



LUNCH

SANDWICH BOARDS

THE EXPRESS \$13

Assorted Dairy, Vegetarian & Meat Sandwiches on Fresh Baked Rolls (2pp)
Celery & Carrot Sticks with Dipping Sauce
Coffee, Tea

VEGETARIAN BISTRO \$14

Egg Salad, Tomato Brie, Cucumber, Swiss & Grilled Vegetables on Fresh Baked Croissants
Celery & Carrot Sticks with Dipping Sauce
Coffee, Tea

DELUXE 6 INCH SUB \$15

Smoked Chicken Breast, Ham & Cheese, Cold Roast Beef (1pp)
Celery & Carrot Sticks with Dipping Sauce
Assorted Soft Drinks

MYO BURGER \$15

Grilled Beef Burger with Condiments
Celery & Carrot Sticks with Dipping Sauce
Assorted Soft Drinks

MYO PRIME 360 FILET BURGER \$19

Grilled Filet Burger with Condiments
Celery & Carrot Sticks with Dipping Sauce
Assorted Soft Drinks

WRAP SESSION \$16

Assorted Tortilla Wraps with Dairy & Meat Fillings
Celery & Carrot Sticks with Dipping Sauce
Assorted Soft Drinks

JUMBO DELI \$20

Assortment of Large Deli Sandwiches on Fresh Baked Marble Rye Bread (1.5pp):
Montreal Smoked Meat
Seasoned Roast Beef
Smoked Chicken Breast
Honey Maple Ham
Celery & Carrot Sticks with Dipping Sauce
Kettle Chips & Pretzels
Assorted Soft Drinks

MintoSuiteHotel

185 Lyon Street North
Ottawa, Ontario K1R 7Y4

Phone: 613.232.2200
Fax: 613.782.2315

MintoSuiteHotel.com

Prices are per person and subject to taxes and service charge.





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LUNCH BUFFETS

EGG - CETERA

\$16

Brie, Spinach & Leek Quiche
Tossed Green Salad—Mixed Greens
with Cucumber, Tomato, Peppers,
Carrots with Honey Dijon Dressing
Freshly Baked Rolls & Butter
Coffee, Tea

MYO SANDWICH

\$21

Assorted Deli Cold Cut Platter:
Montreal Smoked Meat
Honey Maple Ham
Smoked Chicken Breast
Seasoned Roast Beef
Deli Potato Salad & Creamy Coleslaw
Celery & Carrot Sticks with Dipping Sauce
Fresh Sliced Dill Pickle Spears
Freshly Baked Rolls & Butter
Coffee, Tea

TUSCAN TABLE

\$19

Traditional Meat Lasagna
or Hearty Vegetable Lasagna
Caesar Salad—Crisp Romaine, Dressing,
Croutons & Parmesan Cheese
Freshly Baked Rolls with a Crock
of Whipped Garlic Butter
Coffee, Tea

MYO FAJITA'S

\$24

Fresh Whole Wheat & White Tortillas
Chicken Breast and/or Sirloin of Beef
Sautéed Bell Peppers & Onions
Salsa, Guacamole, Canadian Cheddar
Cheese, Shredded Iceberg Lettuce
Coffee, Tea
*Add Mexican Rice with Black Beans
for \$3 per person*

LIVERPOOL

\$16

Individual Chicken or Beef Pot Pies
Tossed Green Salad—Mixed Greens
with Cucumber, Tomato, Peppers,
Carrots with Honey Dijon Dressing
Freshly Baked Rolls & Butter
Coffee, Tea

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LUNCH ENHANCEMENTS

For Sandwich Boards or Lunch Buffet

PER PERSON

Soup of the Day	\$4	Tortilla Chips with Salsa & Guacamole	\$6
Tossed Green Salad with Honey Dijon Dressing	\$4	Fresh Sliced Fruit	\$6
Caesar Salad with Homemade Croutons & Parmesan Cheese	\$5	Fresh Fruit Brochettes	\$7
Sweet & Sour Meatballs	\$6	Nature Valley Bars or Energy Bars	\$5
Vegetable Rice	\$4	Yogurt with Fruit & Granola Parfait	\$5
Black & Green Olives or Fresh Sliced Dill Spears	\$3	Premium Ice Cream Bars	\$5
Potato Salad or Creamy Coleslaw	\$4	Homemade Fruit Salad	\$4
Assorted Cookies	\$3	Assorted Soft Drinks or Chilled Juices or Bottled Water	\$3
Fresh Baked Butter Tarts	\$3	Perrier or Carbonated Fruit Juices	\$5
Apple Squares	\$4	Sports Energy Drinks or Red Bull	\$5
Fruit Tarts	\$5	Vegetable Cocktail or Tomato Juice	\$4
Brownies	\$4	Coffee or Tea	\$3
Chocolate Dipped Apples	\$7		
Chocolate Dipped Strawberries	\$9	PER ITEM	
Banana Bread or Apple Date Bread	\$3	Iced Tea Pitcher	\$20
Assorted Biscotti	\$5	Milk Pitcher (Skim, 2%, Whole)	\$20
Assorted French Pastries	\$5	Fruit Juice Pitcher	\$20
Kettle Chips or Pretzels	\$5	Lemonade Pitcher	\$20
		Still Water (1.5 Litre Bottle)	\$6
		Sparkling Water (750 ml Bottle)	\$7

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LUNCHEON BANQUET

SET MENU A

\$31

Soup of The Day or Garden Salad

Choice of Main:

Deluxe Vegetarian Penne Pasta with
Grilled Vegetables in a Rose Sauce

Half of an Oven Roasted Chicken
Glazed with Herbs & Honey

Grilled Fresh Atlantic
Salmon in Dill Butter

Choice of Side:

Chef's Potato or Seasoned Basmati
Rice & Chef's Vegetables

Choice of Dessert:

Triple Chocolate Pecan Pie

Cheesecake of the Day

Chocolate Layer Cake

Freshly Baked Rolls & Butter

Coffee, Tea

SET MENU B

\$38

Soup of The Day or Garden Salad

Choice Of Main:

Thick Cut Pork Chop (10 oz)

Grilled Fresh Chicken Breast
in a Forestière Sauce

Top Sirloin Steak (8 oz)
with a Peppercorn Sauce

Choice of Side:

Chef's Potato or Seasoned Basmati
Rice & Chef's Vegetables

Choice of Dessert:

Triple Chocolate Pecan Pie

Cheesecake Of The Day

Chocolate Layer Cake

Fresh Baked Rolls & Butter

Coffee, Tea

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