



St. John's

**CONVENTION
CENTRE**

Banquet Menu

January 2009

Prices are subject to 15% gratuity and 13% tax and
are subject to change without notice.

EFFECTIVE JANUARY 2009



Breakfast Selections

Continental Buffet

Assorted Fruit Juices
A Selection of Breakfast Pastries
Including Muffins, Danish, and Croissants
Served with Butter & Preserves
Freshly Brewed Regular Coffee, Decaffeinated Coffee and Tea

Power Up Buffet

Assorted Fruit Juices
High Fibre Muffins
Selection of Fruit-flavoured Yoghurts, Skim Milk,
Cottage Cheese, Sliced Fresh Fruit
Freshly Brewed Regular Coffee, Decaffeinated Coffee and Tea

Newfoundland Breakfast Buffet

Assorted Fruit Juices
A Selection of Breakfast Pastries
Including Muffins, Danish, and Croissants
Served with Butter & Preserves
Assorted Dry Cereals with Fresh Milk
Fish & Brewis,
Home Fried Potatoes, Scrambled Eggs,
Bacon, Sausage, Bologna, Baked Beans
Freshly Brewed Regular Coffee, Decaffeinated Coffee and Tea

Cabot Buffet

Assorted Fruit Juices
Scrambled Eggs, Bacon, Sausages, Home Fried Potatoes
A Selection of Breakfast Pastries
Including Muffins, Danish, and Croissants
Served with Butter & Preserves
Sliced Fresh Fruits
Freshly Brewed Regular Coffee, Decaffeinated Coffee and Tea

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Additional Breakfast and Break Items

Breakfast

Assorted Pastries - Muffins, Croissants, Danish, & Bagels
Assorted Dry Cereals with Fresh Milk
Bagels & Cream Cheese
Selection of Fruit Breads (2 slices per order)
Bacon or Sausage (2 pieces per order)
Toutons & Molasses
Newfoundland Fish Cakes (2 pieces per order)

Breaks

Mini Apple, Raspberry or Cream Cheese Danish
Plain or Fruit Flavoured Yoghurt
Whole Fruits
Sliced Fresh Fruits
Assorted Individual Juices
Assorted Juices (Apple, Tomato, Cranberry, O.J., & Grapefruit)
2% or Skim Milk
Lemonade or Iced Tea
Assorted Squares
Assorted French Pastries
Assorted Chocolate Truffles
Fresh Baked Cookies
Fresh Brewed Regular or Decaffeinated Coffee
Premium and Herbal Teas
Aquafina® Water 500ml.

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The Centre Breaks

Cookie Jar

Oatmeal Raisin Cookies, Assorted Squares
Selection of Fruit Breads
Butter and Preserves
Fresh Milk
Freshly Brewed Regular Coffee, Decaffeinated Coffee and Tea

Newfoundland Tea

Partridgeberry Loaf, Blueberry Muffins
Tea Buns and "Lassy"
Preserves and Butter
Assorted Juices
Tetley Tea & Coffee

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Luncheons – Buffet Style

(Minimum 50 guests)

Freshly Baked Rolls with Butter

A Selection of 3 Salads:
Choose from Creamy Potato,
Coleslaw, Red Onion, Beet and Pasta Salad

Dressings and Condiments

Select one Entrée from below:

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English-cut Roast Sirloin of Beef au jus  
Penne Pasta with Sautéed Chicken, Hot Italian Sausage, Peppers and topped with 3 Cheeses  
Ratatouille Sautéed in Extra Virgin Olive Oil  
Cod au Gratin  
Beef Stew

Roasted Pork Loin with Herb Crust and Pommery Mustard Sauce

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Oven Roasted Potatoes or Creamy Garlic Potatoes
Medley of Fresh Vegetables

Dessert Buffet

Including Assorted Cakes and Pies
Selection of Pastries and Assorted Squares

Freshly Brewed Regular Coffee, Decaffeinated Coffee and Tea

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Working Lunches

These menus are designed to allow you to enjoy our great cuisine while you continue your meetings with minimal interruption.
(Minimum 12 people)

