



# catering menu 2026



WHERE INSPIRATION FLOWS.



## Menu Planning

Our approach to food and beverage focuses squarely on producing seasonal menus that are distinctly Niagara. Presented in the most creative ways, and bursting with regional flavours, your menu choices will reflect our commitment to natural ingredients and house-made preparations.

Nestled between the shores of two Great Lakes and flanked by the cliffs of the Niagara Escarpment, Niagara is a region blessed with the bounty of farms, orchards, and vineyards. With such rich agricultural surroundings right in our background, it's no wonder our culinary team at Niagara Falls Convention Centre is so passionate about what they do.

**The 2026 Catering Menu is subject to change, please contact your Account Director or Events Manager for the most recent menu.**





# The Continental

A selection of house baked Danish pastries, individual yogurts, fresh fruit display, seasonal quick breads and hard-boiled eggs. An assortment of teas, juices and coffee as well to start off the morning. Includes Freshly Brewed Regular and Decaffeinated Coffee, a variety of Teas and Assorted Juices.

## Add - Ons:

### Bagel Bar

Welcome guests with a selection of locally sourced Bagel Oven bagels. The bagel bar includes Greaves Preserves and a variety of Whipped Cream Cheeses including Herbs, Charlie Bee Honey, and Maple. Also enjoy a House Smoked Fish Display to accompany your bagels.

### The European

A selection of Cured Meats, Summer Sausages and Sliced Cheeses. A selection of Sweet and Savory Scones made in house with Whipped Butter

### The Scramble

Add warm Scrambled Eggs to your Continental. With Canadian Cheese Curds and Chives.

### The Patisserie

House made selection of Strudels, Coffee Cakes, and Assorted Quiches.

### Cinnamon Scented Steel Cut Oats

Served with a variety of Berries and Diced Fruit, Nuts and Seeds, Sweeteners, and a Variety of Milks

-  **Dairy Free**
-  **Gluten Free**
-  **Vegetarian**
-  **Vegan**
-  **Halal**

All orders require a minimum of 50 guests.



# Hot Breakfast

Includes Freshly Brewed Regular and Decaffeinated Coffee, a variety of Teas and Assorted Juices.

## Hot Breakfast 1

- Assorted Fresh Baked Muffins**
- Imported Fruit Display**
- Mini White Potato Coins**
- Fresh Niagara Mushroom Frittata**  
with Ontario Goat Cheese
- Locally Sourced Bacon**
- Maple Breakfast Links**
- Toast Station**  
with Greaves Preserves & Whipped Butter

## Hot Breakfast 2

- Freshly Baked Danishes**
- Fresh Grapes and Citrus Segments**
- Greek Yogurt Parfaits**
- Yukon Potato Wedges**
- Locally Sourced Smoked Peameal**
- Thick Cut Applewood Bacon**
- Scrambled Eggs**   
with Brie and Chives
- Toast Station**  
with Greaves Preserves & Whipped Butter

## Hot Breakfast 3

- Seasonal Fruit Smoothies**
- Fresh Baked Bran Muffins**
- Fresh Fruit Display**
- Steel Cut Oats**   
with Assorted Toppings and Milks
- Sourdough French Toast**   
with Local Ricotta and Blueberries
- Seed 2 Sausage Apple-Sage Breakfast Sausage**
- Scrambled Eggs**   
with Slow Roasted Tomatoes
- Toast Station**  
with Greaves Preserves & Whipped Butter



- Dairy Free**
- Gluten Free**
- Vegetarian**
- Vegan**
- Halal**

All orders require a minimum of 50 guests.



## Morning Breaks

Includes Freshly Brewed Regular and Decaffeinated Coffee & Variety of Teas.

### Mid Morning

Mini Croissants  
Banana and Zucchini Breads  
Assorted Mini Quiches  
Sliced Fruit Display

### Healthy Boost

Carrot Quinoa Muffins ⓘ  
Truffle Energy Bites ⓘ ⓘ  
Coconut Berry Smoothies ⓘ ⓘ

### Niagara Falls Sunrise

Assorted Mini Danishes  
Cranberry Lemon Loaf  
Cheddar Chive Scones

## Afternoon Breaks

Includes Freshly Brewed Regular and Decaffeinated Coffee & Variety of Teas.

