

LEG 1 – OTTAWA-LONDON

VIP BREAKFAST MENU

Main Choice 1

*French Crepes with Caramelized Apples
Served with organic sausage and pumpkin home fries*

Main Choice 2

*White cheddar cheese omelette with mushroom and spinach
Served with organic bacon
and skillet breakfast potatoes and sliced avocado*

BUSINESS CLASS BREAKFAST MENU

Main

*White cheddar cheese omelette with mushroom and spinach
Served with organic bacon
and skillet breakfast potatoes and roasted zucchini*

****All breakfast hot meals will be served with blueberry muffin, butter, vanilla yogurt,
and assorted freshly sliced fruit cup.****

VIP DINNER MENU

Main Choice 1

*Organic roast beef with peppercorn sauce
PEI mashed potatoes
Grilled asparagus seasoned with lemon pepper*

Main Choice 2

*Maple glazed salmon
Steam lentils and oregano
Skillet green beans with red pepper flakes*

Salad

*Broccoli, sunflower seed, sliced almonds, carrot julienne
Grilled organic bacon
sweet and citrus vinaigrette*

Dessert

Pecan Carrot cake with cream cheese frosting, fresh fruit

BUSINESS CLASS DINNER MENU

Main

*Organic roast beef with peppercorn sauce
PEI mashed potatoes
Grilled asparagus seasoned with lemon pepper*

Vegetarian/Vegan Option

Tofu with teriyaki sauce

Salad

*Broccoli, sunflower seed, sliced almonds, carrot julienne
Grilled organic bacon
sweet and citrus vinaigrette*

Dessert

Pecan Carrot cake with cream cheese frosting, fresh fruit

LEG 2 – LONDON-OTTAWA

VIP DINNER MENU

Main Choice 1

*Prawns Pernod (hearty vegetable tomato sauce, prawns flambéed with Sambuca)
Served on butter herb (parsley) linguine
Topped with parmesan shavings*

Main Choice 2

*Organic Chicken Roulade stuffed with grated parmesan and fresh oregano
Baked potato seasoned with thyme served with butter, sour cream and chives
Roasted Brussels Sprouts*

Salad

*Romaine salad with sliced radish and cucumber, crumbled feta
pumpkin seed seeds
Served with honey dill vinaigrette*

Dessert

Panna Cotta with blackberries on top, fresh fruit

BUSINESS CLASS DINNER MENU

Main

*Organic Chicken Roulade stuffed with grated parmesan and fresh oregano
Baked potato seasoned with thyme served with butter, sour cream and chives
Roasted Brussels Sprouts*

Salad

*Romaine salad with sliced radish and cucumber, crumbled feta
pumpkin seed seeds
Served with honey dill vinaigrette*

Dessert

Panna Cotta with blackberries on top, fresh fruit

VIP LATE DINNER MENU

Main Choice 1

*Organic Lamb Shepherd's Pie served with roasted rainbow carrots and roasted zucchini
Seasoned with kosher salt and pepper*

Main Choice 2

*Asian Steamed Seabass, Beurre Blanc Sauce (butter, cream, dill, white wine)
Served with Grilled Baby Aubergine, Courgettes, steamed wild rice*

Salad

*Tasty Barley salad with wild rocket and caramelized figs, and parmesan
Balsamic and Honey Vinaigrette*

Dessert

Saffron Poached Pear with cinnamon compote

BUSINESS CLASS LATE DINNER MENU

Main

*Lamb Shepherd's Pie served with roasted rainbow carrots and roasted zucchini
Seasoned with kosher salt and pepper*

Vegetarian/Vegan Option

Sundried Tomato and Spinach Tortiglioni Pasta

Salad

*Tasty Barley salad with wild rocket-and caramelized figs, parmesan
Balsamic and Honey Vinaigrette*

Dessert

Saffron Poached Pear with cinnamon compote

******All hot-meals will be served with, fresh white bread roll, butter, (salad, dessert as per above),
cheese and crackers***