Cheese

Classic Pepperoni and Cheese

Traditional White Crust

**All specialty pizzas are made in-house.*

DESSERTS

Select two (2) from the following items:

Orange-White Chocolate Creme Brulee **sf**

Banana Caramel Cheesecake

Lemon Burst Macaroon

Vegan Brownie Squares **vg** **sf** - contains almond milk

Mango Orange Chiffon Cake

Strawberry Shortcake

White Chocolate Pistachio Blondie

Assortment of Cookies

Salted Caramel, Shortbread, Chocolate Chip, Oatmeal, White Chocolate Macadamia

Gluten-Free and Dairy-Free Desserts Available with Pre-Order.



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Nuevo Latino

Page 20 of the Menu

Tortilla Soup



Churros



Black Bean Rice



Mole



Pepita



Guacamole



Cuban Green Salad



Grilled Vegetable & Cheese Empanadas



Baked Salmon with Pepita, Cilantro and Jalapeño Pesto

Chicken Mole

MENU

Lunch

FIXED EXECUTIVE LUNCH BUFFET

Hot Stuff / 56

Maximum Service Time of 2 Hours. Minimum of 20 Guests.

Menu selections include Freshly Baked Artisan Rolls with Butter, Vibrant Display of Sliced Fresh Fruit and Berries Freshly Brewed Regular and Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey & Milk. Surcharge applicable for any changes or substitutions.

Português

Kale and Potato Soup (vg) (gf)

Flaked Cod Salad (gf)

Chickpeas, Peppers, Tomatoes, Celery, Sherry Vinaigrette

Shredded Cabbage (gf) (v)

Red Bean, Quinoa, Olives, Feta, Tomatoes, Red Wine Dressing

Churrasco-Style Piri Piri Chicken (gf)

Baked Whitefish (gf)

with Tomatoes, Lemon, Cumin, White Wine and Herbs

Smoked Paprika Roasted Potatoes (vg) (gf)

Zucchini, Eggplant, Red Peppers, White Onions (vg) (gf)

in Olive Oil and Thyme, with Slivered Roasted Almonds

Rice Pudding (v) (gf)

with Cinnamon in Mason Jars

Portuguese Egg Tarts (v)

To Your Health (hw)

Roasted Cauliflower and Saffron Soup (vg) (gf)

Three Rice Salad (vg) (gf)

Long Grain, Forbidden and Wild, Fennel, Red Onion, Peppers, Grapes and Sunflower Seeds, Tarragon Vinaigrette

Five Beans with Roasted Sweet Potatoes (vg) (gf)

Marinated Tempeh, Sprouts, Lime Chipotle Dressing

Baked Atlantic Salmon (gf)

with Tomato Garlic and Caper Salsa

Roasted Herb Marinated Chicken

with Romesco Sauce (contains nuts)

Brown Rice Vegetarian Paella (vg) (gf)

Steamed Yellow Beans (vg) (gf)

with Roasted Corn

Mango Mousse and Raspberry Shooters (gf)

Assorted Individual Sorbet Cups (vg) (gf)

BYO (Bowl Your Own)

Minimum of 50 Guests. Maximum of 200 Guests

Make Your Own Bowl:

Protein

Moroccan Spice Chicken, Smoked Tofu (vg),

Sous Vide Cajun Flank Steak

Grains (vg)

Brown Rice, Ontario Barley

Vegetables and Fruits (vg) (gf)

Spinach, Kale, Shredded Heirloom Carrots, Grape Tomatoes, Cucumbers, Green Onions, Shredded Apple

Pulses (vg) (gf)

Chick Peas, Black Lentils, Edamame

Seeds (vg) (gf)

Pumpkin Seeds, Radish Seedlings

Cheeses (gf)

Shredded Cheese, Crumbled Feta

Dressings (gf)

Roasted Corn Salsa, Spicy Lemon Tahini, Avocado Buttermilk, Sherry Vinaigrette

Watermelon Salad (gf)

Drizzled with Honey Cinnamon Yogurt

Biscotti

Minimum Fixed Executive Lunch Buffet price of 56 dollars per guest.

June 2024-June 2025 The International Centre Event Catering Menu.

In light of the volatility in the price and availability of ingredients, we reserve the right to pass on subsequent price increases, surcharges, and labour fees associated with your event without notification. Tax and Facility Fee not included.

