



Waterfront
EVENT & CONFERENCE CENTRE

ALL DAY WORKSHOPS





OUR ALL DAY WORKSHOP PACKAGES INCLUDE:

ROOM RENTAL INCLUDED IN PER-PERSON PRICING

(MINIMUM OF 35 GUESTS)

YOUR CHOICE OF SET-UP

(BANQUET, THEATRE OR CLASSROOM STYLE)

COMPLIMENTARY HIGH SPEED WIRELESS INTERNET ACCESS

PODIUM & MICROPHONE

BUILT-IN STATE OF THE ART LCD PROJECTOR

CONTINUOUS ALL DAY REFRESHMENT STATION:

100% PREMIUM GOURMET COLOMBIAN COFFEE & DECAF

VARIETY OF HERBAL & REGULAR TEAS

ASSORTED SOFT DRINKS

CHILLED FRUIT JUICE

FRUIT INFUSED WATER STATION

MINIMUM OF 35 GUESTS FOR ANY PACKAGE



BRONZE

ALL DAY WORKSHOP PACKAGES

MORNING OPTIONS

(BUFFET STYLE – SELECT ONE)

CONTINENTAL BREAKFAST

ASSORTED BREAKFAST PASTRIES
LOW FAT MUFFINS
BUTTER, MARMALADE AND RASPBERRY PRESERVES

- OR -

PROTEIN BAR STATION

PROTEIN BARS
LOW FAT MUFFINS
ASSORTED GOURMET PARFAIT YOGURTS
ASSORTED FRESH FRUIT SMOOTHIES



BRONZE

ALL DAY WORKSHOP PACKAGES

GOURMET BUFFET LUNCH

INCLUDES BAG OF KETTLE CHIPS & HOMEMADE COOKIE

SOUPS/SALADS

(CHOICE OF ONE)

CALIFORNIA MIXED GREENS

CUCUMBERS, JULIENNE CARROTS, GRAPE TOMATOES,
SERVED WITH BALSAMIC OR RASPBERRY DRESSING

CHOPPED GREEK SALAD

SPRING MIX, CHOPPED KALE, ICEBERG LETTUCE, BLACK OLIVES, RED ONIONS,
CUCUMBER, CHERRY TOMATO, FETA CHEESE, RED WINE & OLIVE OIL DRESSING

WHOLE WHEAT PENNE

SUNDRIED TOMATOES, ROASTED CORN,
FRESH PARSLEY AND CITRUS VINAIGRETTE

THREE BEAN

CHERRY TOMATOES, ROASTED CORN, PEPPERS,
FRESH PARSLEY AND CITRUS VINAIGRETTE

LENTIL & QUINOA

TOMATOES, CUCUMBER, KALE, PARSLEY,
CRANBERRY WITH LEMON CILANTRO OLIVE OIL DRESSING

ROASTED CARROT GINGER SOUP

BUTTER, ROASTED ORGANIC CARROTS, WHITE ONIONS, GINGER, CINNAMON,
NUTMEG, BROWN SUGAR, VEGETABLE STOCK

CLASSIC VEGETABLE SOUP

DICED RED PEPPERS, YELLOW PEPPERS, POTATOES, CARROTS, CELERY, ONIONS,
CHOPPED MUSHROOMS, TOMATOES, VEGETABLE STOCK & HERBS



