



MEMBERTOU
TRADE & CONVENTION CENTRE

CATERING MENU 2021

www.membertoutcc.com



BREAKFAST MENU

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BREAKFAST MENU

BREAKFAST BUFFETS OPTIONS

All buffets include coffee, decaf and tea

THE CONTINENTAL

Seasonal sliced fruit and berries (V, VG, DF, GF), freshly baked muffins (V), breakfast pastries (V), cold cereals (V), milk and assorted juices. **14.00/per person**

MEMBERTOU MORNING

Assorted cold cereals (V), hot oatmeal (V, DF), fresh fruit salad (V, VG, DF, GF), yogurt (V), baked granola (V), freshly baked muffins (V), breakfast pastries (V), hard boiled eggs (DF, GF), milk and assorted juices. **15.00/person**

MORNING COMFORT

Scrambled eggs (GF), bacon and sausage (GF, DF), hash browns (V), seasonal fresh sliced fruit (V, VG, DF, GF), oatmeal (V, DF), cold cereals (V), baked granola (V), freshly baked sweet loaves (V), French toast with maple syrup (V), milk and assorted juices. **19.00/person**

PLATED BREAKFAST OPTIONS

All plated meals include coffee, decaf and tea with choice of apple or orange juice

EARLY MORNING FEAST

Choice of crisp bacon, ham or sausage (GF, DF)
*One selection for entire group, fluffy scrambled eggs (GF), hash browns (V, DF), fresh fruit (V, VG, DF GF) **17.00/person**

THE SWEET SIDE

Choice of pancakes, French toast or Belgium waffles (V)
*One selection for entire group, served with house made strawberry preserves, maple syrup and crisp bacon (GF) **16.00/person**

THE HEALTHY START

Fresh cut fruit salad (V, VG, DF, GF), cottage cheese (V, GF), Greek yogurt (V), baked granola, dried fruits and nuts (V) **15.00/person**

** Buffet breakfast options set up with manned stations, minimum and maximums may apply.*



LUNCH MENU

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LUNCH MENU

LUNCH BUFFETS

All buffets include coffee, decaf coffee & tea

TRADITIONAL EAST COAST BUFFET

A basket of freshly baked biscuits (V), crock of creamy clam chowder, potato salad, coleslaw (V), baby red potatoes (V, VG, DF, GF), fish cakes, baked beans (V, VG, DF), seasonal vegetables (V, GF), assorted cookies (V), blueberry grunt (V) **21.00/person**

JUST LIKE MA'S

Chicken noodle soup (DF), country biscuits and molasses (V), pasta salad (V), garden salad (V, VG, DF, GF), Sheppard's Pie (GF), whipped potatoes (V, GF), seasonal vegetables (V, GF), assorted cookies (V), warm bread pudding with caramel sauce (V) **21.00/person**

A TASTE OF INDIA

Garden green salad (V, VD, DF, GF) with assorted dressings, citrus couscous and raisin salad (V, GF), sweet potato chick pea curry (V, GF), stewed vegetables in a cardamom tomato sauce (V, GF), cinnamon scented basmati rice (V, GF), butter chicken (GF), Naan bread (V), seasonal dessert feature (V) **21.00/person**

VIVA ITALIA

Basket of assorted breads and rolls (V), garden greens salad with sundried tomato pesto dressing (V, VG, DF, GF), Caprese salad (V, GF), penne pasta salad with artichokes and bocconcini cheese (V), minestrone Florentine, (V), spaghetti bolognese, Tiramisu trifle (V) **22.00/person**

MANGIA! LASAGNA BUFFET

Deep dish lasagna served with garlic bread, classic Caesar Salad, Italian Wedding Soup, Assorted Cookies. **22.00/person**

MEXICAN INSPIRED

Basket of crisp nacho chips and salsa (V), crock of two alarm chili con carne (GF), garden greens salad with tortilla strips and grilled vegetables (V), Mexican rice with roast corn and black beans (V, GF). Build your own fajitas with choice of chicken, beef, or bean and tofu served with flour tortillas and classic garnishes, seasonal dessert feature **22.00/person**

DELI SANDWICH BUFFET – 1.5 sandwiches/person

An assortment of deli sandwiches on artisan breads.