The Deli

Chef's Soup of the Day
Vegetable Crudite and Creamy Herb Dip
Assorted Deli style Sandwiches (1½ sandwiches per person)
To include the following:
Smoked Ham, Shaved Turkey, Slow Roasted Sirloin of Beef,
Egg Salad, Tuna Salad, Chicken Salad
Assorted Squares
Coffee & Tea

Build-Your-Own Sandwich Board

Chef's Soup of the Day
Tossed Greens with a Selection of Dressings
Traditional Potato Salad with Green Onion, Creamy Coleslaw
Selection of sliced Meats and fillings to include;
Slow roasted Sirloin of Beef
Smoked Turkey Breast, shaved Ham,
Tuna Salad, Egg Salad, Chicken Salad
Variety of Breads and Condiments
Selection of Pastries
Freshly Brewed Regular Coffee, Decaffeinated Coffee and Tea

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Working Lunches

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(Minimum 12 people)

The Heartwarmer

Chef's Soup of the Day
Tossed Green Salad with a Selection of Dressings
Traditional Potato Salad with Green Onion, Creamy Coleslaw

Choose **one** of the following Hot Dishes

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Oriental Chicken Stir-Fry,  
or 3 Cheese Lasagna

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Selection of Pastries

Freshly Brewed Regular Coffee, Decaffeinated Coffee and Tea

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Plated Luncheons á la Carte

Here are some suggestions to help you create your own personalized menu.
Should you need any assistance, please do not hesitate
to call one of our Conference Service Managers.

All "Plated Luncheon" prices are based on a three (3) course lunch selection
that includes Appetizer; Entrée and Dessert.

All meals are served with Freshly Baked Rolls with Butter and Freshly Brewed Coffee and Tea.

Soups

Italian Meatball , Pasta with Basil, Soup
Newfoundland Seafood Chowder
Tomato Soup Flavoured with Fresh Basil & Beefeater Gin
Vegetable Beef Soup
Cream of Broccoli with Cheddar Cheese
Chicken Gumbo with Vegetables

Salads

Hearts of Romaine with, Bacon, Croutons, Parmesan Cheese
and a Creamy Garlic Dressing
Spinach Leaves Topped with Mushrooms, Peppers, Bacon, and Toasted
Almonds Finished with Red Wine Vinaigrette
Tomato & Mozzarella Salad topped by Balsamic Vinaigrette and accented
with Kalamata Black Olives
Fresh Garden Greens accompanied by Cucumbers, Cherry Tomato, and
Julienne of Vegetables
5 Bean Salad with Green, Red Kidney, cut Yellow, Black Beans & Chick
Peas tossed in a Red Wine & Herb Vinaigrette

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Plated Luncheons à la Carte *(Continued)*

Entrée's

Traditional Pan-fried Cod with Scruncheons
Slow Roasted Shaved Sirloin of Beef au Jus
Supreme Breast of Chicken Cajun Spiced & topped with roasted Garlic
& Sun dried Tomato's
Fresh fillet of Atlantic Salmon, Poached in White Wine Broth
with Saffron Cream & Pink Berry sauce
Carved Roast Loin of Pork with Pommery Mustard Glaze
Vegetarian Struddle filled with Tofu & Portobello Mushrooms
served with Rice & Roasted Red Pepper Coulis

(Above hot dishes are served with appropriate rice, noodles or potato and vegetable)

Desserts

Strawberry & Rhubarb Pie
Carrot Cake with Cream Cheese Icing
Lemon Meringue Pie
Apple Pie with Maple Anglaise
Fresh Fruit Cocktail
Double Chocolate Brownie topped with Whipped Cream
Newfoundland & Labrador Berry Cheese Cake

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Receptions

Items Priced by the Dozen
Minimum three dozen per item selected

Cold Canapés

Salami Coronets with Stuffed Olive
Camembert Cheese on Assorted Crackers with Walnuts and Grapes
Proscuitto Ham with Honeydew Melon
Cognac Paté with cracked Black Pepper
Atlantic Smoked Salmon with Herbed Cream Cheese
Butterfly Shrimp with spiced Cream Cheese on Toast Points

Hot Hors D'oeuvres

BBQ Meatballs

Marinated Pork Teriyaki Satays
Pan Fried Cod Tongues with Scrunchions (seasonal)

