



AN IHG® HOTEL

# HOLIDAY INN EXPRESS & SUITES BEDFORD-HALIFAX

## CATERING MENUS



# BREAKFAST



## Breakfast Selections

Prices listed are per person

### Bagel Obsession | \$16.49

Assorted Bagel selection including Cinnamon Raisin, Everything, Sesame  
Includes Yogurt with granola & cream cheese, butters & jams

### The Traditional Breakfast | \$30.50

Scrambled eggs, Bacon, Sausage & Home fries

### Breakfast Tray Assortment & Combo | \$7.00

An assortment of Fresh Baked Muffins, Croissants, Danishes, pastries & more

### Breakfast Tray – Morning Meeting Combo | \$17.99

Fresh Fruit Platter & one (1) Pastry per person (Minimum 10 guests)



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# BREAKS



## À La Carte Breaks

Prices listed are per person

### SNACKS

Muffins | \$4.95

Assorted Pastries | \$5.25

Cookies – 2 per person | \$4.95

Assorted Squares – 2 per person | \$4.95

Brownies – 2 per person | \$4.95

### BEVERAGES

Coffee & Tea | \$4.00 per cup

Assorted Juices (Orange/Apple) | \$3.00

Assorted Soft Drinks | \$3.00

Bottled Water | \$3.00

## Break Packages

### SWEET PAUSE | \$8.95

Fresh Baked Cookies, Assorted Dessert Squares

Coffee/Tea & Assorted Juice Service

### FRESH & CRISP | \$11.00

Vegetable Platter with Creamy Garden Dip or Hummus

Coffee/Tea & Assorted Juice Service

### GATHER & GRAZE | \$14.75

Cheese, Pepperoni, Grapes

Coffee/Tea & Assorted Juice Service

### SUNRISE START | \$14.25

Muffins & Fruit Platter

Coffee/Tea & Assorted Juice Service



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# RECEPTION



## Platter Selection

Prices listed are per person unless otherwise stated.

### Premium Cheese & Crackers Platter | \$12.50

A selection of local & international cheeses

### Fresh Fruit Medley Platter | \$10.00

Pineapple, honeydew melon, watermelon, cantaloupe, green grapes & red grapes, oranges, strawberries, kiwi & seasonal fruit when available (exact fruit selection may vary based on seasonality & availability)

### Vegetables Crudit  Platter | \$8.50

Carrots, mushrooms, green pepper, yellow pepper, red pepper, celery, English cucumbers, yellow zucchini served with a cream cheese garden dip

### Mexican Dip | \$10.50

Generous layers of salsa, guacamole, sour cream, diced peppers, green onions, olives & shredded cheese accompanied with purple & yellow corn chips

### Vegetarian Samosas | \$40 dozen

Deep fried Indian Samosas, stuffed with a mild curry potato, served with mango chutney



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## HORS D'OEUVRES

### Jumbo Shrimp | \$32 dozen

Piquant style on toast points with basil pesto sauce

### Grilled Tomato Crostini Grilled | \$32 dozen

Assorted tomatoes with garlic, extra virgin olive oil, served with fresh basil leaves

### House Smoked Chicken Salad | \$32 dozen

Served in a herbed pastry shell with orange & ginger glaze

### Pulled Pork Tacos | \$35 dozen

With pickled red onion, cabbage slaw, fresh cilantro in a soft taco shell

### Sweet & Sour Meatballs | \$28 per dozen

H& rolled, a house favourite

### Pepperoni Caprese Bites | \$32 per dozen

Grape tomato, bocconcini cheese, fresh basil leaf, lightly seasoned with pesto (vegetarian available)

### Mini Chicken Sliders | \$30 per dozen

Tender marinated dark chicken served on a mini bun with honey Dijon mayo

### Jerk Chicken Satay | \$32 per dozen

With Jamaican flavours, fruit chutney sauce, house jerk sauce

### Thai Chicken Satay | \$32 per dozen

With red curry sauce

### Donair Egg Rolls | \$41 per dozen

Pastry, baked & stuffed with Halifax donair meat, coated in Spanish onion diced tomato, served with sweet dipping sauce

### Mini Pork Sausage Rolls | \$32 dozen

Ground seasoned pork wrapped in pastry with buttery wash, baked until light & fluffy, served with honey mustard dipping sauce

# LUNCH BUFFET



## Corporate Buffet Lunch

Prices listed are per person unless otherwise stated. (Gluten free options available)  
Hot lunches are served buffet style with select salads, minimum 15 people for all options.

