



Group Breakfast Buffet Menus

The Continental

Assorted Freshly Baked Breakfast Pastries
White & Whole Wheat Toast
Selection of Cold Cereals
Selection of Fruit Yogurts
Preserves & Butter
Fruit Salad
Chilled Fruit Juices/Milk
Coffee & Tea Service

The Healthy Starter

Freshly Sliced Fruit Tray
Granola Parfait Layered with Fruit Yogurt, Dried Apricots & Honey
Freshly Baked Low Fat Muffins
Garden Fresh Frittata
White & Whole Wheat Toast
Selection of Cold Cereals
Preserves & Butter
Chilled Fruit Juices
Coffee & Tea Service

The Traditional

Fresh Scrambled Eggs
Home Style Potatoes
Bacon & Sausage
Belgian Waffles or Cinnamon Glazed French Toast
with Fresh Whipped Cream & Berry Compote
White & Whole Wheat Toast
Fruit Salad
Assorted Freshly Baked Breakfast Pastries
Selection of Cold Cereals
Preserves & Butter
Chilled Fruit Juices/Milk
Coffee & Tea Service



Group Plated Breakfast Menu

The Oak Island

Two Eggs, Accompanied by Your Choice of Bacon, Sausage or Ham
Served with Home Style Potatoes & Toast

Oak Island Omelet

Your Choice of Any Three of the Following Ingredients:
Peppers, Onions, Tomatoes, Mushrooms, Ham, Cheese
Served with Home Style Potatoes & Toast

Buttermilk Pancakes

Served with a Mixed Berry Sauce & Maple Syrup
with Your Choice of Bacon or Sausage

Cinnamon Scented French Toast

Served with Maple Syrup
with Your Choice of Bacon or Sausage

Mueslix Parfait

Layers of Fresh Fruit, Yogurt & Nut Mueslix

Small Juice or Milk & Coffee/Tea Service Included



Group Buffet Luncheon Menus

Select Two Appetizers from the Following:

Chef's Soup of the Day

Creamy Coleslaw *

Classic Caesar Salad

Dijon Potato & Bacon Salad *

Sun Dried Tomato Pasta Salad

Spinach Salad with Mandarins *

Waldorf Salad *

Garden Fresh Greens *

Greek Orzo Salad

Curried Chicken & Pasta Salad

Choose One of Our Themed Lunches

Pita Pizza Party

A Selection of Pizzas to Include
Cheese, Pepperoni, Vegetarian,
Hawaiian, Grilled Chicken & Sweet Peppers,
Made Fresh on Pitas

The Sandwich Board ~ 1 Per Person *Served Pre-Made or Build Your Own*

A Selection of Shaved Black Forest Ham,
Smoked Turkey, Dilled Tuna Salad, Ranch
Chicken Salad, & Vegetarian Style Served on
Flavored Wraps & Whole Grain Breads

Viva La Quesadilla

Baked Flour Tortillas Stuffed with Grilled
Chicken, Peppers, Onions & Cheese.
Vegetarian Option to Include Mushrooms,
Peppers, Onions & Cheese.
both Served with Salsa & Sour Cream

The Boxed Lunch

Includes One Full Sandwich on Whole
Grain Bread, a Bottled Juice or Water, a
Piece of Whole Fresh Fruit, Freshly Baked
Cookies, & a Cereal Bar
or Bag of Potato Chips

The Oak Island *

Our Signature Planked Salmon
with Maple Cream Sauce Served with a
Vegetable Medley & Steamed Wild Rice

The Nova Scotian *

Seared Breast of Chicken in a Garlic Herb
Cream Sauce Served with a Vegetable
Medley & Steamed Wild Rice

Pasta Perfection

Please Choose Two Pasta Entrées:

Whole Wheat Ravioli
Stuffed with Leeks & Peppers
Served in a Tomato Cream Sauce

Traditional Meat Lasagna
with Layers of Fresh Pasta,
Cheese & Meat Sauce

Roasted Vegetable Lasagna
with Layers of Fresh Pasta, Cheese, Spinach &
Roasted Seasonal Vegetables

Penne Arrabiatta
Tossed with Sausage & Peppers
in a Spicy Tomato Sauce

(All Selections Include Garlic Bread)

*Dessert Includes a Selection of Gourmet Sweets, Squares & Tarts
Coffee/Tea or Small Soft Drink Included*

** Gluten Free Choice*



Group Plated Luncheon Menus

Choose One Lunch Selection & One Dessert

(All Sandwiches Come with Your Choice of French Fries, Fresh Garden Green Salad or Caesar Salad)

Monte Cristo Sandwich

Black Forest Ham & Smoked Turkey with Melted Swiss Cheese
All Wrapped Up on Thick Bread in a Light Egg Coating

Pan Fried Haddock

Lightly Dusted Haddock with Seasoned Flour & Served with
Steamed Rice & Garden Fresh Greens