### Sweet Tables

Assorted In-house Cookies  
Brownies  
Powdered Donuts  
Cinnamon Churros with Dulce de Leche

### Savoury Nibbles

Paz Bakery Cheese Dots  
Compressed Watermelon & Feta  
Vegetable Crudité with RRP Hummus  
NFCC Sausage Rolls

### Bites and Dips

Pretzel Bites - Caplansky's Mustards  
Kettle Chips - Roasted Onion Dip  
Assorted Fruits - Honey Yogurt

\*Service time for the Morning Breaks and Afternoon Breaks is for 15-30 minutes.

## NFCC Market Breaks

Includes Freshly Brewed Regular and Decaffeinated Coffee, a variety of Teas and Assorted Juices.

## All day-break & Half day-break available

The NFCC Market Buffet Stations will be stocked with hot and cold beverages and freshly prepared snacks from our kitchen all day long starting just 30 minutes after breakfast closes and lasting the entire day.

At each market station you can expect to see an arrangement of sweet, salty and healthy options for your delegates to munch on throughout the day and plenty of beverage options to wash it down with.

-  **Dairy Free**
-  **Gluten Free**
-  **Vegetarian**
-  **Vegan**
-  **Halal**

All orders require a minimum of 50 guests.



# Build Your Own Break

## Viennoiserie

(Minimum 2dz per selection)

- Fruit Danish
- Pain au Chocolat
- Mini Croissants
- Apple Turnovers

## Breakfast Pastries

(Minimum 2dz per selection)

- Kim's Sweet & Savoury Scones
- Cinnamon Rolls
- Muffins
- Banana Loaf
- Cranberry Lemon Loaf

## Cookie Bonanza

(Minimum 2dz per selection)

- Chef's Selection
- Chocolate Chip
- Double Chocolate
- Cinnamon Oatmeal Raisin
- Red Velvet
- Chocolate Chip  

## A La Carte Beverage

- Coffee and Tea
- Assorted Juices
- Assorted Soft Drinks
- Bottled Water
- Fruit Smoothies

## Health Highway

- Individual Yogurts
- Sliced Fruit Display
- Crudité with House Made Red Pepper Hummus
- Mint Scented Compressed Watermelon and Feta
- Truffle Energy Bites
- Protein Granola Balls





# Soup & Sandwich Buffet

Includes Freshly Brewed Regular and Decaffeinated Coffee, a variety of Teas and assorted Cold Beverages.

## Soup

(Choose 2 - Suggest 1 Vegan)

**Curried Lentil and Coconut**  

**Niagara Mushroom**  

**Tuscan Bean and Kale**  

**Zuppa de Farro**

(Spelt Kernels, Pancetta, Chicken Broth, Vegetables)

**Beef Barley** 

**Seafood Chowder**

**Smoked Chicken Noodle** 

## Sandwiches

(Choose 3 + 1 Vegetarian):

**Falafel Pita** 

Pickled Turnips, Red Onions, Cucumber, Tomato, Alfalfa Sprouts, Tahini Za-atar Yogurt

**Roasted Vegetable 'Muffaletta'** 

Zucchini, Peppers, Onions, Eggplant, Arugula, Balsamic

**Grilled Halloumi** 

Ciabatta, Avocado, Shaved Cucumber, Yellow Peppers, Tomato, Pickled Carrot, Arugula

**Egg Salad on Celery Seed Croissant**

Mayo, Onion, Celery

**Tuna Salad on Multigrain Croissant**

Red Onion, Celery, Peppers, Old Bay, Mayo

**Mortadella**

In House Focaccia, Whipped Ricotta, Giardiniera, Arugula, EVOO, Pistachio

**Ham on Multigrain Baguette**

Swiss Cheese, Dijonaise, Tomato, Greens

**Smoked Turkey on Herb Baguette**

Havarti, Sundried Tomato Mayo, Tomato, Pickled Onion, Arugula

**Heritage Roast Beef on Classic Baguette**

Cheddar, Horseradish Aioli, Pickled Fennel

**Chicken Salad Wrap** 

Dawsons Hot Sauce, Triple Crunch, Thai Basil, Scallion, Shred Lettuce

## Salads

(Choose 2)