**Chose three from the following options:*

Tuna salad and apple, Chicken and curry salad, roast beef and pommery mustard, ham and Swiss cheese, turkey and sprouts, smoked meat and Swiss, grilled marinated vegetables (V). Crock of home style soup, classic Greek salad (V, GF), fresh fruit skewers (V, VG, DF, GF), basket of freshly baked cookies (V) **21.00/person**

LUNCH MENU

BUILD YOUR OWN BURGER BUFFET

22.00/person

INCLUDES TWO SALADS – *please choose from the following:*

Potato salad (V, GF) Greek salad (V, GF) Green salad (V, VG, DF, GF)
Coleslaw (V, GF) Pasta salad (V)

BURGER – *please choose one of the following:*

8oz beef patty (DF, GF) Chicken breast (DF, GF) Veggie burger (V)

BUFFET ALSO INCLUDES:

Basket of assorted buns and condiments Basket of cookies (V)
Fresh fruit salad with lime dressing (V, VG, DF, GF) Nacho chips and salsa (V, DF)

BUILD YOUR OWN SANDWICH BUFFET

22.00/person

INCLUDES TWO SALADS – *please choose from the following:*

Potato salad (V) Coleslaw (V) Green salad (V, VG, DF, GF)
Greek salad (V, GF) Pasta salad (V)

BUFFET ALSO INCLUDES:

Basket of freshly baked breads, rolls and wraps
Tray of assorted deli meats, tuna and egg salad
Shaved vegetable garnish, mustards, mayo, cheeses and pickles (V, GF)
Chef's soup selection
Basket of assorted cookies (V)

LUNCH ON THE GO

16.00/person

INCLUDES THE FOLLOWING ITEMS – *please choose one from each section for the entire group:*

Sandwich – ham and Swiss, turkey and sprouts, roast beef, egg salad, tuna salad

Fresh whole fruit (V, VG, DF, GF) – apples, oranges, bananas, pears

Snack (V) – potato chips, granola bars, peanuts, yogurt

Dessert (V) – cookies, squares, scones

Beverage – bottled water, juice (*apple or orange*), soft drink (*Pepsi, Diet Pepsi, 7-Up, Diet &-Up*)

LUNCH MENU

PLATED LUNCH

Includes coffee, decaf coffee, tea, and assortment of softdrinks

Fresh rolls and butter 26.00/person

A LA CARTE

Choose one starter, one entree and one dessert for the group

STARTERS

Seasonal Soup Selection

Caesar Salad

Greek Salad (V, GF)

Garden Greens Salad (V, VG, DF, GF)

Spinach Salad (V, GF)

Seafood Chowder (Additional \$3 per person)

ENTRÉES

Curried chicken and rice (GF)

Curried Chicken and Rice (GF)

Beef or Chicken Fajitas with Mexican Rice

Spaghetti with Meatsauce

Chicken Penne Pesto

Chicken Parmesan Melt on Ciabatta Bread with House Salad

Tomato and Vegetable Curry with Jasmine Rice (V, GF)

Deep Dish Lasagna with Garlic Bread

Chicken Pot Pie

Beef and Broccoli Stir-fry over Basmati Rice

Chicken and Vegetable Stir-fry with Pineapple Curry Sauce over Basmati Rice

DESSERTS

Chocolate Brownie with French Vanilla Ice Cream

Banana Bread Pudding with Cream (V)

Strawberry Shortcake with Chantilly Cream (V)

Strawberry Ganache Layer Cake with crème Anglaise (GF, V)

Chocolate Almond Torte with Strawberry Coulis and Whipped Cream (V)

Warm Apple Crisp with Toffee Sauce and French vanilla Ice Cream (V)

Tiramisu Parfait (V)

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LUNCH MENU



DINNER MENU

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PLATED DINNER

A LA CARTE

Minimum 25 people

Includes coffee, decaf coffee, tea, fresh rolls & butter

Choose one of each appetizer, entrée and dessert.