Chicken Spring Rolls with Plum Sauce
Battered Scallops with Tartar Sauce

Battered Shrimp with Tartar Sauce
Buffalo Wings (served medium unless specified)
Marinated Chicken Satays with spicy Peanut Sauce
Deep Fried Cod Bites with Tartar Sauce

Beef Satays with spicy Thai sauce
Smoked Salmon and Dill Quiche

Sautéed Beer Marinated Tiger Shrimp with Curry Mayonnaise
Bacon-wrapped Scallops

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Receptions *(continued)*

Stations

- Shrimp Pyramid**, with Maryrose Sauce (150 pieces)
- Newfoundland Steamed Mussels**, with Garlic Butter (serves 25)
- Side of Atlantic Smoked Salmon**, with traditional garnishes (serves 25)
- Flambé Station with brandied Scallops & Shrimp**, (minimum 10 dozen)
- Roast Hip of Beef**, with Rolls and Condiments (serves 120)
- Roast Baron of Beef**, with Rolls and Condiments (serves 75)
- Chocolate Fondue**, with Fresh Fruit

Sandwiches

- Assorted Finger Sandwiches**, (one and a half sandwiches per person)
- Open Faced Sandwiches**, (one sandwich per person)

Platters

- Domestic Cheese Tray**
with Grapes, Crackers, and sliced Baguette Breads
- Sliced Fruit Platter**
- Crudite Platter**
with Carrots, Broccoli, Cauliflower, Celery,
Cucumber, Radish and Cherry Tomato with Creamy Herb Dip

Bar Snacks

- Nachos with Salsa
- Bits & Bites
- Roasted Peanuts
- Potato Chips
- Pretzels
- Deluxe Mixed Nuts

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Plated Dinner à la Carte

Here are some suggestions to help you create your own personalized menu.
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to call one of our Conference Service Managers.

All "Plated Dinner" prices are based on a three (3) course dinner selection
that includes Appetizer; Entrée and Dessert.

All meals are served with Freshly Baked Rolls with Butter and Freshly Brewed Coffee and Tea.

Soups

Italian Meatball, Pasta & Basil soup
Newfoundland Seafood Chowder
Tomato Soup Flavoured with Fresh Basil & Beefeaters Gin
Chicken Gumbo with Garden Vegetables
Classic Leek & Potato
Cream of Broccoli with Cheddar Cheese
Butter Nut Squash & Beer topped with Shredded Gouda

Salads

Hearts of Romaine with, Bacon, Croutons, Parmesan Cheese
Spinach Leaves topped with Mushrooms, Peppers, Bacon, and
Toasted Almonds finished with a Red Wine Vinaigrette
Tomato & Mozzarella Salad topped by Balsamic Vinaigrette and accented
with Kalamata Black Olives
Fresh Garden Greens accompanied by Cucumbers, Tomatoes,
& Julienne of Peppers
Five Bean Salad with Green, Red Kidney, cut Yellow, Black Beans & Chick
Peas tossed in a Red Wine & Herb Vinaigrette
Grilled Asparagus with Shrimps & Scallops and a Sun-Dried Tomato Vinaigrette

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Plated Dinner à la Carte Selections

(continued)

Entrée's

Oven Roasted Supreme of Chicken,
with a Lemon Herb Crust & Shitake Mushrooms & Shiraz Glaze

Roast Turkey Breast
sprinkled with Newfoundland Savoury served with Cranberry & Apricot Glaze

Herb Crusted Roast Strip lion of Beef
served with Red Wine Jus

Filet of Beef Tenderloin
over Truffle Essence & Merlot Demi

Fillet of Salmon
with Spinach, Beer & Gouda Cheese Sauce

Fillet of Halibut
served with Maple Syrup & Star Anise

Roast Prime Rib of Beef au Jus

(Above hot dishes are served with appropriate rice, noodles or potato and vegetable)

Desserts

Newfoundland Berry Tartlet and Fresh Cream

Chocolate Pate with Raspberry Coulis

Belgium Chocolate Mousse Cake & Grand Marnier Anglaise

Amaretto Mousse Tort with Baileys Anglaise

Partridge Berry Duff & Screech Butter Sauce

Newfoundland Berry Cheese Cake

Cappuccino Mousse Cake with Kailua Sauce

Belgium Chocolate Soufflé & Cinnamon Raspberry Coulis

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St. John's Dinner Buffet
Minimum 100 people guaranteed

