



## BREAKFAST & BREAKS

<b>COFFEE BREAK</b>	<b>\$3.75</b>	<b>SNACK BREAK PM</b>	<b>\$9.50</b>
Coffee, tea, fruit juice, herbal tea		Mixed nuts, maple pretzel, humus and croutons	
<b>BEVERAGE BREAK PM</b>	<b>\$3.75</b>	Fruit & vegetable juice, soft drinks, mineral water	
Coffee, tea, fruit juice, soft drinks and mineral water		<b>CONTINENTAL BREAKFAST</b>	<b>\$10.00</b>
<b>MINI HEALTH BREAK</b>	<b>\$6.50</b>	Variety of pastries and muffins,	
Variety of mini croissants, (chocolate-hazelnut, almond and apricot)		Cheese platter, fresh fruits, jams,	
Coffee, tea, fruit juice, herbal tea		Coffee, tea, fruit juice, infusion	
<b>HEALTH BREAK AM</b>	<b>\$8.50</b>	<b>GOURMET BREAKFAST</b>	<b>\$12.00</b>
Variety of pastries and muffins,		Ham and cheese croissant, muffins & belgian waffles,	
Fresh fruits and jams		Fresh fruits,	
Coffee, tea, fruit juice, herbal tea		Coffee, tea, fruit juice, herbal tea	
<b>SNACK BREAK</b>	<b>\$8.50</b>	<b>HOT BREAKFAST INDIVIDUAL PLATING</b>	<b>\$13.00</b>
Cranberry and orange cake, maple cake,		(MAX. 25 PPL.)	
Cheddar cheese, fresh fruits		Plain omelette, ham, sausage or bacon, breakfast	
Coffee, tea, fruit juice, herbal tea		potatoes,	
<b>COOKIE BREAK</b>	<b>\$8.50</b>	Centre of table: cheese (wrapped individually,) fresh	
Oatmeal-raisin, lemon and white chocolate cookies		fruits, jams, toast, coffee, tea, fruit juice, herbal tea	
Fresh fruits		<b>HOT BREAKFAST BUFFET</b>	<b>\$17.00</b>
Coffee, tea, fruit juice, herbal tea		(MIN. 25 PPL.) BEFORE 10H	
<b>HEALTH BREAK PM</b>	<b>\$9.00</b>	Scrambled eggs, bacon, sausage, ham, baked beans,	
Date square, cheddar cheese and grape brochette		Breakfast potatoes, pancakes, mini-croissants, cheese	
Coffee, tea, fruit & vegetable juice, herbal tea		platter, belgian waffles, fresh fruits, toast, jams,	
		Coffee, tea, fruit juice, herbal tea	

## CORPORATE MENU



[golfmetropolitainanjou.com](http://golfmetropolitainanjou.com)





## BUSINESS LUNCH

DETERMINE ONE CHOICE FOR THE GROUP \$19,25

Beef brochette, turmeric rice, & mixed salad

Braised chicken served on pasta

Chicken mac & cheese served with tomato and cucumber salad

Vegetable couscous salad served with baked salmon strips, cherry tomatoes, capers and olives

Bbq chicken breast, fries and coleslaw

Hamburger steak, fries and coleslaw

Chicken brochette, fries and mixed salad

Fettucine alla carbonara and broccoli

Ham & cheese croque-monsieur ( baguette), bechamel, fries and julienne carrot salad

Chicken vol-au-vent, hollandaise sauce and garden vegetables

Chicken parmigiana served with pasta of the day

Cesar salad with grilled chicken strips

Chef's Dessert, COFFEE, TEA, SOFT DRINKS

## BANQUET MENU

DETERMINE ONE CHOICE FOR THE APPETIZER AND MAIN COURSE

### APPETIZER:

Tortellini (veal) in brodo et zucchini julienne

Cream of carrot and sweet potato with small parmesan crouton

Cream of broccoli with mini turkey meatballs

Arugula & endive salad with a citrus dressing

Fettucine, tomato sauce and mushrooms

Fusilli, bolognese sauce

### MAIN COURSE:

Mediterranean chicken cutlet \$26,95  
(zucchini, eggplant, red pepper and olives)

Chicken breast stuffed with feta and mushrooms, white wine sauce

Beef roll-up \$27,95  
(cheese, sundried tomato pesto, prosciutto), demi-glace sauce

Baked tilapia, virgin sauce  
Grilled beef medallion, red wine sauce

Veal cutlet, marsala and mushroom sauce \$28,95  
Baked salmon, marinated fennel & orange supremes  
Veal roast with fine herbs and candied garlic, demi-glace sauce

Served with fresh seasonal vegetables  
Chef's dessert  
Coffee, tea, infusion, soft drinks

## LUNCH BUFFET

**HOT AND COLD BUFFET** (min. 20 people) **\$19.95**

Soup of the day

Chef's salad

### 2 CHOICES:

Ham & cheddar cheese baguette

Tuna ciabatta with candied onions and kalamata olives

Bbq pulled chicken and suisse cheese rosette

Roast beef, roasted red peppers and cheese baguette

Grilled chicken wrap

Egg rosette

Vegetables and dip

Variety of miniature desserts, coffee, tea, soft drinks

**PASTA BAR BUFFET** (min. 20 people) **\$21.95**

Spinach, parmesan, roasted red pepper salad

Tortellini (meat,) rosé sauce

Penne, garlic, oil and parsley

Fusilli arrabiata

Bread and condiments

Fruit salad

Variety of miniature desserts, coffee, tea, soft drinks

**SMOKED MEAT BUFFET** (min. 20 people) **\$22.95**

Smoked meat and rye bread

Coleslaw

Fries

Dill pickles and condiments

Variety of miniature desserts, coffee, tea, soft drinks

**ITALIAN BUFFET** (min. 20 people) **\$23.95**

Chef's salad

rigatoni, bolognese sauce

Tomato and cheese pizza

Italian ribs, chicken cutlet milanese

Variety of miniature desserts, coffee, tea, soft drinks

**GRILLED BUFFET** (min. 20 people) **\$24.95**

Chef's salad

Vegetable rice

Grilled beef and italian sausages

(sauce available at the buffet)

Bread and condiments

Variety of miniature desserts, coffee, tea, soft drinks

**HOT BUFFET** (min. 50 people)

### SALAD: 1 CHOICE

Cesar salad

Mixed baby green salad, mint leaves and red onions

### PASTA: 1 CHOICE

Tortellini (meat), rosé sauce

Rigatoni, bolognese sauce

Cavatelli, pesto and sundried tomatoes

### MAIN COURSE: 2 CHOICES

Chicken cutlet, cream and spinach sauce **\$26.95**

Pork medallion, marsala and fine herbs sauce

Chicken roll-up with pesto

Marinated and grilled beef cutlet, red wine sauce

Tilapia, virgin sauce

Beef roll-up (cheese, sundried tomato **\$28.95**

pesto and smoked prosciutto), demi-glace sauce

Grilled salmon, tomato, fennel and black olives

Veal roast with fine herbs and candied garlic, demi-glace sauce

Served with fresh seasonal vegetables

Variety of miniature desserts

Coffee, tea, herbal tea, soft drinks