STARTERS

- 6.00 Garden greens with seasonal vegetables and raspberry dressing (V, VG, DF, GF)
- 7.00 Classic Caesar Salad
- 6.00 Chef's Seasonal Soup
- 7.00 Greek Salad (V)
- 7.00 Baby spinach and cranberry with red onion and maple dressing (V)
- 8.00 Grilled Asparagus Salad with Grape Tomatoes, Vidalia Onion with Meyer Lemon Dressing (V, VG, DF, GF)
- 8.00 Grilled Vegetable and Bocconcini Cheese Salad with Toasted Almonds and Sun dried Tomato Dressing (V, GF)
- 9.00 Smoked Atlantic Salmon with Whipped Cream Cheese, Capers and Crostini
- 10.00 Island Seafood Chowder

PROTEIN

- 25.00 Grilled Beef Medallion with Sauteed Shallot jus, medium rare (GF)
- 24.00 Blackened Atlantic Salmon with Orange Fennel Salsa (GF, DF)
- 23.00 Apricot stuffed pork loin with Pommery jus (GF)
- 23.00 Grilled Chicken Supreme with market mushroom reduction (GF, DF)
- 23.00 Portobello stuffed chicken supreme with rosemary reduction (GF, DF)
- 23.00 Grilled Pork tenderloin with mango chutney (GF, DF)
- 22.00 Roulade of Angus Beef au jus with Yorkies
- 22.00 Roast Turkey Dinner with Savoury Dressing and all the trimming
- 21.00 Chef's Market Vegan Selection (please ask your sales associate)

STARCH

- Roasted Baby Red Potatoes (V, VG, DF, GF)
- Butter Milk Whipped Potatoes (V, GF)
- Basmati and Vegetable Pilaf (V, VG, DF, GF)
- Cheddar Whipped Potatoes (V, GF)
- Candied Red Potatoes (V, GF)

DESSERTS

- 6.00 Strawberry Shortcake with Chantilly Cream and White Chocolate (V)
- 6.00 Double Chocolate Brownie with Raspberry Coulis and Mint Studded Cream (V)
- 6.00 Triple Chocolate Mousse with crème Anglaise and fresh berries (V)
- 6.00 Strawberry Ganache Layer Cake with crème Anglaise (V, GF)
- 6.00 White Chocolate and Bailey's Mousse with Raspberries (V)
- 7.00 Chocolate Almond Torte with Strawberry Coulis and whipped cream (V, GF)
- 7.00 New York Style Cheesecake with Whipped Cream and Berries (V)
- 7.00 Carmel Apple Cheesecake with Vanilla Ice Cream and Fresh Berries (V)
- 7.00 Blueberry Lavender Cheesecake Torte with field berry sauce (V)
- 7.00 Lemon and White Chocolate Cheesecake with Raspberry Sauce (V)

Package pricing available for two course or three course meals, see your sales associate for details.

MI'KMAQ INSPIRED

THE INDIGENOUS CULINARY EXPERIENCE

LUSKINIKN

with Whipped Butter and Molasses (V) 4.00

THREE SISTERS SALAD

roast corn, beans and butternut squash served over locally sourced greens and shoots with a sweet grass dressing (V, VG, DF, GF) 7.00

THREE SISTERS SOUP

tomato herb broth with fresh green beans, roast corn and butternut squash (V) 7.00

PAN SEARED MUSCOVY DUCK

served with raspberry onions, paned jus, roasted new dubs (*potatoes*) and maple glazed turnips (DF, GF) 29.00

CHARRED VENISON LOIN

with a Haskapa berry sauce, smashed new dubs (*potatoes*), green beans and locally foraged mushrooms (DF, GF) 29.00

CEDAR PLANED STEELHEAD SALMON

with a maple Haskapa lacquer (DF, GF) 29.00

FOUR CENT BREAD PUDDING

traditional biscuit style bread baked in a sweet egg custard with fresh seasonal berries and fruit served with shipped cream (V) 7.00

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MI'KMAQ INSPIRED



RECEPTION MENU

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RECEPTION MENU

HOT HORS D'OEUVRES

Priced per dozen (*minimum of 2 dozen per selection*)

18.00/doz

Honey Garlic Meatballs (DF, GF)
Bacon Wrapped Dates (DF, GF)
Tomato Bruschetta (V)
Spanakopita (V)
Mini Vegetable Spring Rolls with Curry Glaze (V, VG, DF)
Goat Cheese Polenta Squares (V)
Battered Chicken Wings with Assorted Sauces
Strawberry Goat Cheese Bruschetta
Panko Crusted Torpedo Shrimp

20.00/doz

Beef Sliders with Cheddar and Tomato
Lamb Sliders with Chimichuri Sauce
Pulled Pork and Apple Sliders
Broccoli Cheddar and Basil Frittata (V, GF)
Three Cheese Bacon Onion Tarts
Vegetarian Mini Pita Pizzas with Mozzarella and Roasted Red Peppers (V)

