



# Breakfasts, Light Lunches & Desserts

## Continental Breakfast Buffet

\*\$ 8.00 per person (supplemental cost) \$22.00pp (non-guests)

- Selection of croissants, muffins & scones
- 7 grain granola oatmeal crumble
- Yogurt and fruit compote

## Sooke Harbour House Breakfast Buffet

\*\$ 15.00 per person (supplemental cost) \$35.00pp (non-guests)

- Fresh and dried fruit plates
- Yogurt and compote
- Sausages or rosemary ham
- Continental (selection of croissants, muffins, scones, 7 grain granola oatmeal crumble)

2 of the following:

- Eggs Benedict (caramelized onion OR smoked salmon on puff pastry with hollandaise)
- Goat cheese and herb frittata
- Buckwheat pancakes with maple syrup

## Deli Lunch

\$ 35.00 per person

Self assemble sandwich luncheon with soup and salads as follows:

- Chef's choice soup
- Sandwich toppings- lettuce, tomato, pickled peppers, red onion, Dijon mustard, mayonnaise
- Cheddar, Swiss and cream cheese
- Rosemary ham, smoked salmon
- Sourdough bread, baguettes and bagels
- Cookie or brownie platter

## A la Carte Desserts

1 choice- \$9.00 per person or 2 choices \$15 per person

- Dark chocolate mousse garnished with whipping cream
- Bread & butter pudding with hazelnuts & cranberries
- Apple tartlettes with caramel sauce
- Yogurt terrine with raspberry puree
- Garden flower jelly glazed champagne mousse
- Double chocolate mashed potato brioche with amaretto caramel

**\*\*Our rates include a hot "Chefs-choice" breakfast served in the privacy of our guestrooms. Should a group wish to have a "buffet" breakfast, a supplemental per person charge would apply. Should a group have any attendees that are not staying at the Inn (due to overflow for example), than a "non-guest" per person cost would apply.**



# Hors d'oeuvres, Nutrition Breaks & Enhancements

## Hot hors d'oeuvres:

- Scallop tartlet with feta cheese and oregano
- Chili mint pork, shrimp or chicken skewers with Shitake mushrooms
- Crispy shrimp wonton with plum Dijon mustard, lemon verbena dip
- Mussels baked with bread crumbs, roasted garlic and green onions
- Mini baked potato with whipped smoked sablefish and basil
- Spicy vegetable spring rolls with a Blue cheese thyme dip

## Cold canapés:

- Cucumber with brie cheese and flat leaf parsley
- Duck confit on a sour dough crisp with a red onion relish
- Fresh shucked oyster on the half shell with a red wine vinegar herb mignonette
- Barley sushi rolls with cilantro, scallion pickled vegetable and smoked tuna (or Vegetarian)
- Dungeness crab chive daikon radish roll
- Herb cream cheese Calendula petal crepe terrine

### Choose any 4 to create your own hors d'oeuvres menu

10 pieces per person  
\$29.95 pp

6 pieces per person  
\$19.95 pp

## A la Carte Enhancements

Per Person:

- Specialty cheese and cracker platter \$12.50
- Fruit preserves, yogurt and granola \$ 8.00
- Beverage service- coffee, tea, water \$ 3.95
- Soft drinks \$ 2.50
- Truffles (each) \$ 2.50
- Fruit platter \$ 4.50

By the dozen:

- Pastries \$30.00
- Biscotti \$20.00
- Croissants \$25.00
- Cookie Platter \$24.00

## Nutrition Breaks

Light Break: 2 cookies and 2 pastries, coffee, tea, water, juice \$12.50 pp

Deluxe: 1 cookie pp, 1 pastry pp, vegetable platter and fruit platter \$14.00 pp



# Lunch Buffet Selections

## Salad

- Sooke Harbour House edible greens & blossoms with a apple cider vinegar honey chive vinaigrette
- Sweet pepper cucumber salad with feta cheese and fresh basil
- Carrot raisin and red onion salt with mustard seeds, garlic, chili and chives
- Orzo salad with hazelnuts, mixed pickled vegetable and a rosemary dressing
- Balsamic vinegar roasted garlic chickpea salad with shitake mushrooms, broccoli & flat leaf parsley

## Vegetable

- Seasonal vegetables in herb butter
- Oyster mushroom, snap pea sauté with a red onion, mild chili garlic & mint
- Broccoli & roasted onion gratin with a blue cheese cream & chives