MENU

Lunch

FIXED EXECUTIVE LUNCH BUFFET

Coast to Coast

Quebec-Style Split Pea and Ham Soup (gf)

Ontario Rainbow Beets and Edamame Salad (v) (gf)
with Fennel and Woolwich Goat Cheese,
Niagara Red Wine Vinaigrette

Baby Kale and Heirloom Carrot (vg) (gf)
Roasted Garlic, Sunflower Seeds, Maple Vinaigrette

Canadian Bacon Brined Cornmeal Crusted Pork Loin

Ontario Beef Short Ribs (gf)
Braised in Niagara Red Wine and Local Herbs

Whole Wheat Mac and Cheese (v)
with Ketchup

Maple Glazed Roasted Vegetables (vg) (gf)

Butter Tarts

East Coast Berry Grunt
with Maple Whipped Cream

Nuevo Latino

Tortilla Soup (v)

Cuban Green Salad (vg) (gf)
Kale, Green and Snap Peas, Radish, Jicama, Hearts of Palm,
Pumpkin Seeds, Cilantro, Lime Shallot Dressing

Grilled Vegetable and Cheese Empanadas (v)

Chicken Mole

Baked Salmon (gf)
with a Pepita, Cilantro and Jalapeño Pesto

Black Bean Rice (vg) (gf)

Roasted Zucchini, Onion, Poblano Pepper and Corn (vg) (gf)
with Cilantro

Churros
with Salted Caramel Sauce

Dulce de Leche Cheesecake

Meat and Potatoes

Italian Wedding Soup

IC Custom Romaine Salad
with Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded
Parmesan, Roasted Garlic, Lemon Pepper Dressing

Shaved Cabbage and Brussels Sprouts (vg) (gf)
with Ontario Soy Beans, Pumpkin Seeds and Craisins,
Apple Cider Dressing

Extremely Slow Roasted Ontario Striploin (gf)
with Mushroom Sauce

Smoked Mustard Crusted Pork Loin

Classic Whipped Potatoes (v) (gf)

Roasted Zucchini (v) (vg) (gf)
with Tomatoes and Onions

Mini Carrot Caramel Stack

Mini Raspberry Blondie

Elegant Eastern Express

Miso Soup with Tofu (gf)

Mizuna Salad (vg) (gf) (hw)
Radish, Cucumber, Tomatoes, Sesame Vinaigrette

Japanese Edamame Salad (vg) (gf) (hw)
Red Cabbage, Carrots, Lime Soy Dressing

Vegetable Nasi Goreng (gf)

Steamed Gailan with Roasted Garlic Oil (vg) (gf) (hw)

Thai Coconut Shrimp Curry
Eggplant and Mushrooms

Soy & Mirin Marinated AAA Beef Striploin (gf)
Shallot and Chive Jus

Mango Orange Chiffon Cake

Lemon-Sesame Cookie

Minimum Fixed Executive Lunch Buffet price of 56 dollars per guest.

June 2024-June 2025 The International Centre Event Catering Menu.

In light of the volatility in the price and availability of ingredients, we reserve the right to pass on subsequent price increases, surcharges, and labour fees associated with your event without notification. Tax and Facility Fee not included.

MENU

Lunch

PLATED 3-COURSE À LA CARTE

Maximum Service Time of 2 Hours. Minimum of 20 Guests.

All Lunches include Soup or Salad, Entrée and Dessert with Freshly Baked Artisan Rolls with Butter, Freshly Brewed Regular & Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey & Milk.

SOUPS AND SALADS

Select one (1) Soup *or* Salad:

Mulligatawny **hw** **vg** **gf**

Vegetarian Indian Spiced Lentil Soup

Wild Mushroom with Truffle Oil & Chives **vg** **gf** **hw**

Watercress with Smoked Lardon **gf**

Parsnip and White Bean Purée **hw** **vg** **gf**
with Sage

House-Smoked Ontario Chicken Noodle
(Gluten-Free Available with Pre-Order)

IC Custom Romaine Wedge

Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded Parmesan, Roasted Garlic, Lemon Pepper Dressing

Baby Arugula and Watercress Salad **hw** **v** **gf**

Candycane Beets, Roasted Celeriac, Feta, Smoked Honey Dijon Dressing

Baby Spinach & Peashoots Salad **vg** **gf** **hw**

Pumpkin Seeds, Craisins, Pickled Beets, Fennel Shavings Apple Cider Vinaigrette with Chia

Roasted Cauliflower **hw** **v** **gf**

Broccoli, Sliced Hard Boiled Eggs, Slivered Almonds, Baby Kale, Lemon Vinaigrette

Quinoa Tabbouleh **hw** **v**

Cucumbers, Tomatoes, Green Onions, Baby Leaf Lettuces, Sumac Pita Crisps

PROTEIN ENTRÉES

Select one (1) Entrée

Ontario Chicken Supreme / 58

Stuffed with Turkey Sausage, Mozzarella, Roasted Red Pepper and Oregano
Roasted Fingerling Potatoes, Baby Carrots and Cauliflower, Red Pepper Salsa Rossa