21.00/doz

Thai Beef Skewers (DF, GF)
Thai Chicken Skewers (DF, GF)
Prosciutto Wrapped Asparagus with Lemon Aioli (GF)
Handmade Chinese Pork and Lotus Dumplings with Ginger Sesame (DF)

30.00/doz

Sea Scallop Brochette with Orange Ginger Reduction
Smoked Salmon Spring Pea Fritters with Caraway Cream
Pineapple Bacon Wrapped Scallops (DF, GF)
Snow Crab Cakes with Mago Relish
Warm Snow Crab and Shaved Fennel Salad (DF, GF)
Lobster and Parmesan Stuffed Mushrooms (GF)

RECEPTION MENU

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COLD HORS D'OEUVRES

Priced per dozen (*minimum of 2 dozen per selection*)

18.00/doz

- Gazpacho Shooters (V, VG, DF, GF)
- Stuffed Cherry Tomatoes with herbed goat and cream cheese (V, GF)
- Pulled chicken and cheddar nacho rounds with salsa (GF)

20.00/doz

- Goat cheese sesame balls with berry coulis (V, GF)
- Mini Thai shrimp and rice bowls (DF, GF)
- Halibut ceviche spoons (DF, GF)

30.00/doz

- Orange ginger marinated sea scallops (DF, GF)
- Smoked salmon and mascarpone lollipops (GF)
- Asian Lobster salad spoons (DF, GF)

CHEF SEAFOOD ACTION STATIONS

Minimum 25 people

Your choice of pan seared scallops, jumbo shrimp, St. Anne’s Bay mussels or bar clams, cooked to order and served by the chef.

- Pan Seared 30/40 Sea scallops, with a tomato bacon salsa, \$3 per piece, Minimum 6 dozen
- Jumbo shrimp, with a Pernod scallion sauce (*Minimum 6 dozen*) 4.00/per person
- Steamed mussels, with a Bulwark cider and garlic scapes 7.00/per person
- Steamed bar clam bar, with Clamato Salsa 9.00/per person

WHAT A SHUCKIN’ DAY - OYSTER BAR

Minimum 25 people

A selection of prime local and Prince Edward Island oysters shucked to order by one of our chefs, served with Nova Scotia vodka, tabasco sauce, citrus wedges and Schezwan pepper mignette. 15.00/per person

RECEPTION MENU

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PEROGIE BAR

Minimum 25 people

The ultimate comfort food served to you by one of our chefs with a choice of toppings including fried onions, grilled sausages, scallions, crisp bacon, salsa and sour cream.

12.00/person

POTATO MARTINI BAR

Minimum 25 people

Creamy mashed potatoes served in a martini glass with a choice of seafood Diablo, curried chicken, scallion, bacon, sour cream and cheddar cheese. 12.00/person

SHAVED BEEF BAGUETTE

Minimum 25 people

Slow roasted Angus beef shaved by the chef and served on a crisp French break with your choice of mustards, horseradish, dill pickles, cheddar, au jus, and crisp greens.

10.00/person

RAVIOLI STATION

Minimum 25 people

A meat and vegetarian ravioli cooked to order by one of our chefs with your choice of tomato sauce, Bolognese sauce and Alfredo sauce. Includes assorted toppings of Asiago cheese, scallions, bacon, chilies, diced tomato, onion and mushrooms.

12.00/person

NACHO STATION

Minimum 25 people

Crisp tortilla chips served with salsa, sour cream, tomato, red onion, jalapenos, shredded cheddar, black olives and chili con carne. 12.00/person

RECEPTION MENU

RECEPTION PLATTERS AND ADD-ONS

Minimum 10 persons

- Vegetable crudites 3.00/person
- International cheese tray with berries and crisps 7.00/person
- Fresh seasonal fruit and berries 6.00/person
- Hummus and grilled pitas 4.00/person
- Nacho chips with sour cream and salsa 6.00/person
- Smoked salmon mirror with capers, lemons and rye bread 8.00/person
- Steamed local mussels 6.00/person
- Spinach and Parmesan drip with grilled pitas 4.00/person
- Basket of potato chips 8.00/basket

CHOCOLATE FOUNTAIN

with fresh fruit and berries, cookies, marshmallows and brownies
Serves 100 ppl 300.00 | Additional 100ppl 200.00

