

## BREAKFAST MENUS

### the burnham

assortment of croissants to include:  
butter, almond, & chocolate  
fruit display brimming with fresh seasonal delights  
13 –

### the stensson

freshly baked scones  
served with our selection of homemade jams  
fresh fruit skewers  
13 –

### the culloden

assorted home-baked muffins to include:  
mixed berry, apple-cinnamon, & raisin-bran  
freshly whipped fruit smoothies  
13 –

### the dennington

cinnamon french toast with pure maple syrup  
farmer sausages  
citrus fruit salad sprinkled with brown sugar & orange zest  
15 –

### the cromwell

selection of cold cereals  
homemade granola with dried cherries  
fresh berries & yogurt  
13 –

### the york

hot oatmeal served with cream & brown sugar  
selection of toasted bread, served with our homemade jams  
breakfast trifle: 6 layers of vanilla yoghurt, granola, diced fruit  
15 –

## the graydon

individual cheesy breakfast bread & butter puddings  
assorted fresh fruit skewers  
selection of fruit yogurt  
16 –

## the colchester

assorted croissant sandwiches to include:  
crispy bacon with egg and lox with whipped cream-cheese  
breakfast breads to include your choice of: lemon loaf, banana loaf, or pumpkin loaf  
assorted fresh fruit skewers  
21 –

## the manor

traditional eggs benedict with canadian bacon  
farmer sausages  
a selection of scones with home made jams  
individual fruit yogurt  
fresh sliced fruit platter  
26 –

## fruit smoothies

persimmon madness ● persimmons, orange juice and frozen berries  
the hawaiian ● pineapple, bananas and orange juice  
tangerine dream ● bananas, papaya and tangerine juice  
very cherry mexican ● mexican papaya and cherries  
mint refresher ● honeydew melon, lemon yogurt, frozen grapes, and lemon juice  
honeydew lemon heaven ● cantaloupe, lemon sorbet, orange juice, and lemon juice  
fruit swirl ● kiwi, passion fruit juice, raspberries, and yogurt  
berry madness ● mixed berries, bananas, and mango juice  
4.95 –

## deluxe smoothies

- orange soother ● bananas, dates, avocado and orange juice
- mango passion ● pureed mangos, orange juice, spirulina, fresh ginger, lime juice and vanilla yogurt
- the ultimate ● orange juice, mangos, fresh blueberries, bananas, flax seed, honey and maple syrup
- tofu treat ● bananas, tofu and cranberry juice
- orange dream ● orange juice, orange sorbet, frozen yogurt, soy milk, and protein boost
- power punch ● tofu, pear nectar, fresh pineapple, bananas and freshly squeezed lime juice
- the bomb ● raspberries, bananas, soy milk, plain yogurt and crushed ice
- berry delight ● blueberries, strawberries and raspberry sorbet

5.5 –

## fortifiers

spirulina / gingo biloba / korean ginseng / echinacea

add 1 –

## a la carte breakfast items

- assorted fruit yogurt 3 –
- spicy home fries 3 –
- scrambled eggs 4 –
- hot oatmeal with cream & brown sugar 4 –
- toast with creamery butter & homemade jams 4 –
- farmer sausages 5 –
- selection of cold cereals 5 –
- bagels with cream cheese & lox 6 –
- back bacon 6 –
- fresh fruit salad 6 –

## daytime breaks

- vegetable root chips 2 –
- selection of home-baked cookies 4 –
- Gelato Fresco™ ice-cream 5 –
- assorted fresh whole seasonal fruits 6 –
- selection of home-baked muffins 6 –
- domestic & international cheeses garnished with fresh & dried fruits, assorted crackers & fresh baked breads 6 –

## LUNCH MENUS

### lunch menu 1

fresh rustic breads with whipped butter  
hearts of romaine with smoked bacon, whole grain mustard dressing and shaved parmigiano cheese  
steamed asparagus drizzled with truffle vinaigrette  
chicken roulade with spinach and asiago cheese  
dessert ~ chef's seasonal selection

34 -

### lunch menu 2

fresh rustic breads with whipped butter  
mediterranean couscous salad  
grilled seasonal vegetables  
seared atlantic salmon with a maple lemon dill dressing  
tartes aux fruites: puff pastry crust filled with pastry cream and topped with baked fruits

35 -

### lunch menu 3

fresh rustic breads with whipped butter  
grilled zucchini with peppers and onions  
oven roasted potato wedges with fresh herbs and onions  
chicken skewers with cucumber dressing  
dessert ~ chef's seasonal selection

32 -

### lunch menu 4

fresh rustic breads with whipped butter  
endive arugula and watercress salad with pears, toasted pecans and Roquefort  
grilled zucchini with peppers and onion  
ricotta and spinach cannelloni in a light cream sauce  
dessert ~ chef's seasonal selection