**German Potato Salad**  

Bacon, Crunch Mustard, Scallion, Vinaigrette

**Grilled Vegetable Pasta Salad** 

Orzo, Feta, Olives, Peppers

**Mac Salad** 

Elbow Pasta, Red Onion, Celery, Scallion, Peppers, Carrot Dressing

**Vision Greens**  

Giardiniera, Shaved Romano, Balsamic Vinaigrette

**Barley & Israeli Cous Cous**  

Corn, Peppers, Onions, Orange & Cumin Vinaigrette

## Desserts

**Mocha Cookie Sandwich** 

Double Chocolate Chip Cookie, Mocha Buttercream

**Triple Berry Fruit Tart** 

Icewine Pastry Cream, Triple Berry Compote, Mint

## Hot Sandwich Upgrade

**Open Face Georgian Reuben on Marbled Rye**

Turkey, Swiss, Sauerkraut, Russian Dressing

**Hot Beef Sando on Kummelweck Bun** 

Slow Roasted Beef, Caramelized Onions, Merlot Cheese, Horsey Sauce

**Porchetta Sandwich on Semolina Bun** 

Tomato Jam, Arugula

**Niagara Cubano**

Deli Ham, Slow Roasted Pork, Mustard, "Quickles", Banana Peppers, Swiss Cheese

 **Dairy Free**  **Gluten Free**

 **Vegetarian**  **Vegan**

 **Halal**

All orders require a minimum of 50 guests.



# Italian Buffet

Includes Freshly Brewed Regular and Decaffeinated Coffee, a variety of Teas and assorted Cold Beverages.

## Salads

### (Choose 2 Options)

#### **Caprese Salad**

Pesto Marinated Bocconcini, Cherry Tomatoes, Fresh Arugula

#### **Dirty Chopped Salad**

Pepperoncini, Red Onions, Tomatoes, Olives, Chickpeas, Fresh Mozzarella, Cubed Salami, RRP

#### **Panzanella Salad**

Heirloom Tomatoes, Red Onions, Cucumbers, Sourdough Croutons, Oregano Vinaigrette

## Pasta

### (Choose 2 Options)

#### **Ricotta Ravioli**

Butternut Squash, Brown Butter Velouté, Sage

#### **Rigatoni Bolognese**

Soffritto, Tomatoes, Milk

#### **Fusilli Puttanesca**

Capers, Olives, Anchovies, Tomatoes, Fresh Parsley

#### **Cannelloni**

Fresh Ricotta, Tomato Sugo

#### **Salsiccia E Zucca**

Orecchiette, Italian Sausage, Squash, Cream

#### **Pasta Piselli**

Mini Shells, Vegetable Velouté, Spring Peas, Pecorino, Mint

#### **Smokey Melanzane**

Mini Shells, Roasted Eggplant, Smoked Cream, Tahini

## Protein

### (Choose 1 Option)

#### **Manzo alla Genovese**

Braised Beef, White Wine, Soffritto

#### **Polpette e Salsiccia**

Meatballs, Sausage, Tomato Sugo

#### **Chicken Parmigiano**

Breaded Cutlets, Tomato Sugo, Parmigiano

#### **Chicken Cacciatoro**

Braised Chicken Thighs, Onions, Peppers, Tomato Sugo

#### **Pesce Pomodoro**

Steamed Rock Fish, Cherry Tomato Herb Gremolata

## Desserts

#### **Tiramisu**

Coffee Soaked Sponge, Mascarpone, Cocoa

#### **Cannoli**

Fresh Ricotta, Citrus, Pistachio

## Add-On

### Add additional Protein Option

#### **Grilled Vegetable Display**

Zucchini, Peppers, Red Onions, Eggplant, Balsamic Vinaigrette, Fresh Herbs

#### **Tagliere de Salumi e Formaggi**

In addition to Grilled Vegetables, variety of sliced meats and cheeses

-  **Dairy Free**
-  **Gluten Free**
-  **Vegetarian**
-  **Vegan**
-  **Halal**

All orders require a minimum of 50 guests.



