



Breakfast made fresh in ABODE’s kitchen and served buffet style and include Premium Orange Juice, Fresh Brewed Coffee + Organic Herbal Teas.

**THE CONTINENTAL 12**

MINIMUM 10 GUESTS

**A lighter option for your guests**

Choose two from the following: house baked muffins, scones, (chive + cheddar, cranberry + orange, or almond + lemon + apricot), house made biscotti, ABODE’s seasonal jam + butter.

**WEST COAST 14**

MINIMUM 15 GUESTS

**A lighter option for your guests.**

Choose two from the following: house baked muffins, scones, (chive + cheddar, cranberry + orange, or almond + lemon + apricot), house made biscotti, ABODE’s seasonal jam + butter.  
Fresh cut fruit salad.

**HEALTHY START 15**

MINIMUM 15 GUESTS

Steel-cut oats with brown sugar+ sun dried cranberries, mini bagels with cream cheese, Madagascar vanilla bean yogurt, fresh cut fruit salad. (toaster provided)

**\*\*If your group has less then the Required Minimum persons, please contact us and we can design a special menu package for you.**

**YOGURT PARFAIT BAR 14**

MINIMUM 10 GUESTS

**A lighter option for your guests**

House made granola, Madagascar vanilla bean yogurt, fresh cut fruit salad, house baked muffin.

**SWEET RETREAT 17**

MINIMUM 15 GUESTS

French toast with ABODE’s seasonal compote, butter, syrup, whipped cream. Choice of bacon OR sausage.  
Fresh cut fruit salad.

**CANADIAN CLASSIC 17**

MINIMUM 15 GUESTS

Bacon, pork sausage, scrambled eggs, home-style potatoes, bread basket of white + whole wheat bread, ABODE’s seasonal Jam. (toaster provided)

**SUMMIT SPECIAL 24**

MINIMUM 25 GUESTS

Crispy bacon, pork sausage, scrambled eggs, home-style potatoes, French toast with syrup. A selection of danishes, Vanilla yogurt, house made granola, fresh cut fruit salad.

**BREAKFAST ENHANCERS**

per person

Eggs Benny	5
Smoked Salmon + Goat Cheese Benny	6
Granola + Yogurt	5
Fresh Cut Fruit Salad + Yogurt	4
Fresh Cut Fruit Salad	3
Pork Sausage	4
Scrambled Eggs	4



**Taxes and Gratuity not included  
Prices and menu items are subject to change**



### BEVERAGES

	PRICE
Coffee (10 cup pot)	18
Organic Herbal Teas	2.5
Soft Drinks	3
Single Serve Juice	3
San Pellegrino Sparkling Water	3.5
Limonata & Aranciata (San Pellegrino)	3.5
Bottled Water	3
Pitcher of Juice (1.5 litres)	20

### BREAK TIME BAKERY

	DOZ	½ DOZ
* Muffins	40	20
* Scones with House-made Season Jam	35	18
* Biscotti	28	15
* Rice Crispy Squares	24	12.5
Multigrain Bagels & Cream Cheese	40	20
* Cookies	20	
* Bite Size Brownies	18	
* Seasonal Mini Tarts	24	
Assorted Squares	25	
Trail Mix Bars	40	
House Baked Banana Walnut Loaf (10 large slices cut in half)	35 by loaf	
Assorted Deli Sandwiches	130	70

\* Baked in house

### PUT A PLATTER ON IT

Perfect for afternoon breaks.

	PRICE
Local Assorted cheese with crackers & baguette	90 / 125 / 170
Smoked salmon, bagels, capers red onion, cream cheese	160 / 175 / 235
Crudités with House-made Ranch	40 / 65 / 80
Fresh Fruit	45 / 70 / 110
Charcuterie platter with fresh baguette	75 / 120 / 195
Assorted Mediterranean grilled vegetables with house made hummus.	45 / 70 / 110

#### Guidelines for size and number of guests

Small 10-15 Guests    Medium 15-25    Large 25-35



**Taxes and Gratuity not included**  
**Prices and menu items are subject to change**



Lunches are made fresh in ABODE's kitchen, served buffet style and include a sliced fruit platter, cookies + dessert squares, fresh brewed coffee + organic herbal teas.

Our sandwiches feature premium smoked deli meats, fresh sockeye salmon, locally sourced vegetables on a variety of artisan breads + are served with seasonal scratch soups + complimented with a relish tray.

### EXPRESS BLUE HORIZON LUNCH 19

MINIMUM 10 GUESTS

Seasonally inspired soup of the day.