### Grilled Chicken Stroganoff | \$28

- Linguine pasta in rosemary scented mushroom sauce with grilled chicken pieces, spring onion, poached mushrooms
- Tossed green salad with a selection of dressings
- Selection of Sweets & Squares

### Butter Chicken | \$28

- Fresh Chicken Breast in a savoury sauce made with fresh cream, onion, garlic, turmeric, coriander
- Seasoned Basmati Rice with lime, Grilled Naan Bread
- Selection of Sweets & Squares

### Taste of Greece | \$33

- Marinated Chicken or Pork Skewers with fresh lemon, oregano marinade (two per person)
- Herbed Rice, Greek salad with kalamata olives, Spanish onion, romaine, feta, green pepper, tomato & parsley
- Selection of Sweets & Squares

### Hot Roasted Smoked Salmon | \$34

- Center cut Atlantic Salmon loin lightly seasoned with maple butter & smoked with Cobequid Valley hardwood
- Baby Spinach Salad with dried fruit & goat cheese, Basmati rice
- Selection of Sweets & Squares

### Lasagna | \$31

- Lasagna with roasted vegetables, meat or both, marinara sauce, lots of cheese
- Caesar Salad & garlic bread sticks
- Selection of Sweets & Squares

\*NOTE: Sold in pans of 9 or 18, if your guest count is below, a surcharge of \$6 per extra slice will apply

### Thai Curry Chicken | \$28

- Chicken & Green Vegetables cooked in Traditional Thai seasonings with chicken stock, curry paste & coconut milk
- Rice with bok choy, served with Chickpea & Tomato Salad
- Selection of Sweets & Squares

### Steak or Chicken Stir Fry | \$29

- Marinated beef or chicken, grilled & tossed with steamed vegetables in our teriyaki hoisin sauce
- Curried rice pilaf tossed organic salad with selection of dressing
- Selection of Sweets & Squares

If minimum is not met, a surcharge will apply.

Groups of 10-14 guests, add \$6 per person | Groups of 9 guests or less, add \$8 per person.



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# LUNCH PACKAGES



## Lunch Packages

Prices listed are per person unless otherwise stated. (Gluten free options available)

### Harbour Lunch | \$24.50

- Business Sandwiches
- Choice of Salad (House, Caesar or Greek) OR Soup (Add \$1 for cream-based soup)
- Selection of Squares & Cookies

### Lighthouse Lunch | \$25

- Premium Sandwiches
- Choice of Salad (House, Caesar or Greek) OR Soup (Add \$1 for cream-based soup)
- Selection of Squares & Cookies

### Lunenburg Lunch | \$32.50

- Premium Sandwiches
- Lunenburg Seafood Chowder (lobster, crab, haddock, shrimp, scallops in a cream-based broth)
- Selection of Squares & Cookies

## Business Sandwiches

Roast Beef, Black Forest Ham, Turkey, Chicken, Egg, Tuna or Vegetarian  
Featuring tortilla, white & whole wheat bread. With Cheddar & Swiss Cheese

## Premium Sandwiches

Choose from Turkey, Cranberry and Swiss, Smoked Ham on Croissant, Oven Roast Beef, Grilled Chicken and more!

## Cream Based Soup

White & Wild Mushroom Bisque (gf,v)  
Potato & Leek (gf,v)  
Chicken Corn Chowder (gf)  
Clam Chowder (gf)  
Cream of Broccoli (gf,v)  
Cream Of Asparagus (gf,v)  
Corn Chowder (gf,v)



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# LUNCH PACKAGES



## Salad Menu

### SALAD OPTIONS

\$12 per person (group bowl) | \$18.75 per person as individual portions (meal size)

#### Farmhouse Grilled Vegetable Salad

Spinach greens topped with grilled asparagus, portobello mushrooms, beans, mini peppers, organic tomatoes, feta cheese, tossed with garlic honey balsamic vinaigrette (gf)

#### Certainly Cinnamon House Salad

Seasonal organic greens, micro greens shredded beets, radicchio, crisp vegetables, dried fruit & fresh berries, julienned carrots, Dressings include sweet onion vinaigrette, sun dried tomato pesto, balsamic vinegar, olive oil & creamy ranch (gf,v)

#### Potato Salad

Egg, onion, green peas & chopped parsley all mixed with a tangy mayonnaise dressing

#### Mediterranean Greek

Feta, Kalamata black olives, red onions, English cucumbers, ruby red tomato fresh herbs & parsley, crisp romaine in a traditional Greek dressing (gf)

#### Classic Caesar Salad

Creamy dressing, crispy chopped bacon, crisp romaine, fresh shaved Parmesan

#### Four Cheese Tortellini Pesto Pasta Salad

Cherry tomato, broccoli florets, red onion, shredded spinach, fresh chopped parsley & lemon pesto dressing



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# DINNER BUFFET



## DINNER BUFFET MENU

For 20- 50 guests or less | \$52 per person

For 51 guests or more | \$54 per person

Includes Fresh Baked Rolls & cut baguettes (gf available upon request). Coffee & Tea.