# Mexican Menu

Includes Freshly Brewed Regular and Decaffeinated Coffee, a variety of Teas and assorted Cold Beverages.

## Soups, Salads, Totopos

### (Choose 3 Options)

#### Tortilla Soup

Tomato, Chicken, Hominy, Tortilla Chips, Avocado, Queso

#### Vegetable Chili

Tomato, Sweet Potato, Bean Medley, Corn, Chipotle, Poblano Pepper, Cumin

#### Vision Greens Mexicana

Avocado, Tomatoes, Red Onions, Tortilla Strips, Tequila Lime Vinaigrette

#### Mexican Street Corn

Corn, Black Beans, Cilantro, Cotija, Cumin Vinaigrette

#### Spiced Tortilla Chips

Salsa, Coriander Sour Cream, Guacamole

## Entrée

### (Choose 4 Protein Options)

#### Birria Taco

Braised Beef, White Onion, Queso, Cilantro, Corn Tortilla

#### Crispy Chicken

Chopped Chicken, Coriander Relish, Shredded Lettuce, Radish, Wheat Tortilla

#### Fried Fish Taco

Crispy Fish, Shredded Cabbage, Pickled Chili, Chipotle Aioli, Wheat Tortilla

#### Pork Carnitas

Shredded Pork, Pickled Onion, Lime Crema, Jalapeno, Wheat Tortilla

#### Crispy Spiced Mushroom

Cumin Niagara Mushrooms, Pickled Red Chili, Cilantro, Tortilla

#### Beef Enchiladas

Birria Braised Beef, Tomato, Spices, Tortilla

#### Chicken Enchiladas

Pulled Chicken, Green Tomatillos, Wheat Tortilla

## Hot Side

### (Included)

#### Spanish Rice

Onions, Garlic, Tomatoes, Mexican Oregano

## Desserts

### (Choose 2 Options)

#### Tres Leches

Fresh Cream, Strawberries, Sponge (V)

#### Churros

Served with Dulce de Leche (V)

#### Flan Mexicana

Caramel Custard

## Add-On

### Prickly Pear and Cold-Water Shrimp Ceviche

#### Empanadas

Variety of flavours





# Niagara BBQ Menu

Includes Freshly Brewed Regular and Decaffeinated Coffee, a variety of Teas and assorted Cold Beverages.

## Salads

(Choose 2 Options)

### Triple Bean Salad

Bean Medley, Triple Crunch, Feta

### Coleslaw

Green and Red Cabbage, Green Onion, Carrot, Celery Seed

### Buttermilk Ranch Wedge Salad

Iceburg Lettuce, Bacon, Crumbled Blue Cheese, Cherry Tomato

## BBQ Entrées

(Choose 2 Options)

### House Smoked Sausage

### Smoked Chicken Legs

### Pulled Pork – Sandwich

### BBQ Pork Ribs

### Buttermilk Fried Chicken

## BBQ Entrées - Vegetarian

(Choose 1 Option)

### Grilled Portobello Mushroom

### BBQ Cauliflower

### Plant-Based Smoked Sausage

## Hot Side

(Choose 2 Options)

### Molasses Baked Beans

Navy Beans, Tomato, Bacon, Molasses

### Baked Mac and Cheese

Elbow Macaroni, Cheddar, Monterey Jack

### Smashed Crispy Potatoes

Creamer Potatoes, Old Cheddar, Cumin

### Corn on the Cob

Fresh Herb Butter

## Desserts

(Choose 2 Options)

### Bourbon Pecan Squares

Bourbon butter tart filling

### Mini Apple Pies

Cinnamon Scented, Streusel Topping

### Smores Brownies

Layered Graham Cracker Brownie with Torched Marshmallow

## Add Ons:

### Brisket on a Bun

Kummelweck Bun, Mustards, Horseradish

### Add additional Meat or Vegetable

### Option for Protein Selection

### Add Protein to Mac and Cheese

- Dairy Free**
- Gluten Free**
- Vegetarian**
- Vegan**
- Halal**

All orders require a minimum of 50 guests.





# Fusion Lunch Buffet

Includes Freshly Brewed Regular and Decaffeinated Coffee, a variety of Teas and assorted Cold Beverages.