Grilled 6oz Canadian AAA Striploin / 59 **gf**

Horseradish Mash, French Beans, Roasted Shallots, Wild Mushroom Sauce

Pan Seared Salmon / 59 **gf**

Lemon Roasted Broccoli, Baby Carrots, Horseradish Mash, Dill Sauce

House-Smoked Ontario Omega-3 Pork Chop / 55 **gf**

Potato Gratin, Ontario Red Wine Braised Cabbage and Apples, Honey Mustard Jus

Vegetarian Entrée Options:

Quinoa Potato & Kale Cake **vg** **gf** **hw**

Baby Eggplant Stuffed with Ratatouille, Grilled Asparagus, Sauce Tahini

Vegan Shepherd's Pie **vg** **gf**

Lentil, Sweet Potato and Diced Root Vegetables, Mushroom Gravy

DESSERTS

Select one (1) Dessert

Molten Lava Cake

Crème Chantilly, Berry Coulis

Bailey's Tiramisu

Coffee Anglaise, Fresh Berries

Raspberry-Walnut Torte

Whisky Macerated Strawberries, Passion Fruit Whipped Cream

Blueberry and Ricotta Cheesecake

Wild Berry Compote, Chocolate Cigar

Orange Crème Brûlée

Biscotti, Chocolate Brownie

Gluten-Free and Dairy-Free Desserts Available with Pre-Order.

*Minimum Plated Lunch price of 55 dollars per guest, protein entrée only. Minimum guarantee of 20 guests, minimum 3 courses or surcharges may apply.
June 2024-June 2025 The International Centre Event Catering Menu.*

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Stations

RECEPTION MENU



Stations

MENU

ENHANCEMENTS

Minimum of 20 Guests

Antipasti / 19

Provolone, Bocconcini and Mozzarella Cheeses, Prosciutto, Mortadella, Genoa Salami, Marinated Vegetables and Selection of Olives, Focaccia

Dim Sum / 19

Selection of Dim Sum served in Steamer Baskets
Pork Sui Mai, Shrimp Har Gow, Vegetable Gow, Steamed Mini Pork Buns, Pork and Vegetable Pot Stickers, Soya Sauce, Rice Wine & Ginger Infused Dipping Sauce

Sushi / 25

Variety of Authentic Japanese Specialties including:
Spicy Tekka Maki (Tuna), Sake (Salmon) and Ebi (Shrimp), California Roll, Futomaki Roll of Avocado & Cucumber, Kappa Maki (Cucumber Roll), served with Wasabi, Pickled Ginger, Soy Sauce and Chop Sticks
+ Sushi Chef is available at an additional charge.

Mini Deli Stop / 19

Shaved Corned Beef, Pastrami, Turkey and Smoked Salmon, Selection of Mustards, Pickles and Garnishes, Assorted Mini Dinner Rolls and Pretzel Buns

Rabbit Buffet / 10.50 v gf

Selection of Heirloom Carrots, Radishes, Cauliflower and Organic Celery, Cucumbers, Broccoli, Peppers with a Selection of Vegetarian Dips

Fruit n' Cheese / 22 v

Selection of Locally Produced Ontario Cheeses: Brie, Borgonzola, Friulano, Herbed Goat Cheese, Bocconcini, Aged Ontario Cheddar, Provolone and Blue Cheese served with Truffle Honey, Fruit Chutneys, and Artisan Fruit Bread Garnished with Mixed Dried Fruits, Nuts and Seeds

Wings and Mac N Cheese / 22

Chicken Wings Two Ways - Buffalo and Asian
Truffle & Wild Mushroom Mac N Cheese

LIVE

Minimum of 50 Guests

Superfood Salad Bar / 17

Quinoa & Wild Arugula Tabbouleh Salad v gf
Alberta Barley, Roasted Cauliflower & Radicchio Salad with a Kale and Almond Pesto v
Shaved Raw Ontario Golden Beet, Soy Beans & Walnut Salad with a Lemon and Herb Vinaigrette v gf
Salad Boosters: Hemp Seeds, Chia Seeds, Pumpkin Seeds, Goji Berries, Sprouts v gf

Potato Couture / 15

Select One (1): Fresh Cut Fries **or** Whipped Yukon Gold Potatoes with a Selection of Toppings including Cheddar, Curds, Crumbled Goat Cheese, Caramelized Onions, Gravy
+ Add Pulled Pork, Butter Chicken **or** Braised Beef Short Rib/3.50

Amore Pasta / 18

Beef Ravioli with Roasted Root Vegetables and a Fresh Tomato Sauce
Rigatoni Pasta, Mushrooms, Leeks and Marinated Peppers, Garlic, Marinara Sauce
Freshly Baked Italian-Style Rolls with Butter