Sandwiches

\*Substitute a salad in place of soup at no charge.

### DELUXE WORKING LUNCH 21

MINIMUM 15 GUESTS

Seasonally inspired soup of the day.

Sandwiches

Choice of 1 salad

### SOUP + SALAD 13.95

MINIMUM 10 GUESTS

Seasonally inspired soup of the day + assorted rolls.

Choice of 1 salad

#### CHOICE OF SALAD:

Classic Caesar, Tabbouleh Quinoa salad, Artisan greens with a house-made Ranch dressing, and Potato salad

### GREEK LUNCH 20

MINIMUM 20 GUESTS

Classic Greek salad with tomatoes, cucumbers, feta and olives, chicken souvlaki (2 per person), rice pilaf, pita bread with a tangy tzatziki sauce.

### FAJITA BAR 20

MINIMUM 15 GUESTS

Chilli-lime marinated grilled chicken, Spanish rice, shredded cheese, Mexican black beans, corn salsa, guacamole, shredded lettuce, sour cream. Served with flour tortillas

\*Gluten free available upon request.



### PUMPED UP PASTA 17

MINIMUM 15 GUESTS

Rigatoni pasta Pomodoro, with ABODE's tomato Mornay sauce.

Penne pasta with Pesto cream sauce.

Served with classic Caesar salad and fresh garlic bread.

### CLASSIC COMBINATIONS 22

MINIMUM 25 GUESTS

Choose from 2 of the following:

**Amatriciana** – with chicken, bacon, onions, peppers in a tomato cream sauce

**Summer Shrimp Pasta** – Succhieta pasta tossed with shrimp, olives, artichokes, tomatoes, capers + Romano cheese in a light olive oil sauce.

**Tuscan Pasta** – Roasted red peppers, baby spinach sautéed in a house made Tuscan sauce on penne.

#### Meatball Pasta

Penne pasta served with house-made meatballs + ABODE's tomato Mornay sauce, classic Caesar salad + fresh garlic bread.

**Taxes and Gratuity are not included.**

**Prices and menu items are subject to change.**



## LUNCH + DINNER BUFFET

Lunch + Dinner Buffet's are created fresh in ABODE's Kitchen. They are served with Chef's choice of potato or rice to compliment the entree selections.

A selection of seasonal, garden fresh steamed vegetables & assorted fresh bread rolls are included

The dessert table includes a fresh fruit platter, & assorted dessert squares, fresh brewed coffee and organic herbal teas.

**LUNCH BUFFET** 27 per guest  
**DINNER BUFFET** 40 per guest

Minimum of 35 guests



**LUNCH Select 1:** Classic Caesar salad  
 Artisan greens with house made ranch dressing  
 Tradition Greek salad  
 Potato salad  
 Tabbouleh quinoa salad  
 Tuscan chick pea salad  
 Roasted red beets with orange

**DINNER Select 2:** Italian roast chicken  
 Chick pea Masala  
 Salmon with leeks in a white wine sauce  
 Meat balls + pasta with Penne pasta in a tomato + Mornay sauce  
 Summer shrimp pasta in a light olive oil sauce  
 Vegetarian lasagna or Lasagna Bolognese



Taxes and Gratuity are not included in the prices listed  
 Prices and menu items are subject to change.

**LUNCH BUFFET ENHANCMENTS** per person  
 Seasonal Soup of the Day 4  
 Extra Salad Choice 4  
 Extra Entrée Choice 8

**DINNER BUFFET ENHANCMENTS** per person  
 Smoked Salmon Platter 7.5  
 Carved Roast Beef Station (AAA sirloin with Yorkshire) 12  
 Carved Prime Rib of Beef (Certified Angus with Yorkshire) 16  
 Carved Ham Station 10  
 Tiger Prawn Platter 7  
 Assorted Deli Meat Platter 4  
 Assorted Cheeses 5  
 Chocolate Mousse 3



## RECEPTIONS



### APPETIZERS

Minimum 3 dozen each

HOT	DOZ
Chicken Satay with Peanut Sauce	28
Tiger Prawn Satay	32
Mini Vegetarian Quiche	20
Chicken Strips + Sweet Chili Sauce	28
Bacon Wrapped BC Diver	
Caught Sea Scallops	60
House-made Pulled Pork Sliders	40
Chili Lime Chicken Quesadilla Rolls	30
Canadian Rock Crab Cakes	45
with house-made Tartar	
Mexican Black Bean Tostadas	20
Veal + Beef Mini Meat Balls	30
Sesame Ginger Chicken + Red Pepper Skewer	20
Coconut Shrimp with Pineapple Mango Salsa	45
'Two Bite' Mushrooms stuffed with Goat Cheese filling, topped with fresh Reggiano	22
<b>COLD</b>	
San Danielle Prosciutto with balled Honeydew Melon	30
Balsamic Tomato with Bocconcini	20
Smoked Salmon + Goat Cheese on Cucumber	60



Seasonal food. Locally sourced. Skillfully prepared. Reasonably priced.

