Themed Lunch Packages

Breaktime! -

Mexican Fiesta \$16.00

Black Bean & Tomato Soup (G). Nachos with Guacamole, Pico de Gallo & Lime Sour Cream. Create your own Burritos with Spicy Beef & Tomato, Lime Marinated Chicken, Black Bean Spread, Corn, Rice, Grated Cheeses, Lettuce, Sour Cream & Peppers.

Mediterranean Deli \$16.00

Caprese Salad Platter (G), Spanakopita, Antipasti Platter with Marinated Eggplant, Roasted Red Peppers, Bocconcini, Olives, Pita & Hummus. Create your own sandwiches with Cured & Smoked Meats, Cheeses & Toppings on Ciabattas with an assortment of spreads including herbed mayo and red pepper hummus.

Oktoberfest \$22.00

Spinach Salad with Cucumber, Strawberries & Maple Dressing (G), Carrot Apple Slaw (G), Butternut Squash Soup, Local Pork Sausages, Schnitzel, Braised Cabbage & Apples, Garlic Mashed Potatoes, Fresh Buns & Whipped Butter.

Asian Delight \$20.00

Salad Rolls with Hoisin and Teriyaki Chicken Salad Spoons (G), Asian Noodle Salad with Rice Wine Vinaigrette (G), Choose from Pork, Beef or Chicken Stir Fry with Orange Ginger Glaze, Snow Peas, Bean Sprouts, Green Beans & Peppers with rice (G).

Indian Indulgences \$ 21.00

Naan with Assorted Dips, Veggie Samosas with Chutney, Kachumber Salad with Cucumber, Tomato, Onion & Mint (G), Chickpea Curry & Rice with Tandoori Chicken (G).

Italian Flare \$20.00

Romaine Hearts with Double Smoked Bacon, Parmesan & Creamy Garlic Dressing, Proscuitto & Parmesan Flatbread, Tomato Basil Chicken & Rotini, Vegetarian or Meat Lasagna.

Seafood Lovers \$23.00

Smoked Salmon with Roasted Red Pepper & Onions with Baguette, Shrimp Cocktail (G), Arugula, Roasted Beets, Thyme & Lemon Vinaigrette (G), Baked Whitefish with Lemon, Dill & Roasted Potatoes, accompanied by seasonal garlic sauteed vegetables (G).

All Options above include:

- . Dessert platter of Bars & Squares
- A selection of Soft Drinks, Fruit Juices & Bottled Water

(G) denotes Gluten-Free Please Inquire about Substitutions. Alternative Options are available upon request.

Morning Break

Jump Start Coffee Break \$1.95
Freshly brewed tea/coffee.

"On the Run" Coffee Break \$4.95
Freshly brewed tea/coffee with a tasty selection of baked Muffins, Danishes, & Croissants.

Holiday Inn Fresh Start Breakfast \$9.95
Freshly brewed tea/coffee, a selection of baked Muffins, Danishes, &
Croissants, yogurts and fruit salad.

Holiday Inn & Suites Deluxe Hot Breakfast \$12.95

Our deluxe buffet breakfast is served daily from 6:00am - 10:00am. It consists of 4 types of cereals (hot & cold), 3 types of coffee, teas, milks and juices. Pastries, bagels, croissants, muffins, 3 types of breads, fresh fruit, yogurt and condiments. We also have a Hot Zone, where we serve bacon or sausage with scrambled eggs or cheese omelettes. It's the perfect way to start your meeting!

Afternoon Break

Second Wind Coffee Break \$4.95
Freshly brewed Tea/Coffee served with freshly baked cookies.

Sweet Tooth Power Break \$5.95

Selection of chocolate bars, potato chips, bottled spring water, assorted bottled juices and soft drink and freshly brewed Tea/Coffee.

Health Kick Break \$6.95

Selection of yogurt cups, granola or cereal bars, whole fruit pieces (apples, bananas and other domestic seasonal fruit) along with bottled spring water, assorted bottled juices and freshly brewed Tea/Coffee.

Additional Option:

Fresh Seasonal Fruit \$1.50 per piece (add to any selection above)



Holiday Inn Express & Suites





Waterloo • St. Jacobs 14 Benjamin Road, Waterloo, ON 519.772.9800

Hot Entrée Packages

Sandwich Packages

Specialty Soups & Salads —

Dreamy Rotini Package \$17.00

Freshly Home Made Rotini Cheddar Bake with Local Sausage, Red Peppers & Tomatoes. Mixed Greens with Strawberries, Feta & Cucumber drizzled with Maple Balsamic Dressing.

Rice & Curry Package \$17.00

Chickpea Curry and Chicken with Rice. Greek Salad with Tomatoes, Cucumber, Feta, Black Olives drizzled with Lemon Oregano Dressing.