Pad Thai / 19.50

Choice of Vegetarian, Chicken **or** Shrimp served with Rice Noodles, Tofu, Bean Sprouts, Vegetables, Asian Greens, Roasted Peanuts, Sambal & Sriracha Chillies, Fresh Lime Wedges

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Create an Interactive Experience with

Evo Centric

Cooker Station



Potato Pancake Station
Crispy, Golden Potatoes,
with a selection of Pulled Pork,
Ratatouille (Vegetarian) and
Smoked Salmon with Sour Cream,
Capers and Shaved Red Onions

Page 25 of the Menu

Stations

MENU

THE CARVERY

*All Carvery Stations are Chef attended and are included in the menu price.**

Extremely Slow Roasted Hip of Canadian Beef / 1900

Accompanied with Homemade Chimichurri Sauce, Mustards and Horseradish
Freshly Baked Artisan Rolls with Butter
Serves 130 Guests

In-House Smoked Ontario Maple Syrup Glazed Ham / 425

Accompanied with Assorted Mustards
Freshly Baked Artisan Rolls with Butter
Serves 50 Guests

Extremely Slow Roasted AAA Canadian Striploin Beef / 720

Accompanied with Homemade Chimichurri Sauce, Mustards and Horseradish
Freshly Baked Artisan Rolls with Butter
Serves 35 Guests

Roasted Traditional Turkey / 475

Served with Dried Cranberry Cumberland Sauce, Turkey Jus
Freshly Baked Artisan Rolls with Butter
Serves 30 Guests

House-Smoked and Extremely Slow Cooked Brisket / 504

Accompanied with Smoky BBQ Sauce, Grilled Onions, Creamy Coleslaw and Slider Buns
Serves 30 Guests

UNIQUE EVO CENTRIC COOKER STATIONS

An innovative circular cast iron cooking surface where fresh and healthy food is prepared in front of guests. An ideal option for an interesting, exceptional and interactive experience. Minimum of 50 Guests.

Kebab Korner / 17.50

Indian Spiced Beef, Reshmi Chicken, Tandoori Paneer and Vegetables (Vegetarian), Mint Yogurt Chutney, Curry Sauce, Shaved Red Onions and Lemon Wedges

Have It Your Way Beef Sliders / 17

Made-to-Order Sliders served with Lettuce, Pickles, Mustard, Mayo, Cheese, Bacon, Special Sauce

Taqueria / 17

Chipotle Marinated Shrimp, Chili Spiced Beef, Tortillas, Salsa, Shredded Cheese, Lettuce, Sour Cream, Hot Sauce

Potato Pancake Station / 18

Crispy, Golden Potatoes, with a selection of Pulled Pork, Ratatouille (Vegetarian) and Smoked Salmon with Sour Cream, Capers and Shaved Red Onions

**Certain restrictions and/or limitations apply*

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THE INTERNATIONAL CENTRE

Flors D'oeuvres

RECEPTION MENU



*Assortment of
Mini Blue Cheese Tarts with
Dehydrated Grapes; Ham,
Asparagus & Mushroom
Palmiers*

MENU

Hors D'oeuvres

SAVOURY

COLD CANAPÉS / 62 **dz**

Meat

Roast Beef Asparagus Roll with Horseradish Cream

Date Wrapped in Prosciutto and Asiago Cream

Montreal Smoked Beef with Parsnip Mash, Caramelized Onion in Mini Yorkshire Pudding

Poultry

Smoked Chicken Caesar Salad on Miniature Frico Tacos

Peking Duck Moo Soo Crepe

Seafood

Spicy Gazpacho and Shrimp Shooter

Shrimp wrapped in Smoked Salmon with Saffron Aioli

Lime Chipotle Marinated Shrimp with Spicy Aioli **gf**

Japanese Shrimp Salad on Cucumber

Smoked Salmon Blini Caviar

East Coast Lobster Roll

Vegetable

Vietnamese Salad Roll with Mango **vg** **gf**

Korean Kimchi Wrap **vg**

Vegetable Temaki Rolls with Pickled Ginger **vg** **gf**

Grilled Vegetable and Goat Cheese Skewer **gf**

Mini Sushi Sandwich, Soy Sauce

Brie & Leek Tart

Vegan Cottage Cheese & Squash, Vegan Caviar on

Gluten Free Croute **vg** **gf**

Antipasto Skewer **vg** **gf**

HOT HORS D'OEUVRES / 62 **dz**

Meat

Nathan's Cocktail Style Hot Dogs with Fixins'