BRONZE

GOURMET BUFFET LUNCH

SANDWICH SELECTION

ONE SANDWICH PER PERSON
MAXIMUM 2 SANDWICH CHOICES- MINIMUM OF 10 PIECES

CALIFORNIA GRILLED CHICKEN CIABATTA BUN

BASIL PESTO, ROASTED RED PEPPERS, BALSAMIC GLAZED TOMATOES,
SLICED AVOCADO & ROMAINE

ROASTED CHICKEN, FETA & AVOCADO CIABATTA BUN

HUMMUS, AVOCADO SPREAD, PICKLED ONIONS, FETA SPREAD, ARUGULA & TOMATO

CHICAGO BEEF & DIP FRENCH STICK

SHAVED ITALIAN ROAST BEEF, GRILLED PEPPERS, PORTOBELLO MUSHROOMS,
SPICY JARDINIÈRE, FONTINA CHEESE

IN HOUSE ROASTED TURKEY CLUB CIABATTA BUN

ROASTED TURKEY BREAST, BACON, ROMA TOMATOES, CRANBERRY SPREAD,
FONTINA CHEESE. GARLIC AIOLI

CLASSIC CHICKEN SALAD WRAP

DICED CHICKEN, CELERY, RED ONION, RED PEPPERS, SLICED ROMA TOMATOES,
FRESH ARUGULA & HOMEMADE MAYO

ROASTED CAULIFLOWER WRAP**

BRAISED LENTILS, ROASTED EGGPLANT HUMMUS & CHIMICHURRI

GRILLED SUMMER VEGETABLE WRAP*

RATATOUILLE, RED PEPPERS, YELLOW PEPPERS, EGGPLANT, ZUCCHINI,
ROASTED RED PEPPER SAUCE & CREAMY FETA CHEESE

** VEGAN | * VEGETARIAN

\$37.50 PER PERSON

PRICES DO NOT INCLUDE 15% SERVICE CHARGE OR APPLICABLE TAXES
ROOM RENTAL CHARGES MAY APPLY FOR CERTAIN SETUP REQUIREMENTS
PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE



SILVER

ALL DAY WORKSHOP PACKAGES

MORNING OPTIONS

(BUFFET STYLE – SELECT ONE)

CONTINENTAL BREAKFAST

ASSORTED BREAKFAST PASTRIES
LOW FAT MUFFINS
BUTTER, MARMALADE AND RASPBERRY PRESERVES

- OR -

PROTEIN BAR STATION

PROTEIN BARS
LOW FAT MUFFINS
ASSORTED GOURMET PARFAIT YOGURTS
ASSORTED FRESH FRUIT SMOOTHIES



SILVER

ALL DAY WORKSHOP PACKAGES

LUNCH OPTIONS

SERVED BUFFET STYLE
INCLUDES BAG OF KETTLE CHIPS, CRUDITES BUNDLE & HOUSE MADE MONSTER COOKIE

STARTERS

(CHOICE OF TWO)

CALIFORNIA MIXED GREENS

CUCUMBERS, JULIENNE CARROTS, GRAPE TOMATOES,
SERVED WITH BALSAMIC OR RASPBERRY DRESSING

CHOPPED GREEK SALAD

SPRING MIX, CHOPPED KALE, ICEBERG LETTUCE, BLACK OLIVES, RED ONIONS,
CUCUMBER, CHERRY TOMATO, FETA CHEESE, RED WINE & OLIVE OIL DRESSING

ASIAN NOODLE SALAD

CHOW MEIN NOODLES, CILANTRO, GREEN ONIONS, DICED RED PEPPERS, DICED YELLOW PEPPERS,
JULIENNE CARROTS, BALSAMIC VINEGAR, SOY SAUCE, TOASTED SESAME SEEDS

THREE BEAN

CHERRY TOMATOES, ROASTED CORN, PEPPERS,
FRESH PARSLEY AND CITRUS VINAIGRETTE

LENTIL & QUINOA

TOMATOES, CUCUMBER, KALE, PARSLEY,
CRANBERRY WITH LEMON CILANTRO OLIVE OIL DRESSING

ROASTED CARROT GINGER SOUP

BUTTER, ROASTED ORGANIC CARROTS, WHITE ONIONS, GINGER, CINNAMON,
NUTMEG, BROWN SUGAR, VEGETABLE STOCK

CLASSIC VEGETABLE SOUP

DICED RED PEPPERS, YELLOW PEPPERS, POTATOES, CARROTS, CELERY, ONIONS,
CHOPPED MUSHROOMS, TOMATOES, VEGETABLE STOCK & HERBS



SILVER

ALL DAY WORKSHOP PACKAGES

LUNCH OPTIONS

MAIN ENTREE

(CHOICE OF ONE)

GRILLED JERK CHICKEN TACOS

SOFRITAS TACOS

SERVED WITH CILANTRO LIME BROWN RICE AND ASSORTED SALSAS

GRILLED GREEK CHICKEN SKEWERS

GRILLED VEGGIE KABOBS

HOUSE MADE PITAS, ROASTED LEMON POTATOES
AND OUR HOUSE MADE GREEK YOGURT MINT SAUCE

DETROIT STYLE GOURMET PIZZA

CHOICE OF 3 STYLES WITH HOUSE MADE ROASTED GARLIC AIOLI,
CHIPOTLE AIOLI, ROASTED JALAPEÑO FETA DIP

ARSTISAN POWER BOWLS

CHOICE OF 3 SERVED WITH GRILLED CHICKEN BREAST ON THE SIDE
MEDITERRANEAN BOWL, OMG TABBOULEH BOWL, MIAMI BEACH BOWL, YUCATAN BOWL,
FARMERS HARVEST BOWL