## Starch

- Carrot raclette cheese perogies in a sour cream sage sauce
- Herb roasted nugget potatoes with caramelized onions, Crimini mushrooms and roasted garlic butter
- Mixed vegetable pasta square in a tomato ginger cilantro sauce

## Main

- Herb baked halibut with scallion sour cream
- Grilled salmon with a sundried tomato thyme red onion relish
- Honey garlic roasted pork loin with dried fruit parsley chutney
- Cumin roasted chicken breast with a ginger oregano cream
- Braised lamb with oyster mushrooms, broccoli and a grainy mustard mint jus
- Bulgur wheat sundried tomato Crimini mushroom cabbage rolls with a carrot tomato lemon verbena sauce

## Dessert

- Dark chocolate mousse garnished with whipping cream
- Bread & butter pudding with hazelnuts & cranberries
- Apple tartlettes with caramel sauce
- Yogurt terrine with raspberry puree
- Garden flower jelly glazed champagne mousse
- Double chocolate mashed potato brioche with amaretto caramel

### Lunch Buffet Options

2 Salads  
1 Vegetable  
1 Starch  
2 Mains  
1 Dessert  
\$59.95

2 Salads  
2 Vegetables  
1 Starch  
2 Mains  
2 Desserts  
\$64.95

2 Salads  
2 Vegetables  
2 Starches  
3 Mains  
2 Desserts  
\$69.95



# A la Carte Lunch Selections

## Salad

- Sooke Harbour House edible greens & blossoms with lemon thyme vinaigrette
- Tomato salad with marinated grilled red onions, shitake mushrooms and a rosemary hazelnut dressing
- Beet walnut & feta cheese salad with oregano dressing

## Soup

- Wild mushroom with basil & hazelnut crusted goat's cheese
- Roasted tomato with chive crème fraiche and smoked salmon
- Parsnip with rosemary & wild rice steamed dumpling
- Spicy lentil with minted yogurt & a marinated lamb skewer
- Carrot ginger with lemon thyme
- Sweet onion with oregano
- Leek & potato with grand fir

## Appetizer

- Crispy squid with a tamari garlic mint vinaigrette & cucumber basil carrot salad
- Smoked salmon, caramelized onion, shitake cannelloni, miso braised daikon & pickled red onion herb salad
- Chicken Balentine stuffed with duck confit, served with dried cherry tarragon chutney, mustard seed cracker, grainy mustard emulsion & sweet n sour Napa cabbage
- Grilled scallops with cauliflower puree, blue cheese, cornmeal muffin & nasturtium leaf sauce
- Mild chili marinated pork served chilled with buckwheat noodles, cucumber and mint carrots in a sweet n sour sauce with crispy garlic oil and baby greens

## Main

- Grilled salmon with dried apricot mint couscous salad & cumin flat leaf parsley dressing
- Cornmeal crusted halibut in a shrimp lemongrass cilantro broth, assorted vegetables & buckwheat noodles
- Steamed sablefish with snap peas, sweet peppers & shitake mushrooms with a nasturtium leaf emulsion
- Crispy albacore tuna with a horseradish tamari scallion sauce, warm potato salad & arugula
- Grilled pork tenderloin with an argyle feta cheese, red onion, walnut salad & a mint emulsion
- Maple syrup & ginger glazed chicken breast, Dijon sage cream, grilled polenta & daikon, shitake mushroom salad
- Herb roasted lamb sirloin with rosemary jus, potato spring roll, wilted greens & carrots

## Dessert

- Dark chocolate mousse garnished with whipping cream
- Bread & butter pudding with hazelnuts & cranberries
- Apple tartlettes with caramel sauce
- Yogurt terrine with raspberry puree
- Garden flower jelly glazed champagne mousse
- Double chocolate mashed potato brioche with amaretto caramel

### **A la Carte Luncheon Options**

3 Course Set Menu  
\$58.95

3 Course with Choice of Main  
\$68.95

4 Course with Choice of Main  
\$72.95



# Dinner Buffet Selections

## Salad

- Sweet & sour buck wheat noodle salad with cilantro
- Sooke Harbour House edible greens & blossoms & grainy mustard, rosemary vinaigrette
- Beet, walnut & feta cheese salad with lemon thyme
- Tomato salad with marinated, grilled red onion, asparagus & a basil, hazelnut dressing
- Balsamic vinegar roasted garlic chickpea salad with shitake mushrooms, broccoli & flat leaf parsley

## Vegetable

- Seasonal vegetables in herb butter
- Oyster mushroom, snap pea sauté with a red onion, mild chili garlic & mint
- Broccoli & roasted onion gratin with a blue cheese cream & chives