Shanghai Pork Dumplings

Layered Shepherd's Pie in Shooter Glasses

Korean Short Ribs Skewer

Beef Empanadas with Onions, Olives and Raisins

Portuguese Chorizo Empanadas with Greens, Olives and Potatoes

Beef Slider with Ontario Cheddar Cheese, Tomato, Pickles and Special Sauce

Poultry

Tandoori Chicken Skewers

Crispy Fried Chicken, Chili Honey Glaze

Duck Spiedini with Orange Five Spice **gf**

Curry Coconut Chicken Empanadas

Seafood

Thai Shrimp with Lemongrass **gf**

Garlic Shrimp Spring Roll with Sweet Thai Sauce

Har Gow-Steamed Shrimp Dumping with Ginger Soy Sauce

Vegetable

Cantonese Vegetable Spring Roll with Plum Sauce

Vegetable Samosa with Tamarind Chutney

Thai Spiced Pumpkin Soup Shooters with Toasted Coconut **gf**

Grilled Vegetable and Goat Cheese Empanadas

Three Cheese Empanadas

Mozzarella, Cheddar and Jack with Jalapeño

Vegan Jamaican Patty Empanada **vg**

Beyond Meat

Wild Mushroom Tourtiere

Blue Cheese and Fig

June 2024-June 2025 The International Centre Event Catering Menu.

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MENU

Hors D'oeuvres

SWEET
.....

SWEET COUTURE / 62 d2

- Mini Lemon Meringue Tarts
- Mini Orange Curd Tarts
- Mini Pecan Tarts
- Mini Pistachio Mascarpone Cannoli
- Nutella Filled Donuts
- Fruit Filled Donuts
- Banana Nutella S'mores Empanadas
- White Chocolate Pistachio Blondie
- Strawberry Shortcake Shooters
- Berry Cheesecake Shooters
- Tiramisu Shooters
- Assorted Mini French Pastries
- S'mores, Red Velvet Cupcakes, Maple Butter Tart, Raspberry Jeconde, Lemon Macaroons, Opera Slice, Chocolate Cake Pops
- Assorted Mini Tarts
- Blueberry Crunch, Fresh Fruit, Lemon Tart, Brûlée Tart, Chocolate Tart, Linzer Tart, Banana Tart
- Assorted Mini Squares
- Chocolate Brownies, Lemon Coconut, Apple Crumble, White Chocolate Blondies, Pecan, Carrot



(Image) Assortment of Spicy Gazpacho and Shrimp Shooter; Tandoori Chicken Skewers
Page 27 of the Menu

June 2024-June 2025 The International Centre Event Catering Menu.

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Dinner

MENU



*Ontario Chicken Supreme
Stuffed with Turkey Sausage, Mozzarella,
Roasted Red Pepper and Oregano
Roasted Garlic and Herb Smashed Fingerling
Potatoes, Baby Carrots, Cauliflower
Red Pepper Salsa Rossa
Page 34 of the Menu*

MENU

Dinner

FIXED EXECUTIVE DINNER BUFFET

Hot Stuff / 78

Maximum Service Time of 2 Hours. Minimum of 50 Guests.

Menu selections include Freshly Baked Artisan Rolls with Butter, Vibrant Display of Sliced Fresh Fruit and Berries, Freshly Brewed Regular and Decaffeinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey & Milk. Surcharge applies for any changes or substitutions.

Português

Kale and Potato Soup (vg) (gf)

Flaked Cod Salad (gf)

Chickpeas, Peppers, Tomatoes, Celery, Sherry Vinaigrette

Shredded Cabbage (v) (gf)

Red Bean, Quinoa, Olives, Feta, Tomatoes, Red Wine Dressing

Red and Yellow Tomato and Onion Salad (v)

with Fresh Mint and Croutons

Churrasco-Style Piri Piri Chicken (gf)

Baked Whitefish (gf)

with Tomatoes, Lemon, Cumin, White Wine and Herbs

Grilled Chorizo

with Onions, Peppers, Tomatoes and Red Wine

Smoked Paprika Roasted Potatoes (vg) (gf)

Zucchini, Eggplant, Red Peppers, White Onions (vg) (gf)

in Olive Oil and Thyme, with Slivered Roasted Almonds

Rice Pudding (v) (gf)

with Cinnamon in Mason Jars

Portuguese Egg Tarts (v)

Port Wine Crème Brûlée (v) (gf)

To Your Health (hw)

Roasted Cauliflower and Saffron Soup (vg) (gf)

Three Rice Salad (vg) (gf)

Long Grain, Forbidden and Wild, Fennel, Red Onion, Peppers, Grapes and Sunflower Seeds, Tarragon Vinaigrette

Five Beans with Roasted Sweet Potatoes (vg) (gf)

Marinated Tempeh, Alfalfa Sprouts, Lime Chipotle Dressing

Watermelon and Radish Salad (vg) (gf)

with Pickled Ginger Dressing

Baked Atlantic Salmon (gf)

with Tomato Garlic and Caper Salsa

Roasted Herb Marinated Chicken

with Romesco Sauce (contains nuts)

Slow Roasted Ontario Striploin with Salsa Verde

Brown Rice Vegetarian Paella (vg) (gf)

Steamed Yellow Beans with Roasted Corn (vg) (gf)

Mango Mousse and Raspberry Shooters (gf)

Assorted Individual Sorbet Cups (vg) (gf)

Apple Crumble Squares

Minimum Fixed Executive Dinner Buffet price of 78 dollars per guest. June 2024-June 2025 The International Centre Event Catering Menu.

