

# PAROQUET SPRINGS CONFERENCE CENTRE

## Meals & Menus

- There is an additional 18% service charge & appropriate tax -  
- Prices subject to change -



### Breakfast Suggestions

#### Eggs Benedict

**\$8.45**

Poached Eggs on English Muffin, Canadian Bacon & Hollandaise Sauce served with Breakfast Potatoes

#### Kentucky Country Ham

**\$9.95**

Fluffy Scrambled Eggs, Hash Browns or Cheese Grits; Country Ham Steak & Red Eye Gravy, Breads

#### Cinnamon Swirl French Toast

**\$7.95**

with Apples, Pecans, Maple Syrup & Creamy Butter; Choice of Link Sausage, Bacon, or Cured Ham

#### Country Breakfast

**\$6.95**

Fluffy Scrambled Eggs, Biscuits, Country Fresh Sausage; Gravy served with Breakfast Potatoes

#### The All American

**\$7.95**

Fluffy Scrambled Eggs, choice of Link Sausage, Bacon or Cured Ham, served with Breakfast Potatoes, Breads

#### Fresh Fruit Plate

**\$6.95**

Seasonal Melons & Berries served with Cottage Cheese or Yogurt & Date Nut Bread

#### Steak and Eggs

**\$9.95**

Tender Breakfast Steak, Charbroiled & served with Fluffy Scrambled Eggs & Breakfast Potatoes, Breads

*Note: All Breakfast Entrées served with freshly brewed coffee, decaf and assorted hot tea.*



### Buffet Breakfast

#### Continental Buffet

**\$4.95**  
(no minimum)

Assortment of Chilled Juices, Breakfast Pastries, Freshly Brewed Coffee, Decaf & Assorted Hot Teas  
Seasonal Fresh Fruit...add \$2.00 per person

#### Healthy Start Buffet

**\$7.95**  
(no minimum)

Assortment of Chilled Juices, Assorted Lowfat Yogurt, Granola Bars, Assorted Muffins, Sliced Fresh Seasonal Fruit; Assorted Cold Cereals & Hot Oatmeal; Freshly Brewed Coffee, Decaf & Assorted Hot Teas

#### Farmer's Country Buffet

**\$7.95**

Assortment of Chilled Juices, Fluffy Scrambled Eggs, Hickory Smoked Bacon, Country Sausage, Breakfast Potatoes, Biscuits & Gravy; Freshly Brewed Coffee, Decaf & Assorted Hot Teas

#### Paroquet Springs Brunch

**\$13.95**

**Choose Two Entrées:**  
Southern Fried Chicken, Beef Stroganoff, Herb Roasted Chicken, Or Beef Stir-Fry  
Fresh Fruit Salad in Watermelon Basket; Assortment of Chilled Juices; Eggs Benedict w/Canadian Bacon or Fluffy Scrambled Eggs, Bacon, Sausage & French Toast; Vegetable of the Day, Breakfast Potatoes, Breakfast Pastries; Freshly Brewed Coffee, Decaf & Assorted Hot Teas

#### Executive Breakfast Buffet

**\$8.95**

Assortment of Chilled Juices, Fluffy Scrambled Eggs, Bacon & Sausage, French Toast, Hashbrown Potatoes, Breakfast Pastries with Preserves; Fresh Fruit Tray, Assorted Cold Cereals; Freshly Brewed Coffee, Decaf & Assorted Hot Teas

#### Omelette Station

#### Belgium Waffle Station

Omelettes made to order  
Add \$2.50 per person

Waffles made to order  
Add \$2.50 per person

- Station Charge of \$25 per Attendant -