

# PAROQUET SPRINGS CONFERENCE CENTRE

## Meals & Menus

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



## Meeting Breaks (A La Carte)

**Warm Cinnamon Rolls**  
\$15.00 per dozen

**Juice by the Carafe**  
\$8.95 per carafe

**Coffee & Decaf Coffee**  
\$1.95 per person

**Muffins**  
\$13.50 per dozen

**Individual Milk**  
\$1.25 each

**Specialty Coffee**  
\$18.50 per gallon

**Donuts**  
\$13.50 per dozen

**Assortment of Baked Cookies**  
\$12.50 per dozen

**Country Lemonade**  
\$15.00 per gallon

**Mini Bakery Croissants**  
\$13.50 per dozen

**Jumbo Pretzels**  
\$1.95 each

**Chilled Juice**  
\$1.95 each

**Fruit Yogurt Assortment**  
\$1.95 each

**Assorted Candy Bars**  
\$1.50 each

**Bottled Water**  
\$2.00 each

**Coffee & Decaf Coffee**  
\$17.50 per gallon

**Sausage Biscuits**  
\$22.00 per dozen

**Brownies or Granola Bars**  
\$15.00 per dozen

**Coffee & Decaf Coffee**  
\$8.50 per pot

**Fresh Danish**  
\$13.50 per dozen

**Ice Cream Bars**  
\$1.95 each

**Assorted Hot Teas**  
\$1.25 per bag

**Bagels with Cream Cheese**  
\$1.75 each

**Bags of Popcorn**  
\$1.50 each

**Assorted Soft Drinks**  
\$1.50 each

**Fruit & Nut Bread**  
\$10.95 per loaf

**Tortilla Chips with Salsa**  
\$11.95 per pound

**Seasonal Fresh Sliced  
Fruit Tray**  
\$2.25 per person



## Specialty Breaks

### Executive Energizer

**\$5.75 Per Person**

Huge Bowl of M & M's, Snicker Bars, Milky Way; Chocolate Chip Cookies, Brownies, Coffee, Decaf & Herbal Tea

### The Cookie Monster **\$4.95 Per Person**

Fresh Baked Assorted Cookies & Brownies; Coffee, Decaf & Milk

### Ball Park Break

**\$5.95 Per Person**

Hot Baked Pretzels with Mustard, Honey Roasted Peanuts, Popcorn, Chips & Salsa; Assorted Sodas

### Fiesta Break **\$4.95 Per Person**

Nachos w/Jalapeno Dip, Taco Dip; Shredded Cheese, Tomatoes & Lettuce; Assorted Sodas

### Sundae Bar

**\$5.95 Per Person**

Fudge Sauce, Chocolate Chips, Chopped Nuts, Maraschino Cherries and Whipped Cream; Assorted Sodas

### European Break **\$4.75 Per Person**

Choice of International Coffees; Miniature Pastries & Petit Fours; Decaf & Herbal Teas

### Health Break

**\$5.95 Per Person**

Whole Seasonal Fresh Fruits, Fruit Yogurts, Granola Bars; Assorted Chilled Juices, Coffee, Decaf, Herbal Tea, Bottled Water



## All Day Break (Deluxe)

**\$10.95 per person**

### Continental Breakfast

Orange Juice; Market Basket of Breakfast Breads & Fresh Bagels Served/Butter, Cream Cheese & Preserves; Freshly Brewed Coffee, Decaf & Assorted Hot Teas

### Mid-Morning Break

Mini Candy Bars; Freshly Brewed Coffee, Decaf & Assorted Hot Teas, Bottled Water & Assorted Soft Drinks

### Mid-Afternoon Break

Fresh Baked Cookie Assortment; Freshly Brewed Coffee & Decaf, Iced Tea & Milk; Assorted Soft Drinks & Bottled Water

### With Deli Buffet

Potato Salad, Cole Slaw, Pasta Salad; Swiss, American & Cheddar Cheeses; Sliced Turkey, Roast Beef, Shaved Ham; White, Wheat & Rye Breads; Relishes & Condiments; Dessert Selection; Freshly Brewed Coffee & Iced Tea

**\$19.95 Per Person**



## All Day Break (Super Deluxe)

**\$13.95 per person**

### Continental Breakfast

Assorted Juices; Market Basket of Breakfast Breads & Bagels; Served w/butter & preserves; Sliced Fresh Seasonal Fruit; Freshly Brewed Coffee, Decaf & Assorted Hot Teas

### Mid-Morning Break

Granola Bars & Fresh Yogurt; Assorted Sodas & Bottled Water; Freshly Brewed Coffee, Decaf & Assorted Hot Teas

### Mid-Afternoon Break

Hot, Jumbo Pretzels, Fresh Baked Cookies; Assorted Soft Drinks & Bottled Water; Freshly Brewed Coffee, Decaf, Iced Tea & Milk

### With Deli Buffet

Cheddar Cheeses; Sliced Turkey, Roast Beef, Shaved Ham; White, Wheat & Rye Breads; Relishes & Condiments; Dessert Selection; Freshly Brewed Coffee, Decaf & Iced Tea

**\$22.95 Per Person**