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we reserve the right to pass on subsequent price increases, surcharges, and labour fees associated with your event without notification. Tax and Facility Fee not included.

MENU

Dinner

BYO (Bowl Your Own)

Minimum of 50 Guests. Maximum 200 Guests
Make Your Own Bowl:

Protein **gf**

Moroccan Spice Chicken, Smoked Tofu,
Sous Vide Cajun Flank Steak,
Lemon Pepper Shrimp

Grains **vg**

Brown Rice, Ontario Barley

Vegetables and Fruits **vg gf**

Spinach, Kale, Shredded Heirloom Carrots,
Grape Tomatoes, Cucumbers, Green Onions,
Shredded Apple

Pulses **vg gf**

Chick Peas, Black Lentils, Edamame

Seeds **vg gf**

Pumpkin Seeds, Radish Seedlings

Cheeses **gf**

Shredded Cheese, Crumbled Feta

Dressings **gf**

Roasted Corn Salsa, Spicy Lemon Tahini,
Avocado Buttermilk, Sherry Vinaigrette

Watermelon Salad **gf**

Drizzled with Honey Cinnamon Yogurt

Biscotti

Individual Frozen Yogurt Cups



(Image)

BYO (Bowl Your Own) Customize Your Own
with a Selection of Proteins, Healthy Grains,
Vegetables, Fruits, Pulses, Seeds & Cheeses

Minimum Fixed Executive Dinner Buffet price of 78 dollars per guest.

June 2024-June 2025 The International Centre Event Catering Menu.

In light of the volatility in the price and availability of ingredients, we reserve the right to pass on subsequent price increases, surcharges, and labour fees associated with your event without notification. Tax and Facility Fee not included.

MENU

Dinner

Coast to Coast

Quebec-Style Split Pea and Ham Soup (gf)

Ontario Rainbow Beets and Edamame Salad (v) (gf)
with Fennel and Woolwich Goat Cheese,
Niagara Red Wine Vinaigrette

Baby Kale and Heirloom Carrot (vg) (gf)
Roasted Garlic, Sunflower Seeds, Maple Vinaigrette

Lentil and Purple Cabbage (vg) (gf)
with Arugula, Cranberries, Sunflower Seeds,
Lemon Pepper Vinaigrette

Canadian Bacon Brined Cornmeal Crusted Pork Loin

Ontario Beef Short Ribs Braised (gf)
in Niagara Red Wine and Local Herbs

Cold Smoked Ontario Lake Trout (gf)
with Fresh Ontario Hot House Tomato Sauce

Whole Wheat Mac and Cheese (v)
with Ketchup

Maple Glazed Roasted Vegetables (vg) (gf)

Butter Tarts

East Coast Berry Grunt
with Maple Whipped Cream

Nanaimo Bars

Nuevo Latino

Tortilla Soup (v)

Cuban Green Salad (vg) (gf)
Kale, Green and Snap Peas, Radish Jicama, Pumpkin Seeds,
Cilantro, Lime Shallot Dressing

Six Bean Salad (vg) (gf)
Chili Spiced Sweet Potato, Corn, Avocado and Hearts of Palm
Salad, Toasted Cumin Vinaigrette

Grilled Vegetable and Cheese Empanadas (v)

Chicken Mole

Baked Salmon (gf)
with a Pepita, Cilantro and Jalapeño Pesto

Mexican Beef Short Ribs

Black Bean Rice (vg) (gf)

Roasted Zucchini, Onion, Poblano Pepper and Corn (vg) (gf)
with Cilantro

Churros

with Salted Caramel Sauce

Dulce de Leche Cheesecake

Meat and Potatoes

Italian Wedding Soup

IC Custom Romaine Salad
with Farm Fresh Hard Boiled Eggs, Bacon, Croutons, Shredded
Parmesan, Roasted Garlic, Lemon Pepper Dressing

Shaved Cabbage and Brussels Sprouts (vg) (gf)
with Ontario Soy Beans, Pumpkin Seeds and Craisins,
Apple Cider Dressing

Orzo Salad (v)
Black Olives, Cucumbers, Peppers, Sundried Tomatoes,
Feta, Basil Vinaigrette

Extremely Slow Roasted Ontario Striploin (gf)
with Mushroom Sauce

Smoked Mustard Crusted Pork Loin

Korean-Style BBQ Chicken

Classic Whipped Potatoes (v) (gf)