32 -

## lunch menu 5

fresh rustic breads with whipped butter  
tossed organic greens with pancetta and cherry tomatoes  
hearty cheese and spinach lasagna  
dessert ~ individual crème brûlée  
32 –

## lunch menu 6

fresh rustic breads with whipped butter  
fresh cucumber and tomato salad with scallions  
assortment of mini quiche in fresh pastry shell  
dessert ~ chef's seasonal selection  
32 –

## lunch menu 7

assorted organic baby greens with a citrus vinaigrette  
beef tenderloin sandwich on seven grain bread with caramelized onion, port compote and horseradish mayonnaise  
farm fresh egg salad sandwich on fresh french baguette with butter lettuce  
open faced smoked salmon sandwiches on bagels with cream cheese and sprouts  
dessert ~ tangy lemon tarts on a shortbread crust  
34 –

## lunch menu 8

vine-ripened tomatoes with bocconcini cheese, fresh basil and onions  
assorted mini gourmet pizzas to include:  
italian sausage and sweet peppers  
goats cheese, tomatoes and fresh oregano  
chicken and mushroom  
dessert ~ assortment of mini cakes  
33 –

## lunch menu 9

leafy salad with smoked bacon and shaved asiago in a whole grain mustard dressing  
hearty veal sandwiches with cheese and sweet peppers on crusty baguette  
stilton and pear sandwich on crusty baguette  
dessert ~ chocolate mousse  
33 –

## lunch menu 10

assorted organic baby greens with a citrus vinaigrette  
chunky tuna pita pocket with lime and wasabi mayonnaise  
shaved turkey breast and french brie on fresh butter croissants with a creamy mustard aioli  
char-grilled vegetables with herb-scented ricotta on a focaccia loaf  
dessert ~ tangy lemon tarts on a shortbread crust

34 –

## lunch menu 11

classic tomato soup  
assorted gourmet grilled cheese sandwiches to include:  
ham and brie  
goats cheese and tomatoes  
aged cheddar with sharp french mustard  
pancetta and bocconcini  
dessert ~ individual raspberry mousse cakes

34 –

## lunch menu 12

fresh rustic breads with whipped butter  
wild and domestic mushroom salad with rocket and oven dried tomatoes  
roasted fingerling potatoes  
cold, sliced lemon fried chicken with fruit chutney  
dessert ~ individual free-form berry pies

34 –

## lunch menu 13

fresh rustic breads with whipped butter  
cucumber and scallion salad  
thai noodle salad with julienne vegetables in a chili vinaigrette  
grilled salmon with lemon dill sauce, served cold  
dessert ~ chef's seasonal selection

35 –

## lunch menu 14

fresh rustic breads with whipped butter  
mixed greens with grilled vegetables  
bean salad with onion, tomato and cucumber in a light dressing  
sliced herb crusted roast beef with horseradish  
dessert ~ individual crème brûlée

37 –

## lunch menu 15

fresh rustic breads with whipped butter  
seasonal grilled vegetables  
pasta salad with pesto and peas, sprinkled with parmesan cheese  
herb encrusted chicken breast with cracked pepper and olive oil, served with a dill mustard mayonnaise sauce  
fresh home baked cookies

34 –

## lunch menu 16

fresh rustic breads with whipped butter  
wild and domestic mushroom salad with rocket, oven dried tomatoes and grilled rosemary focaccia  
warm spinach and ricotta crepes drizzled with a light cream sauce  
assorted mini mousses

32 –

## lunch menu 17

fresh rustic breads with whipped butter  
assorted organic baby greens with a raspberry vinaigrette  
cucumber and tomato salad  
poached salmon with dill sauce  
mini butter-cream cakes

35 –

## lunch menu 18

fresh rustic breads with whipped butter  
arugula with mozzarella, beets and charred Vidalia onion, in a light vinaigrette  
new potato salad with green beans and tomato  
sliced herb crusted roast beef with horseradish  
dessert selection

37 –

## lunch menu 19

fresh rustic breads with whipped butter  
mixed baby greens with a champagne vinaigrette  
roasted potatoes with rosemary  
pork roast with apricot and mustard stuffing  
dessert selection  
35 –

## lunch menu 20

fresh rustic breads with whipped butter  
arugula salad with fresh cranberry beans in a red wine vinaigrette  
steamed asian greens  
steamed ginger chicken  
dessert selection  
34 –

## lunch menu 21

fresh rustic breads with whipped butter  
mixed baby greens in a mustard vinaigrette  
thai noodle salad with julienne vegetables in a chili vinaigrette  
fried chicken with goat cheese curds  
dessert selection  
34 –

## lunch menu 22

fresh rustic breads with whipped butter  
mixed greens with grilled vegetables  
basmati rice  
salmon fillet with tamarind sauce  
dessert selection  
35 –