



Sheraton®
LE CENTRE
MONTREAL HOTEL

Meeting packages 2016

The Continental \$144

Breakfast

Yogurt parfaits (seasonal berries, natural honey, muesli and creamy yogurt)

Basket of freshly baked breakfast pastries

Creamy butter

Assorted jams

Platter of sliced fresh fruits

AM break

Strawberry, banana and seasonal berry smoothies

Sliced fresh fruits, dark chocolate and honey yogurt dips

Starbucks® coffee (regular and decaffeinated) and an assortment of Tazo® teas

Buffet lunch

Soup of the day

Assortment of three fresh salads

Basket of crudités and dip

Basket of potato chips

Assorted sandwiches on a variety of breads and healthy wraps

Pastry Chef's delights

Fresh fruit salad

PM break

Assorted homemade cookies

Dark chocolate covered almonds

Milk chocolate covered pretzels

Starbucks® coffee (regular and decaffeinated) and an assortment of Tazo® teas

Audio-video equipment

LCD projector package including screen and VGA cables

Slide advancer

High speed internet

Projector trolley



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The American \$156

Breakfast

Farm fresh scrambled eggs with a touch of chives
Thin homemade crêpes or French toast with maple syrup
Sausages and bacon
Old fashioned crispy potatoes
Basket of freshly baked breakfast pastries
Creamy butter
Assorted jams
Platter of sliced fresh fruits
Assorted cold cereals
Assorted yogurts

AM break

Whole fresh fruits
Cubed cheddar cheese
Starbucks® coffee (regular and decaffeinated) and an assortment of Tazo® teas

Buffet lunch

Miso soup and vermicelli noodles
Asian noodle salad with red onions, mint, coriander, spicy lime dressing
Pan fried fillet of tilapia with shiitake mushrooms and red miso demi-glace
Sesame crusted chicken, mandarine sauce
Steamed jasmine rice
Asian stir fried vegetables
Spring vegetable dumplings, soya and sesame sauce
Hot sauce
Mango and coconut cheese cake
Fruit salad with lychees

PM break

Crudités with dip
Assorted cheeses

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