Chicken Caesar Salad

Grilled Chicken Breast Served on a Bed of Crisp Romaine Lettuce
& Tossed with Herb Croutons, Bacon Bits, Asiago Cheese
& Our Own Caesar Dressing

Oak Island Club Sandwich

Grilled Chicken, Crisp Bacon, Lettuce & Tomato with Our Own Sun Dried
Tomato Mayo on Grilled Foccaccia Bread

Chicken Fettuccine

Sautéed Peppers, Mushroom & Onions in a Garlic Cream Sauce
Tossed with Fettuccine Noodles

Thai Vegetable Stir Fry *

A Medley of Vegetables in a Sweet & Spicy Thai Sauce
Served on a Bed of Basmati Rice

Desserts

A Fresh Fruit Cup

A Trio of Ice Cream Flavours
Including, Chocolate, Strawberry & Vanilla

Classic Pecan Pie with Fresh Whipped Cream

Apple Crisp Pie Flavoured
with Cinnamon & a Hint of Nutmeg
Served with Fresh Whipped Cream

Coffee/Tea or Small Soft Drink Included

** Gluten Free Choice*



Group Dinner Buffet Menu

The Bluenose

Select Four Appetizers from the Following:

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| Chef's Soup of the Day | Spinach Salad with Mandarins * |
| Steamed Indian Point Mussels * | Waldorf Salad * |
| Classic Caesar Salad | Garden Fresh Greens * |
| Dijon Potato & Bacon Salad * | Greek Orzo Salad |
| Sun Dried Tomato Pasta Salad | Curried Chicken & Pasta Salad |
| Roasted Garlic & Balsamic Vegetables * | Creamy Coleslaw * |

Select Two Main Dishes from the Following:

(Vegetarian Options on Separate Page)

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| Oak Island Planked Salmon *
Served with Maple Cream Sauce | Herb Roasted Pork Loin *
with a Honey Lavender Sauce |
| Fire Roasted Mango Salmon *
Served with Mango Dust & Fresh
Made Cucumber & Tomato Salsa | Cranberry Pork Loin *
Slow Roasted with Dried
Lunenburg County Cranberries |
| Baked Haddock
Seasoned with Lemon Pepper
& Served with Dill Cream Sauce | Wild Mushroom Chicken *
Herb Marinated Chicken Breast
with a Wild Mushroom Sauce |
| Bouillabaisse *
Mussels, Shrimp & Scallops in a
Saffron Tomato Broth | Hunters Style Chicken *
Tender Breast of Chicken in a
Tomato & Pepper Sauce |
| Slow Roasted Beef *
Tender Herb & Garlic Marinated
Beef with Natural Jus | Herb & Dijon Chicken *
Lightly Marinated with Herbs &
Dijon Mustard, Served with a
Herb Cream Sauce |
| Traditional Turkey Dinner
Served with Our Own Summer
Savoury Dressing | |

Chef's Selection of Appropriate Side Dishes

Sweet Table Presentation

Coffee/Tea or Small Soft Drink Included

** Gluten Free Choice*



Vegetarian Options for Buffet Dinner

Whole Wheat Ravioli

Stuffed with Peppers, Asparagus & Leeks
in a Basil Pesto Cream Sauce

Thai Vegetable Stir Fry *

A Delicious Blend of Seasonal Vegetables
Tossed in a Sweet & Spicy Thai Sauce

Roasted Vegetable & Spinach Lasagna

with Layers of Fresh Pasta,
Roasted Vegetables, Spinach & Cheese

Potato & Vegetable Curry *

Mushrooms, Peppers, Leeks & Zucchini
In an Indian Style Curry

Leek & Mushroom Risotto *

Creamy Italian Arborio Rice Topped with Parmesan Cheese

Penne Gratin

Penne Pasta Tossed in a Rustic Tomato Sauce
with a Blend of Panko Bread Crumbs & Asiago Cheese Topping

Each Additional Choice from Chef's Entrée Selection ~ \$4.95 Per Person

Chef's Selection of Appropriate Side Dishes

Coffee/Tea or Small Soft Drink Included

** Gluten Free Choice*



Group Plated Dinner Menu

Choose One Selection from Each Course

Appetizers

Wild Mushroom Bisque

Carrot & Maple Bisque *

Cream of Broccoli with Cheddar

Curried Cauliflower & Sweet Potato *

Cream of Leek & Potato with Smoked Bacon *

Beef Vegetable with Barley

Chicken & Vegetable with Wild Rice *

Lunenburg Seafood Chowder

Haddock, Salmon, Mussels & Baby Shrimp
in a Creamy Dill Flavoured Broth ~ \$1.95 Surcharge

Oak Island House Salad *

Spicy Toasted Pecans & Maple Balsamic Vinaigrette

Spinach Salad *

Julienne Peppers & Onions, Mandarin Oranges & Sugared Almonds
with a Creamy Raspberry Vinaigrette

