

Thursday, November 7, 2024

Time	Session Title
Registration 8:00 am to 9:00 am	Fresh Start (Continental Breakfast) Freshly baked croissants, danish, and muffins served with local preserves, butter and peanut butter (V) Sliced fresh fruits with yogurt dip (GF/V) Chilled juices, Starbucks coffee and Tazo teas
Refreshment Break 10:45 am to 11:05 am	Whole fresh fruit Fresh pastry selection – croissants, strudel, danish, cinnamon buns Muffins served with butter and house preserves - blueberry buttermilk (V), lemon cranberry (V), maple bacon Starbucks coffee and Tazo teas
Lunch 12:00 pm to 1:00 pm	The Drive Rosemary focaccia with roasted garlic, tomato basil bruschetta (VG) Tuscan white bean soup (GF/VG) Arugula, fennel, gorgonzola, walnut (nuts on side) salad, balsamic dressing (GF/V) Grape tomato & baby bocconcini salad, fresh basil, mustard green pesto, arugula (GV/V) Country garden salad, torn leaves, carrot, peppers, citrus dressing (GF/VG) Penne Bolognese Roasted chicken piccata, lemon and thyme Squash ravioli with almond pesto (V) Tiramisu (V) Sliced melon (GF/VG) Soft drinks, bottled juice, and water, Starbucks coffee and Tazo teas
Refreshment Break 2:00 pm to 2:30 pm	Something Sweet Break Assorted macarons, dessert squares, and chocolate covered strawberries (V) Starbucks coffee and Tazo teas
Refreshment break 3:15 pm to 3:35 pm	Starbucks coffee & Tazo teas
4:30 p.m. to 5:30 p.m.	Wine & Cheese Reception Imported cheese – cubes, slices & wedges of imported cheddar, brie, swiss, gouda & blue, served with grapes, crackers and crisps (V) Red and white house wine Soft drinks, bottled water

Friday, November 8, 2024

Time	Session Title
Breakfast 7:30 am to 8:30 am	Coal Harbour Fresh Start Ham & brie frittata (GF) Fresh croissants, local preserves, butter and peanut butter (V) Crispy bacon (GF) Chicken apple sausages (GF) Smashed nugget potatoes (GF/VG) Locally sourced granola served with greek yogurt and your choice of 2%, almond and/or soya milk (V) Seasonal fruit salad (GF/V) Chilled juices, Starbucks coffee and Tazo Teas
Refreshment break 10:45 am to 11:00 am	Large fresh baked cookies – chocolate chip, peanut butter, double chocolate chip, white chocolate macadamia, oatmeal Starbucks coffee and Tazo teas
Lunch 12:00 pm to 1:00 pm	Broadway Kits Warm pita bread (VG) Hummus (GF/VG) Traditional Greek salad – tomato, peppers, onion, olives, feta (GF/V) Tabbouleh quinoa – parsley, green onion, garlic (GF/VG) Spinach & kale caesar salad – classic house made dressing, croissant croutons, parmesan cheese, white balsamic drizzle Grilled beef and chicken souvlaki, tzatziki (GF) Spanakopita (V) Roasted lemon potato (GF/VG) Roasted summer vegetables (GF/VG) Rice pilaf (GF/VG) Baklava (V) Pistachio gelato (GF/V) Soft drinks, bottled water, Starbucks coffee and Tazo teas
Refreshment break 2:00 pm – 2:15 pm	Starbucks coffee and Tazo teas

GF – Gluten Free

VG – Vegan

V - Vegetarian