### ENTRÉE - Choice Of Two

#### Local Eden Valley Chicken

Dry rubbed with our famous organic spices, served cut with drumsticks, thighs & split breasts (gf)

#### Stuffed Pork Loin

Pork stuffed with fresh herbs & dried fruit, carved on site (gf)

#### Thai Curry Chicken

Shanghai Bok Choy, green peppers, rich coconut curry broth dark Chicken meat, served with rice (gf)

#### Stuffed Chicken

All white Chicken Breast stuffed with Welsh miners' cheese, baby spinach & prosciutto, served with a white wine reduction OR stuffed with wild mushrooms & fresh herbs (gf)

#### Triple "A" Local Roast Beef

Slow roasted for up to 20 hours with simple dry rub spices, served with jus made from the drippings (request GF for additional fee) | Add \$3 per person for this selection

#### North Atlantic Farmed Salmon

Heritage Cut Salmon (gf)

Choose from: Cobequid maple raisin glaze, tarragon cream sauce or zesty lemon, olive oil, fresh oregano drizzle

### VEGETARIAN OPTIONS

#### Chickpea Chana Chat

Loads of fresh tomatoes, chickpeas, eggplant, & cilantro, marinated overnight, with basmati rice (gf,v)

#### Stuffed Mini Eggplant

Baby eggplant dusted with madras curry, lightly cooked, stuffed with black bean, quinoa, tomato & cilantro (gf,v)



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# DINNER BUFFET



## DINNER BUFFET MENU

CONTINUED

### SIDES INCLUDED

#### Spanish Rice

Long grain rice stir-fried with black beans, onion, fresh cilantro & hints of Mexican spices (gf,v)

#### Baby Red Potatoes

Roasted Local potatoes splashed with olive oil, Herbs De Provence (based on availability)(gf,v)

#### Mixed Roasted Vegetables

Zucchini, green & yellow beans, carrots, sweet potato, bell peppers & broccoli tossed with olive oil, spices. Based on seasonal availability (gf,v)

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### SALAD - Choice Of One

Add a second salad for \$7.50 per person

#### Certainly Cinnamon House Salad

Seasonal organic greens, micro greens shredded beets, radicchio, crisp vegetables, dried fruit & fresh berries, julienned carrots, Dressings include sweet onion vinaigrette, sun dried tomato pesto, balsamic vinegar, olive oil & creamy ranch (gf,v)

#### Mediterranean Greek

Feta, Kalamata black olives, red onions, English cucumbers, ruby red tomato fresh herbs & parsley, crisp romaine in a traditional Greek dressing (gf)

#### Classic Caesar Salad

Creamy dressing, crispy chopped bacon, crisp romaine, fresh shaved Parmesan

### DESSERT- Choice Of One

#### Assorted Squares

Brownies, date squares, Nanaimo bars, lemon coconut bars, cheesecake squares (selection may vary)

#### Fresh Baked Cookies

Assortment of flavours

#### Baked Brownies

Baked brownie with icing, whip cream, topped with blueberries, blackberries, strawberries & raspberries

#### Cheesecake Selection

Assorted berry coulis (ask for GF option)

#### Traditional Apple Crisp

Served with cream



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# HOTEL OVERVIEW



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- 120 Spacious Guest Rooms
- Complimentary Express™ Start Breakfast
- Complimentary High Speed Wireless Internet
- Complimentary Parking
- Over 2,000 sq feet of meeting space
- On-site Laundry Services available
- In-room Fridge, Microwave & Coffee Maker
- Fitness Center & Indoor Pool with Slide
- Lobby Market
- Guest Laundry Facilities

## MEET WITH CONFIDENCE EVENT SPACE

Whenever & wherever you travel, IHG® Hotels & Resorts is ready to meet you there. When you are ready to plan your next meeting or group event, you can book with credence with our new flexible meeting offer.



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