Roasted Zucchini (vg) (gf)
with Tomatoes and Onions

Mini Carrot Caramel Stack

Tiramisu Squares

Elegant Eastern Express

Miso Soup with Tofu (gf)

Mizuna Salad (vg) (gf) (hw)
Radish, Cucumber, Tomatoes, Sesame Vinaigrette

Japanese Edamame Salad (vg) (gf) (hw)
Red Cabbage, Carrots, Lime, Soy Dressing

Quinoa Salad (vg) (gf) (hw)
Yellow and Black Beans, Red Peppers, Red, Onions
Sweet Chilli & Garlic Emulsion

Vegetable Nasi Goreng (gf)

Steamed Gailan with Roasted Garlic Oil (vg) (gf) (hw)

Thai Coconut Shrimp Curry
Eggplant and Mushrooms

Soy & Mirin Marinated AAA Beef Striploin (gf)
Shallot and Chive Jus

BBQ Pork Bun with Chilli Oil

Matcha Brownie

Mango Orange Chiffon Cake

Lemon-Sesame Cookie

Minimum Fixed Executive Dinner Buffet price of 78 dollars per guest.

June 2024-June 2025 The International Centre Event Catering Menu.

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MENU

Dinner

PLATED 3-COURSE À LA CARTE

Maximum Service Time of 2 Hours. Minimum of 50 Guests.

All Dinners include Soup or Salad, Entrée and Dessert with Freshly Baked Artisan Rolls with Butter, Freshly Brewed Regular & Decaf-
feinated Lavazza Coffee and Variety of Specialty Teas with Lemon, Honey & Milk.

SOUPS AND SALADS

Select one (1) Soup **or** Salad:

Soup

Mulligatawny (hw) (vg) (gf)

Vegetarian Indian Spiced Lentil

Seafood Minestrone (hw) (gf)

Shrimp and Whitefish, in a White Wine, Tomato Seafood Broth

House-Smoked Tomato

with Parmesan Croutons

+ Add Snow Crab Cakes / 3.50

Wild Mushroom with Truffle Oil and Chives (vg) (gf) (hw)

Watercress with Smoked Lardon (gf)

Salad

Baby Romaine

Farm Fresh Hard Boiled Egg, Bacon, Croutons, Shredded
Parmesan, Roasted Garlic, Lemon Pepper Dressing

Baby Arugula and Watercress Salad (hw) (v) (gf)

Candycane Beets, Roasted Celeriac, Feta,
Smoked Honey Dijon Dressing

Baby Gem Lettuce (hw)

House-Pickled Shrimp, Black Pepper Cracker,
Horseradish Tomato Vinaigrette

+ Surcharge / 4

Smoked King Cole Duck Breast (gf)

Compressed Watermelon, Frisée,
Hazelnuts and Vin Cotto

+ Surcharge / 4

Roasted Cauliflower (hw) (v) (gf)

Broccoli, Sliced Hard Boiled Eggs, Slivered Almonds,
Baby Kale, Lemon Vinaigrette

Quinoa Tabbouleh (hw) (v)

Cucumbers, Tomatoes, Green Onions,
Baby Leaf Lettuces, Sumac Pita Crisps

Baby Spinach & Peashoots Salad (vg) (gf) (hw)

Fennel, Pickled Beets, Pumpkin Seeds, Craisins
Apple Cider Vinaigrette with Chia

Minimum Plated Dinner price of 83 dollars per guest, protein entrée only.

Minimum guarantee of 50 guests, minimum 3 courses or surcharges may apply.

June 2024-June 2025 The International Centre Event Catering Menu.

In light of the volatility in the price and availability of ingredients, we reserve the right to pass on subsequent price increases, surcharges, and labour fees associated with your event without notification. Tax and Facility Fee not included.

MENU

Dinner

HAND-CRAFTED PROTEIN ENTRÉES

Select one (1) Entrée:

Cornish Hen / 85 **hw**

Roasted Half Cornish Hen stuffed with Wild Rice Risotto, Roasted Heirloom Carrots and Navet, Wild Mushroom Jus

Peppercorn Crusted Ontario Beef Tenderloin / 99 **gf**

Creamy Roasted Garlic Mash, Broccolini, Charred Grape Tomatoes, Leek Chimichurri

Grilled 8oz AAA Canadian Striploin / 89 **gf**

Celeriac and Sweet Potato Gratin, French Beans, Roasted Shallots, Classic Brandy Peppercorn Sauce

Double Cut Ontario Omega-3 Pork Chop / 87 **hw**

Potato Gratin, Ontario Red Wine Braised Cabbage and Apples, Smoky Maple Mustard Jus