Freshly Baked Rolls with Butter

Cold Dishes

Vegetable Crudite and Creamy Herb Dip
Selection of sliced Deli Meats and Cold Cuts to include:
Smoked Ham, Roast Turkey Breast, Pastrami, Roast Beef
Assorted Pickle-tray and Condiments
Cornichons, Olives, Pickled Beets, Cocktail Onions, Mustard Pickle

Salads

Tossed Greens with Assorted Dressings
Traditional Potato Salad with Green Onion
Italian Fusilli Pasta Salad
Creamy Coleslaw
Tomato and Cucumber Salad

Hot Dishes

Boneless Chicken Breast in Mushroom Red Wine Sauce
Penne Pasta in Tomato Primavera Sauce
English Cut Sirloin Roast Au Jus
Seafood Medley
Oven-roasted Red Skin Potato Wedges
Medley of Vegetables

Decadent Dessert Buffet

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Traditional Newfoundland

Jigg's Dinner Buffet

Minimum 75 persons guaranteed

Freshly Baked Rolls with Butter

Cold Dishes

Smoked Fish Platter

Selection of sliced Deli Meats and Cold Cuts to include:

Smoked Ham, Roast Turkey Breast, Pastrami, Roast Beef

Assorted Pickle Tray and Condiments

Cornichons, Olives, Pickled Beets, Cocktail Onions, Mustard Pickle

Peel & Eat Shrimp with Cocktail Sauce

Salads

Tossed Green Salad with Selection of Dressings

Creamy Coleslaw

Potato Salad

Macaroni Salad

Hot

Turkey with Dressing and Roast Beef au Jus

Salt Meat & Cabbage, Carrots, Turnips

Potatoes and Peas Pudding

Decadent Dessert Buffet

Coffee / Tea

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Mile One Buffet

Minimum 75 people guaranteed

Freshly Baked Rolls with Butter

Salads

Market Greens with Assorted Dressings
Caesar Salad with Appropriate Condiments
Traditional Potato Salad with Green Onions
Italian Fusilli Pasta Salad
Creamy Coleslaw

Platters

Vegetable Crudit  with Creamy Herb Dip
Relish Tray with Gherkins, Hot Peppers, Green and Black Olives, Mixed Pickles
European Meat Platter with Assorted Condiments
Chilled Seafood Assortment, Smoked Cod and Salmon
Marinated Mussels and Chilled Shrimp with Cocktail Sauce,

Hot Dishes

Carved Hip of Beef Au Jus
Pan-fried Cod with Scrunchions
Grilled Chicken Breast in Shiitake and Ginger Glaze
Roast Pork Loin with Brandy Braised Apples
Vegetarian Lasagne with Roasted Vegetables and Four Cheeses
Wild and White Rice Medley
Oven-roasted Red Skin Potato Wedges
Medley of Vegetables

Decadent Dessert Buffet

Mirror of International Cheeses and Fresh Sliced Fruits
Assortment of Cakes, Bite-sized Sweets
Selection of Pies to include Lemon Meringue and Chocolate Cream
Traditional Figgy Duff with Rum Sauce

Coffee / Tea

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White Wines

France

Sichel S80 Sauvignon Blanc Bordeaux

Chile

Undurraga Sauvignon Blanc 750 mL

Italy

Cavit Collection Pinot Grigio

Boira Organic Pinot Grigio

Argentina

Luigi Bosca Riesling

Luigi Bosca Finca La Linda Chardonnay

Luigi Bosca Finca La Linda Viognier

Sparkling Wines

Undurraga Brut

Fresita

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Red Wines

France

Sichel M60 Merlot Bordeaux Red

Chile

Santa Monica Carmenere

Undurraga Merlot

Undurraga Cabernet Sauvignon 750 mL

Italy

Boira Organic Sangiovese

Australia

Mitolo Jester McLaren Shiraz

Argentina

Luigi Bosca Finca La Linda Malbec

Luigi Bosca Finca La Linda Tempranillo

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