Eastern Style Package \$18.00

Beef Stir Fry with Orange Ginger Glaze, Snow Peas, Bean Sprouts, Carrots & Peppers with rice noodles. Salad Rolls with Hoisin and Teriyaki Chicken Salad Spoons.

Lotsa Lasagna Package! \$19.00

3 Cheese Eggplant Lasagna or Meat Lasagna made with Hand rolled noodles. Spinach Salad with Roasted Red Peppers, Goat Cheese & Caramelized Onion drizzled with Red Wine Vinaignette.

Chicken Supreme Package \$ 16.00

Feta & Spinach Stuffed Chicken Breasts with Garlic Mashed Potatoes OR rice Romaine Hearts with Double Smoked Bacon, Parmesan & Creamy Garlic Dressing.

Atlantic Salmon Package \$17.00

Atlantic Salmon Fillet in a Lemon Dill Butter with Garlic Mashed Potatoes OR rice. Spinach Salad with Basil, Tomato, Cucumber & Bocconcini drizzled with Balsamic Vinaigrette.

Roast Beef Dinner Package \$18.00

Roast Beef with Garlic Mashed Potatoes, Hot Vegetable Medley & Gravy. Arugula with Blue Cheese, Sunflower Seeds & Pear drizzled with White Wine Vinaigrette.

All Options above include:

- Dessert platter of Bars & Squares
- A selection of Soft Drinks, Fruit Juices & Bottled Water

Please Inquire about Substitutions. Alternative Options are available upon request.

The Express Classic \$14.00

A selection of simple sandwiches on Rye & Whole Wheat breads including Egg Salad; Lemon & Dill Tuna Salad with Feta; Black Forest Ham & Cheese with Dijon Mayo and Lettuce.

The Deli \$15.00

A selection of deli sandwiches on Croissants & Kaiser rolls including Roast Beef with Aged Cheddar & Horseradish Mayo; Roasted Vegetables with Sriracha Mayo & Goat Cheese; Smoked Turkey with Brie & Tomatoes; Black Forest Ham & Aged Cheddar with Carrot Apple Slaw.

It's a Wrap \$16.00

A selection of wraps including Grilled Asparagus & Red Pepper with Feta & Mixed Greens; Chicken Fiesta Wrap with Pico de Gallo, Sour Cream, Lettuce & Aged Cheddar; Greek Chicken Wraps with Tomatoes, Tzatziki, Spinach & Feta; Bacon, Lettuce & Tomato with Herbed Mayo.

The Artisan \$17.00

A selection of artisanal sandwiches including Smoked Salmon & Dill Cream Cheese with Spinach on Pumpernickel; Smoked Prosciutto, Brie & Roasted Red Pepper with Red Pepper Hummus on Ciabatta; Roast Beef with Havarti, Balsamic Glazed Mushrooms & Onions and Greens on 7 Grain; Turkey Salad with Apples, Sage & Garlic Havarti on a Piccolo Ciabatta.

All Options above include:

- A <u>choice</u> of Vegetable Platter with Caramelized Onion Dip OR Relish Platter OR Fruit Platter OR Pita & Hummus Platter and...
- · A choice of one of our soups or specialty salads
- Chocolate Chip or Oatmeal Cookie Platter OR Brownie Platter
- A selection of Soft Drinks, Fruit Juices & Bottled Water



Please Inquire about Substitutions. Alternative Options are available upon request.

Add a specialty soup or salad for an additional \$4.50

Salads:

(included in Lunch Options)

- Mixed Greens with Strawberries, Feta & Cucumber drizzled with Maple Balsamic Dressing
- Spinach Salad with Basil, Tomato, Cucumber & Bocconcini drizzled with Balsamic Vinaigrette
- Arugula with Blue Cheese, Sunflower Seeds & Pear drizzled with White Wine Vinaigrette
- Romaine Hearts with Double Smoked Bacon, Parmesan & Creamy Garlic Dressing
- Spinach Salad with Roasted Red Peppers, Goat Cheese & Caramelized Onion drizzled with Red Wine Vinaigrette
- Greek Salad with Tomatoes, Cucumber, Feta, Black Olives, drizzled with Lemon Oregano Dressing
- Chickpea & Quinoa Salad with Tomato, Red Pepper, Red Onion & Lemon Dill Dressing
- Basil Pesto Pasta Salad with Parmesan & Green Onion
- Asian Rice Noodle Salad with Carrots, Red Onion, Basil, Head Lettuce & Rice Wine Vinaignette

Soups:

- Butternut Squash
 Cauliflower Parmesan
 Broccoli Aged Cheddar
 - Hearty Chicken Noodle
 French Bean & Cumin
 - Tomato Black Bean Zucchini Lemon •

Additional Dessert Options

Assorted Cookie Platter \$2.00/person Assorted Bars & Squares \$3.00/person Cheesecake or Cupcakes \$4.00/person



Please Inquire about Substitutions. Alternative Options are available upon request.