COCKTAIL SANDWICH TRAY

68 pieces with a variety of white and whole wheat breads 75.00/tray



COFFEE & NUTRITION BREAK

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COFFEE & NUTRITION BREAK

- Coffee & Tea – Regular, Decaf 2.50/person
- Bottled water, juices, soft drinks 2.75/each
- Montellier Water (500ml) 3.50/each
- Milk – whole, 2%, skim 2.50/person
- Fruit smoothies (12oz) 7.00/person
- Assorted cookies (2 pieces) 3.00/person
- Assorted bagels with cream cheese 3.50/each
- Assorted squares (2 pieces) 3.00/person
- Assorted baked muffins 2.50/each
- Cinnamon crunchies 3.00/each
- Fresh fruit salad 6.00/each
- Whole fruit (*banana, orange, apple, pear*) 2.50/each
- Potato chips 2.50/each
- Cereal bars 2.50/each
- Breakfast pastries 3.00/each
- Luskinikn, molasses and butter 4.00/person
- Greek yogurt parfaits with granola and dried fruit 6.00/person
- Chocolate dipped strawberries (4pieces) 6.00/person
- Strawberry goat cheese Bruschetta (2 pieces) 5.00/person
- Sliced fruit & yogurt dip 5.00/person
- Oatmeal with brown sugar 4.00/person
- Crackers & Cheese Plate (*cheddar & Swiss*) 5.00/person
- Yogurt, 125gr (*individual Servings*) 2.50/person

COFFEE & NUTRITION BREAK

THEMED BREAKS SELECTION

All breaks include regular coffee, decaf and tea. Additional beverages can be added and charged on consumption.

THE TRADITIONAL

12.00/person

Freshly baked Luskinikn with molasses and butter (V)
Sliced Banana Bread (V)
Seasonal berries and cheese bites (V, GF)

THE ENGLISH AFTERNOON

11.00/person

Freshly baked scones with jam
Fresh strawberries (V, VG, DF, GF)
Egg salad and cucumber sandwiches

THE MORNING KICK START

11.00/person

Greek yogurt (V)
Fresh fruit and berries (V, VG, DF, GF)
Granola Bars (V)

THE BISTRO BREAK

13.00/person

Freshly baked loaves (V)
Chef's chocolate treats (V)
Cheddar and grape kebobs (V, GF)

THE MEDITERRANEAN SAMPLER

12.00/person

Roast garlic hummus (V, GF)
Tzatziki and grilled vegetables (V, GF)
Grilled pita wedges (V)

THE SWEETER SIDE

13.00/person

Freshly baked cookies (V)
Double chocolate brownies (V)
Cheesecake bites (V)



BAR MENU

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BAR MENU

HOST BAR

Suited for functions where an individual or organization is hosting or assuming the total cost of beverages served to all attendees. Host bars for sales of less than 300.00 per function, are subject to a set up/service charge of 150.00.

CASH BAR

Available for non-sponsored functions where the attendees individually purchase their own refreshments. Cash bars for sales of less than 300.00 per function, are subject to a set up/service charge of 150.00.

BAR SETUP

Includes regular & premium beers, house wine, coolers, vodka, gin, tequila, scotch, whiskey and rum.

Mixes include: orange juice, Clamato juice, regular and diet soft drinks. Bartender, ice and condiments included.

WINE ORDERS

To ensure we have a sufficient supply of your preferred wine, please advise us of your wine selection two weeks in advance.

BAR MENU

WINE SERVICE

Wine service is available at the tables during your meal. Wine must be purchased by the bottle for this service.

House Wine By the Bottle – 1L
Red (Rosso) 28.00 | White (Pinot Grigio) 28.00

For a complete list of available wine selections contact our sales department.
Prices subject to change.

HOST BAR

Host Bar prices subject to 15% HST and 15% service charge. Prices subject to change.

Liquor – 1 oz
Whiskey, Rye, Scotch, Gin, Tequila, Vodka, Rum – 4.50

Beer
Regular – 4.50
Premium – 6.25

Wine – 5 oz
House Red or White – 5.40

Coolers
Smirnoff Ice & Mike's Hard Lemonade – 5.40

Cocktails
Caesars & White Russians – 5.40

Non-Alcoholic
Soft Drinks – 2.50 | Juice – 2.50 | Montellier – 3.50 | Non-Alcoholic Beer – 3.50

CASH BAR

Prices are subject to change – taxes included.