### PUT A PLATTER ON IT

Perfect for Evening Receptions

	PRICE PER SIZE
Assorted Cheeses (Local + Imported) with Crackers + Baguette slices	90 / 125 / 170
Smoked Salmon, Bagels, Capers, Red Onion, Cream Cheese	160 / 175 / 235
Crudités	40 / 65 / 80
Fresh Fruit	45 / 70 / 110
Charcuterie Platter with Fresh Baguette Slices + Olives + House-made Pickled Beans	75 / 120 / 195
Assorted Mediterranean Grilled Vegetables with Hummus	45 / 70 / 110
Tiger Prawns + Cocktail Sauce	65 / 95 / 150
Local Salt Spring Mussels	NA / 90 / 180
In a Choice of Tomato, White Wine OR Garlic + Lemongrass Served with Fresh Baguette Slices	

### Guidelines for size + number of guests

Small 10-15 Guests; Medium 15-25; Large 25-35

### TO FINISH

Minimum 3 dozen each

	DOZ
Fresh Fruit Skewer	24
Brownie with Melon + Strawberry Skewer	30
Single Serving Chocolate Mousse spoon	24
No Minimum Requirement	
Bite Size Brownies	18
Mini Seasonal Tarts	24
Rice Crispy Squares	25
Biscotti	28
Cookies	20
(chocolate chip, macadamia nut + white chocolate, oatmeal raisin, chocolate-chocolate chip)	
Assorted Squares	25
Chocolate Covered Strawberries	20

Passed Food Server Fee is \$100 per Server.

Taxes + Gratuity not included.

Menu + prices are subject to change



**GENERAL INFORMATION**

We offer **CASH** or **HOST** bars.

Last call for bar service is 30 minutes prior to the contracted end time of your event.

Purchase of \$300 (before tax) for Cash or Host bars, waives the bartender fee of \$150 plus taxes. Cash payments only for the Cash bar, as we do not accept debit or credit.

No outside beverages permitted in the event space.

**SOFT DRINKS**

- San Pellegrino 3.
- Soft Drink 3.

**PUNCH BOWL: 30 cups**

- Non-Alcoholic Fruit Punch 80.
- Sparkling Wine Fruit Punch 110.



**HIGH BALLS** 1oz

- Absolut, Bombay,
- Captain Morgan Black,
- Bacardi White, Canadian Club,
- Johnny Walker Red

**SPECIALTY SPIRITS** 1 oz

Specialty items are only available if requested prior to the event and have been included on the contract.

	<u>CASH</u>	<u>HOST</u>
Basil Haydens	10.	8.75
Bourbon Makers Mark	8.	7.
Buffalo Trace	9.	7.85
Courvoisier V.S.O.P	11.	9.60
Hendricks Small Batch	9.	7.85
Jameson Irish Whiskey	7.	6.10
Macallan 12 year old	16.	13.90
Grey Goose	9.	7.85

**SIMPLE MARTINI**

- Vodka or Gin 2 oz. 11. 9.60

**LIQUEURS** prices available upon request

Cash bar: taxes included.

Host bar: before taxes and 15% gratuity.

	<u>CASH</u>	<u>HOST</u>
<b><u>HIGH BALLS</u></b> 1oz	6.50	5.65

**HOUSE WINE BY GLASS** 6oz

	<u>CASH</u>	<u>HOST</u>
Peller Estates Proprietors Reserve White / Red	6.75	5.85

**BOTTLED BEER**

We have a selection of beers available		
prices from	6.75	5.85

**WINE BY THE BOTTLE**

**WHITE**

Proprietors Reserve (House Wine, BC)	24.
Peller Estates Heritage (Chardonnay, BC)	30.
Copper Moon (Pinot Grigio, BC)	30.

**SPARKLING**

Blue Mountain (Brut, BC Sparking)	55.
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**RED**

Proprietors Reserve (House Wine, BC)	24.
Jackson Triggs (Cabernet Sauvignon, BC)	30.
Peller Select (Merlot, BC)	30.
Red Rooster (Merlot, BC)	55.

*Cheers!!*