Classic Caesar Salad

Herb Croutons & Parmesan Cheese in a Garlic Laced Dressing

Goat Cheese Crostini

Dried Cranberries, Fresh Herbs & Chevré
on Toasted Crostini with House Made Tomato Chutney



Mains

Oak Island Planked Salmon *

Served with Maple Cream

Lemon Pepper Haddock

Haddock Loins Lightly Seasoned with Lemon Pepper
& Served with a Dill Cream Sauce

Sesame Crusted Salmon *

Citrus Cream & a Port & Balsamic Drizzle

Shrimp & Scallop Brochette *

with a Roasted Garlic & Parmesan Cream

Herb & Dijon Chicken *

Roasted Breast of Chicken Marinated in Herbs
& Dijon Mustard with a Roasted Garlic Jus

Honey Roasted Chicken *

Roasted Honey Glazed Breast of Chicken
with Shallot & Thyme Pan Gravy

Pesto Chicken *

Breast of Chicken Flavoured with a Fresh Basil Pesto
Served with a Roasted Red Pepper Coulis

Herb Roasted Pork Loin *

with a Honey Lavender Sauce

Slow Roasted Prime Rib *

with a Garlic & Rosemary Jus ~ \$4.95 Surcharge

Signature Duo *

Combination of Our Planked Salmon
Alongside the Herb & Dijon Chicken ~ \$2.95 Surcharge

*Chef's Selection of Appropriate Side Dishes
Coffee/Tea or Small Soft Drink Included*

** Gluten Free Choice*



Desserts

New York Style Cheesecake

Served with Fresh, Homemade Berry Coulis

Hot Molten Lava Chocolate Cake

Served with Fresh Whipped Cream

Warm Apple Crisp Pie

Flavoured with Cinnamon & a Hint of Nutmeg
Served with Fresh Whipped Cream

Decadent Chocolate Truffle Cake

Served with Caramel Sauce & Raspberry Coulis

Homemade Warm Blueberry Bread Pudding

Served with Vanilla Sauce

Fresh Fruit Cup

Sweet Table Selection

Made Up of a Tempting Display of Enticing Desserts

Beverage Service

Applicable taxes and gratuity not included

Prices and menu subject to change



Fresh Brewed Coffee/Tea Service...	\$1.95 Per Person
Assorted Fruit Juices...	\$2.25 Per Bottle
Assorted Soft Drinks...	\$1.95 Per Can
Perrier Water...	\$3.25 Per Bottle
Bottled Spring Water...	\$1.95 Per Bottle
Orange or Apple Juice...	\$9.95 Per Litre
Milk...	\$8.95 Per Litre

Fresh from the Oven

Freshly Baked Assorted Muffins \$1.95 Per Person (1.5 Per Person)	Oven Fresh Cookies \$1.95 Per Person (2 Per Person)
Vanilla Glazed Cinnamon Rolls \$2.25 Per Person (1.5 Per Person)	Freshly Baked Tea Biscuits \$1.95 Per Person (1.5 Per Person)
Freshly Baked Assorted Pastries \$2.25 Per Person (1.5 Per Person)	12 Grain Bagels Served with Cream Cheese & Preserves \$2.25 Per Person (1 Per Person)

Make Any of the Below Selections a Package
by Adding Freshly Brewed Coffee/Tea for \$1.50 Per Person.

Snacks & Sweets

Gourmet Sweet Tray \$2.95 Per Person	Nacho Chips Served with Salsa & Sour Cream \$2.95 Per Person	Pretzels \$1.95 Per Person
Salted Peanuts \$1.75 Per Person		Assorted Potato Chips \$1.75 Per Person

Healthy Alternatives

Freshly Sliced Fruit Tray \$3.95 Per Person	Fruit Salad \$2.95 Per Person
Fresh Vegetable Tray & Dip \$3.50 Per Person	Grilled Pitas Served with Hummus & Feta \$4.50 Per Person
Assorted Cereal Bars \$1.75 Per Person	International & Domestic Cheese Tray Served with Crackers & Fresh Fruit \$4.95 Per Person
Individual Fruit Yogurt \$1.50 Per Person	



Themed Breaks

The Rock Star

Ice Cold Sodas
M&M's & Chocolate Bars
Assorted Potato Chips
Coffee/Tea Service

\$7.95 Per Person

The Healthy Choice

Bottled Juices & Water
Assorted Granola & Cereal Bars
Domestic Cheese Tray
Freshly Sliced Fruit Tray
Coffee/Tea Service

\$8.95 Per Person

The Spa

Ice Cold Perrier & Assorted Fruit Juices
Fresh Fruit Kebobs with Yogurt Dip
Trail Mix
Coffee/Tea Service

\$7.95 Per Person