

## Cheryl's Gourmet Breakfasts & Lunches

### Cheryl's Continental Breakfast

- An assortment of freshly baked muffins, fruit loaves, and scones served with butter & gourmet preserves.
- Fresh seasonal fruit platter.
- Assorted fruit juices.
- Organic Fernwood coffee & tea service.

\$12.95 per person

### Cheryl's Power Breakfast

- Farm fresh eggs scrambled with sharp cheddar & chives.
- Pan roasted red skinned potatoes.
- Maple breakfast sausages.
- Crisp double smoked bacon.
- Seasonal fresh fruit.
- Assorted fruit & vegetable juices.
- Organic Fernwood coffee & tea service.

\$16.95 per person

### Cheryl's Breakfast Wraps

- Farm fresh eggs scrambled with smoked ham, cheddar & chives served with salsa.
- Pan roasted red skinned potatoes.
- Assorted fruit & vegetable juices.
- Fresh seasonal fruit platter.
- Organic Fernwood coffee & tea service.

\$17.95 per person

### Cheryl's West Coast Breakfast

- Smoked salmon & fresh dill quiche.
- Fresh seasonal fruit platter.
- Assorted fruit & vegetable juices.
- Organic Fernwood coffee & tea service.

\$15.95 per person

## Morning Break Items

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| • Baked goods (May vary) Freshly baked muffins, fruit loaves,<br>& Scones served with butter & gourmet preserves. (Two per person) | \$4.50 per person |
| • Fresh fruit platter  | \$4.50 per person |
| • Fresh fruit skewers  | \$4.50 per person |
| • Fresh seasonal fruit & cheese served with biscuits & breads.   | \$6.95 per person |
| • Freshly baked cookies  | \$2.50 per person |
| • Freshly baked tarts & squares (Two pieces per person)  | \$3.50 per person |
| • Organic Fernwood coffee & tea service  | \$3.50 per person |
| • Assorted fruit & vegetable juices  | \$2.00 per person |

## Cheryl's Japanese Lunch

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| • Grilled Yakarori chicken skewers with creamy ginger dipping sauce.          |
| • Sunomono rice noodle & vegetable salad with sweet & tangy dressing.         |
| • Baby spinach salad with orange segments, thin red onion, & toasted almonds. |
| • Dessert of the day.   |
| • Assorted beverages.   |

\$17.95 per person

## Cheryl's Greek Lunch

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| • Grilled Lemon herb chicken skewers served with feta & mint taziki. |
| • Spinach & feta phyllo pie.   |
| • Greek salad with fresh citrus vinaigrette.                         |
| • Dessert of the day.  |
| • Assorted beverages.  |

\$17.95 per person

## Cheryl's Heart Smart Lunch

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| • Grilled lemon basil chicken breast.                                      |
| • Organic quinoa with sundried cranberries, toasted almonds, & fresh mint. |
| • Red cabbage & kale slaw with honey & apple cider vinaigrette.            |
| • Fresh seasonal fruit platter.  |
| • Assorted beverages.  |

\$18.95 per person

(Substitute grilled lemon dill sockeye salmon for chicken breast)

## Cheryl's Gourmet Soup and Sandwich Lunch

- Homemade soup of the day. (Choice of two types)
- The best sandwiches in town. House roasted meats piled high with fresh vegetables & cheese as well as garden fresh vegetarian.
- Homemade cookies.
- Assorted beverages.

\$16.95 per person

## Cheryl's Thai Lunch

- Green Thai chicken curry with coconut milk & fresh vegetables.
- Jasmine rice.
- Baby spinach salad with orange segments, thin red onion, & roasted almonds.
- Dessert of the day.
- Assorted beverages.

\$18.95 per person

## Cheryl's French Lunch

- Chicken, mushroom, & fresh tarragon crepes baked with Parmesan.
- Mixed greens with crisp Granny Smith apples, roasted walnuts, & crumbled blue cheese with apple cider vinaigrette.
- Dessert of the day.
- Assorted beverages.

\$17.95 per person

## Cheryl's Gourmet Sandwich Lunch

- The best sandwiches in town. House roasted meats piled high with fresh vegetables & cheese as well as garden fresh vegetarian on thick cut multigrain or sourdough.
- Seasonal vegetables served with our famous ginger dipping sauce.
- Homemade cookies.
- Assorted beverages.

\$15.95 per person

## Cheryl's Italian Lunch

- Crisp Caesar salad with our famous chilli roasted pecans and creamy Parmesan dressing.
- Roasted vegetable or savoury beef lasagne baked with spinach, ricotta, & three cheeses.
- Warm homemade garlic bread.
- Dessert of the day.
- Assorted beverages.

\$16.95 per person

(Substitute chicken, artichoke, & sundried tomato lasagne add \$2.00 per person)

## Cheryl's Indian Lunch

- Baby spinach salad with orange segments, thin red onion, & toasted almonds.
  - Medium spiced butter chicken. Served with creamy yoghurt & chunky mango chutney.
  - Basmati rice.
  - Indian flat bread.
  - Dessert of the day.
  - Assorted beverages.
- \$18.95 per person

## Cheryl's Best of B.C. Lunch

- Assorted greens with crisp Granny Smith apples, sundried cranberries, & toasted hazelnuts with apple cider vinaigrette.
  - Wild sockeye salmon with creamed spinach & leeks baked in crisp phyllo crust.
  - Saffron rice pilaf.
  - Dessert of the day.
  - Assorted beverages.
- \$19.95 per person

## Cheryl's Quiche Lunch

- Farm fresh eggs with a choice of filling baked in a pastry shell. (Spinach & feta, double smoked bacon, Swiss cheese & caramelized onion, smoked salmon & fresh dill)
  - Mixed greens with crisp Granny Smith apples, sundried cranberries, & roasted hazelnuts with apple cider vinaigrette.
  - Dessert of the day.
  - Assorted beverages.
- \$16.95 per person

## Afternoon Break Items

- Fresh vegetables with Cheryl's famous ginger dip \$4.00 per person
- Fresh seasonal fruit platter \$4.50 per person
- Fresh seasonal fruit skewers \$4.50 per person
- Fresh seasonal fruit & cheese served with biscuits & breads \$6.95 per person
- Freshly baked cookies \$2.50 per person
- Freshly baked tarts & squares (Two pieces per person) \$3.50 per person
- Organic Fernwood coffee & tea service \$3.50 per person
- Assorted fruit & vegetable juices \$2.00 per person