## Starch

- Carrot raclette cheese perogies in a sour cream sage sauce
- Herb roasted nugget potatoes with caramelized onions, Crimini mushrooms and roasted garlic butter
- Mixed vegetable pasta square in a tomato ginger cilantro sauce

## Main

- Braised chicken legs in a preserved tomato rosemary sauce
- Honey glazed chicken breast with a basil meat stock reduction
- Herb baked salmon with minted yogurt
- Grilled halibut with a carrot juice cilantro emulsion
- Roasted pork loin with dried apricot, red onion chutney
- Red wine and garlic marinated lamb leg with lemon thyme jus
- Wild rice barley Shitake mushroom crepe bundle with a sweet onion mixed herb cream

## Dessert

- Dark chocolate mousse garnished with whipping cream
- Bread & butter pudding with hazelnuts & cranberries
- Apple tartlettes with caramel sauce
- Yogurt terrine with raspberry puree
- Garden flower jelly glazed champagne mousse
- Double chocolate mashed potato brioche with amaretto caramel
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### **Dinner Buffet Options**

2 Salads  
 1 Vegetable  
 1 Starch  
 2 Mains  
 1 Dessert  
 \$78.95

2 Salads  
 2 Vegetables  
 1 Starches  
 2 Mains  
 2 Desserts  
 \$88.95

2 Salads  
 2 Vegetables  
 2 Starches  
 3 Mains  
 2 Desserts  
 \$98.95



# A la Carte Dinner Selections

## Salad

- Sooke Harbour House edible greens and blossoms with a red wine vinegar maple sage vinaigrette
- Wild and cultivated mushrooms, barley salad in a cucumber ring with a dried cherry vinaigrette and Belgium endive
- Pickled vegetable mild chili mint salad with a garlic tuile, blue cheese and a hazelnut dressing
- Orzo, sundried tomato, green bean salad with a carrot emulsion, lemon thyme oil and crispy bread

## Soup

- Smoked fish broth with lemon Eucalyptus oil, Shitake mushrooms, soya beans and daikon
- Light Shrimp Cream with goats cheese raviolis, pear mustard seed chutney and scallions
- Parsnip Puree with Basil pesto, pickled sweet peppers and smoked tuna
- Roast carrot and ginger with beet perogie and rosemary sour cream
- Dungeness crab bisque with a roasted garlic crouton, blue cheese and chives

## Appetizer

- Sweet and sour barley, pickled vegetable stuffed tuna loin with a spicy chickpea puree, balsamic vinegar syrup, basil oil and baby greens
- Grilled scallops with a carrot red onion cilantro spring roll, wild greens and oyster mushroom with beet and tamari horseradish emulsions
- Crispy deep fried Quail with a warm lentil vegetable salad and a grainy mustard parsley meat stock reduction
- Lamb carpaccio with Montana cheese, pickled red onion, Dijon mustard, mint sauce and carrot chips
- Warm smoked salmon with a wild rice sunflower seed griddle cake, lemon thyme cream fraiche, apple chutney and arugula greens

## Main

- Grilled Halibut with carrot and lemon verbena emulsions, bulghur wheat stuffed onion, braised sweet and sour purple cabbage and snap peas
- Honey miso glazed Wild Salmon with a sundried tomato cream and pumpkin seed garlic puree, polenta, braised oyster mushrooms and wilted spinach
- Roasted Sablefish with a maple red wine vinegar tamari sauce and paprika parsley oil, clam potato bacon hash, cauliflower and bok choy
- Herb baked chicken breast in a sweet and sour mild chili cilantro jus with Buckwheat noodles and a julienne of seasonal vegetables
- Red wine and Dijon mustard marinated lamb loin with a red wine meat stock reduction and dried apricot mint puree, potato herb cake, broccoli and carrots
- Grilled spiced pork tenderloin with a sweet and sour molasses cumin sauce with a shrimp potato ravioli, Napa cabbage sauté and braised leeks
- Wild rice barley shitake mushroom crepe bundle with a sweet onion mixed herb cream

## Dessert

- Dark chocolate mousse garnished with whipping cream
- Bread & butter pudding with hazelnuts & cranberries
- Apple tartlettes with caramel sauce
- Yogurt terrine with raspberry puree
- Garden flower jelly glazed champagne mousse
- Double chocolate mashed potato brioche with amaretto caramel

## *A la Carte Dinner Options*

3 Course Set Menu  
\$69.95

3 Course with Choice of Main  
\$79.95

4 Course with Choice of Main  
\$84.95