\$39.95 PER PERSON

PRICES DO NOT INCLUDE 15% SERVICE CHARGE OR APPLICABLE TAXES
ROOM RENTAL CHARGES MAY APPLY FOR CERTAIN SETUP REQUIREMENTS
PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE



GOLD

ALL DAY WORKSHOP PACKAGES

MORNING OPTIONS

(BUFFET STYLE - SELECT ONE)

EARLY BIRD BREAKFAST BUFFET

FRESH SLICED AND WHOLE FRUIT

SCRAMBLED EGGS WITH CHIVES, APPLEWOOD SMOKED BACON

BREAKFAST POTATOES OR SLICED LOCAL GROWN TOMATOES

DANISH, CROISSANTS AND MUFFINS

BUTTER, MARMALADE AND RASPBERRY PRESERVES

- OR -

BREAKFAST SANDWICHES

FRESH SLICED & WHOLE FRUIT

SCRAMBLED EGGS, HAM, CHEDDAR CHEESE & BACON

SCRAMBLED EGGS, ASPARAGUS, PEPPERS & WHITE CHEDDAR

SCRAMBLED EGGS, BACON, ORANGE CHEDDAR CHEESE



GOLD

ALL DAY WORKSHOP PACKAGES

PLATED / BUFFET LUNCH

SOUPS/SALADS

(CHOICE OF ONE)

BABY KALE CAESAR SALAD

CRISP BABY KALE, SHAVED FENNEL, HOUSE MADE HERBED BREADCRUMBS,
PARMESAN CHEESE, ROASTED GARLIC DRESSING

LOCAL GROWN SALAD GREENS

FRESH LOCAL 100KM GREENS
WITH YOUR CHOICE OF DRESSING:
HOUSE MADE BALSAMIC, RASPBERRY & POMEGRANATE, HONEY MUSTARD OR GREEK.

AWARD WINNING CARROT GINGER SOUP

ROASTED ORGANIC CARROTS, FRESH GINGER & CRÈME SWIRL

GARDEN VEGETABLE & LENTIL SOUP

AROMATIC ROOT VEGETABLES, GREEN LENTILS IN A VEGETABLE BROTH

CHOPPED KALE, BEET, WALNUT & GOAT CHEESE SALAD

CHOPPED KALE, SPRING MIX, GOLDEN BEET, WALNUTS, GOAT CHEESE,
APPLE CIDER VINAIGRETTE



GOLD

ALL DAY WORKSHOP PACKAGES

PLATED / BUFFET LUNCH

MAIN ENTRÉE

(CHOICE OF ONE)

5 OZ. ROASTED SKIN-ON BONELESS CHICKEN

LEMON BASIL SAUCE

SERVED WITH SKIN-ON MASHED POTATOES & SEASONAL LOCAL VEGETABLES

GRILLED BEEF SIRLOIN TIPS

MUSHROOM & ROASTED ONION GRAVY

SERVED WITH WILD RICE & ROASTED CARROTS.

MEDITERRANEAN CHICKEN KEBOBS

FRESH GREEK YOGURT/MINT SPREAD

SERVED WITH GREEK FRIES

ASIAN CHICKEN STIR FRY

NOODLES SERVED WITH A TOASTED CASHEW CRUMBLE

PANKO CRUSTED CHICKEN CUTLET

WITH LEMON HERBED GRAVY

PENNE ALFREDO

WITH JULIENNE CAJUN CHICKEN BREAST & GARLIC STICK

DESSERT

(CHOICE OF ONE)

STAWBERRIES & CREAM

LEMON THYME POUND CAKE

\$44.95 PER PERSON

PRICES DO NOT INCLUDE 15% SERVICE CHARGE OR APPLICABLE TAXES
ROOM RENTAL CHARGES MAY APPLY FOR CERTAIN SETUP REQUIREMENTS
PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE



BREAKS

ALL DAY WORKSHOP PACKAGES

**ADD ON TO ANY PACKAGE FOR ONLY
\$4.95 PER PERSON**

SWEET & NAUGHTY

ASSORTED MONSTER COOKIES

ITALIAN BISCOTTI

BROWNIE SQUARES

NAPA VALLEY

FRESHLY SQUEEZED HOMEMADE LEMONADE WITH MINT

MINI CRUDITE & DIP

FRUIT KEBOBS

FRUIT & CHEESE BOARD

VARIETY OF CHEESES & FRESH FRUIT