Ontario Chicken Supreme / 83

Stuffed with Turkey Sausage, Mozzarella, Roasted Red Pepper and Oregano
Roasted Garlic and Herb Smashed Fingerling Potatoes
Baby Carrots, Cauliflower
Red Pepper Salsa Rossa

Pan Seared Salmon / 88 **gf**

Lemon Roasted Broccoli, Baby Carrots, Horseradish Mash
Dill Sauce

Vegetarian Entrée Options:

Vegan Shepherd's Pie **hw** **vg** **gf**

Lentil, Sweet Potato and Diced Root Vegetables
Mushroom Gravy

Quinoa Potato & Kale Cake **vg** **gf** **hw**

Baby Eggplant Stuffed with Ratatouille, Grilled Asparagus
Tahini Sauce

DESSERTS

Select one (1) Dessert:

Molten Lava Cake

Tahitian Vanilla Ice Cream, Berry Coulis

White Chocolate Orange Dome

Raspberry Citrus Syrup

Raspberry Vanilla Muscovado Streusel Cheesecake

Bing Cherry Compote

Deconstructed Key Lime Tart

Coconut Whipped Ganache, Passion Fruit Foam, Lime Meringue

Pineapple Coconut Charlotte

Mango Gelee

Pineapple Syrup

Bailey's Tiramisu

Coffee Anglaise, Fresh Berries

*Minimum Plated Dinner price of 83 dollars per guest, protein entrée only.
Minimum guarantee of 50 guests, minimum 3 courses or surcharges may apply.
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THE INTERNATIONAL CENTRE

Cocktails

ALCOHOLIC MENU



MENU

Cocktails

À LA CARTE BEVERAGE SERVICES

Host Bar Service

Standard Liquor / **8.95**

Deluxe Liquor / **11.25**

Domestic Beer / **8.50**

Imported Beer / **9.75**

Draft Beer / **Enquire**

House Wine / **10.50**

Coolers / **10.75**

Liqueurs / **10.75**

Soft Drinks / **4.75**

Juices / **5.65**

Bottled Water / **4.95**

Sparkling Water / **5.50**

House Wine Bottle / **43**

Specialty Martini or Cocktail / **14.25**

De-Alcoholised Host Bar Selections

Cabernet Sauvignon / **10.50**

Chardonnay / **10.50**

Coors Edge / **6.95**

Heineken 0.0 / **6.95**

Cash Bar Service*

Standard Liquor / **12.50**

Deluxe Liquor / **15.25**

Domestic Beer / **11.50**

Imported Beer / **13.25**

Draft Beer / **Enquire**

House Wine / **14.25**

Coolers / **14.50**

Liqueurs / **14.50**

Soft Drinks / **6.50**

Juices / **7.50**

Bottled Water / **6.50**

Sparkling Water / **7.50**

House Wine Bottle / **58**

Specialty Martini or Cocktail / **19**

De-Alcoholised Cash Bar Selections

Cabernet Sauvignon / **14.25**

Chardonnay / **14.25**

Coors Edge / **9.50**

Heineken 0.0 / **9.50**

Gourmet Punch Selection (20 Glasses)

Tropical Fruit Rum Punch / **195**
with Fresh Cut Fruit Medley

Sparkling Punch / **215**

Service Rates

Minimum consumption rate of 650 dollars net per bar must be achieved or a Bartender and Cashier labour fee of 49.50 dollars per staff, per hour (minimum of 4 hours) will be applied.

*Staff and Bar coverage rates are based on total attendance. *Cash Bar Services include Taxes and Facility Fee.*

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Wine

MENU

BEVERAGE SERVICES

Our Executive Chef has worked carefully with our partners to offer a full array of selections to suit all palates and function types.

WHITE WINES / 47

13th Street Winery Expression Pinot Grigio
Ontario

Three Thieves Pinot Grigio
California

Trius Sauvignon Blanc
Ontario

Chateau des Charmes Sauvignon Blanc
Ontario

Villa Maria Sauvignon Blanc
New Zealand

Errazuriz Sauvignon Blanc
Chile

Wayne Gretzky Chardonnay
Ontario

Wyndham Bin 222 Chardonnay
Australia

Inniskillin Chardonnay
Ontario

Vineland Estates Semi Dry Riesling
Ontario

RED WINES / 47

13th Street Winery Expression Cabernet Merlot
Ontario

Three Thieves Pinot Noir
California

Henry of Pelham Pinot Noir
Ontario

Trius Cabernet Sauvignon
Ontario

The Show Cabernet Sauvignon
California

Las Mulas Cabernet Sauvignon
Chile

Wyndham Bin 555 Shiraz
Australia

Wayne Gretzky Merlot
Ontario

Jackson Triggs Merlot
Ontario

Pelee Island Baco Noir
Ontario

*Some items require advance lead times based on availability and quantity, please enquire.
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