

# HAPPY EARTH MENUS



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Our Happy Earth menus are composed of predominantly certified organic ingredients, free range and wild foods.

## GREEN BREAKFAST BUFFET

Fresh squeezed organic orange and apple juices  
Organic fruit platter with organic natural yogurt and granola  
Scrambled free range eggs with wild mushrooms  
Organic bacon and breakfast sausages  
Organic red potato and sweet pepper sauté  
Organic blueberry muffins and whole wheat croissants  
Organic coffee, organic teas with Avalon Dairy milk and cream

**\$37.00** (minimum 100 guests)

## GREEN COFFEE BREAK

Organic coffee, organic teas with Avalon Dairy milk and cream

**\$5.25 per guest per break** (minimum 50 guests)

or

**\$100.00 per gallon** (one gallon serves 20 cups)

or

**\$50.00 per airpot** (one airpot serves 10 cups)

## GREEN PLATED LUNCH

Organic sourdough rolls with organic butter  
—  
Organic spring salad  
Organic yogurt and herb dressing  
—  
Wild Pacific salmon filet, organic roma tomato fondue  
Organic quinoa pilaf  
Organic farmer's market vegetables  
—  
Organic lemon and free range egg tart  
—  
Organic coffee, organic teas with Avalon Dairy milk and cream

**\$50.00** (minimum 100 guests)

# HAPPY EARTH

## GREEN PLATED DINNER

Organic sourdough rolls with organic butter

—

Wild smoked tuna on  
Organic cucumber salad

—

Organic banana squash soup

—

Organic chicken breast, wild chanterelle cream  
Roasted organic yellow potato wedges  
Organic farmer's market vegetables

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Organic ricotta cake (made with free range eggs)  
Fresh strawberry sauce

—

Organic coffee, organic teas with Avalon Dairy milk and cream

**\$76.00** (minimum 100 guests)