## Fusion Lunch Buffet 1

### **Chickpea Salad**

with Lemon Tahini, Hot House Cucumber and Mint

### **Vision Greens**

with Pickled Vegetables and Shaved Niagara Gold

### **Marinated Beet Salad**

with Horseradish Crema, Niagara Red Wine Syrup and Cress

### **Roasted Atlantic Salmon**

with Lemongrass and Ginger Crunch

### **Hat Yai Chicken**

with Crispy Shallots and NFCC Hot Honey

### **Maple Roasted Carrots**

with Toasted Seed Dukkah

### **Garlic Scented Jasmine Rice**

### **Milk Chocolate Pot de Crème**

Gretzky Creamed Whiskey Whipped Ganache

### **Lemon Meringue**

Lemon Curd, Vanilla Bean Torched Meringue

## Fusion Lunch Buffet 2

### **Green & White Bean Salad**

with Crunchy Mustard and Sheep's Milk Feta

### **Hot House Cucumber Salad**

with Dried Fruits and Toasted Seeds

### **Miso Roasted Vegetables**

### **Baco Braised Ontario Beef Blade**

with Oyster Mushrooms and Roasted Shallot Jus

### **Slow Roasted Pork Loin**

with Fig, Buckwheat, Honey and Walnuts

### **Salt Roasted Potatoes**

with Rosemary and Garlic

### **Banoffee Éclair**

Dulce de Leches, Bananas, Fresh Cream

### **Niagara Forest Trifle**

Cherry Compote, Chocolate Mousse, Kirsch Cream

-  **Dairy Free**
-  **Gluten Free**
-  **Vegetarian**
-  **Vegan**
-  **Halal**

All orders require a minimum of 50 guests.



# Plated Lunch

## Appetizer

(Choose 1 Option)

### **Vision Greens**

Whipped Evi's Passion Brie Pickled Vegetables

### **Goat Cheese and Beet**

Sous Vide Beets, Carrot Nage, Candied Walnuts

### **Mushroom Tart**

Goat Cheese, Thyme and Brandy Soubise, Micro Arugula

## Entrée

(Choose 1 Option)

### **Chicken Supreme**

Warm Quinoa, Cabbage, Red Wine Poached Shallot, Jus

### **Roasted Salmon**

French Lentils, Broccolini, Wine Poached Fennel, Citrus Beurre Blanc

### **Rotolo all Ricotta**

Fresh Tomato Sauce, Blistered Tomato, Basil Oil

### **Pork Duo**

Sous Vide Tenderloin, Crisp Belly, Squash, Apple Butter, Arancini

## Dessert

(Choose 1 Option)

### **Lemon Mousse**

Chiffon Sponge, Raspberry Coulis, Lemon Peel, Citrus Tuile

### **Chocolate Swerve**

Dark Chocolate Bavarois, Caramel Center, Chocolate Cake, Passion Fruit

---

### Bread Service

### Coffee/Tea

Add On:

### **Nathan's Rosemary Foccacia**



 **Dairy Free**

 **Gluten Free**

 **Vegetarian**

 **Vegan**

 **Halal**

All orders require a minimum of 50 guests.



# Reception – Hors D'oeuvres



- Dairy Free**
- Gluten Free**
- Vegetarian**
- Vegan**
- Halal**

All orders require a minimum of 50 guests.

## **Spice Crusted Striploin**

Rosti, Tomato Jam

## **California Rolls**

Cucumber, Crab, Carrot

## **Tomato Tart**

Roman Ricotta, Basil

## **Venison Meatballs**

Juniper, Smoked Maple

## **Arancini**

Ramp Pesto, Peas, Pecorino

## **Pork Lumpia**

Pork, Vegetables, Ginger

## **Brandade Bites**

Salted Cod, Potato

## **Chicken Tikka Lollipops**

## **Seafood Cakes**

Old Bay, Crab, Shrimp

## **Cabbage Pakora**

Chickpea, Warm Spices, Cilantro Chutney

## **Hushpuppies**

Shrimp, Corn

## **Duck Confit Croquette**

Potato, Duck Confit

## **Add On**

### **Butler Service**

## **Raw Oyster Bar**

Premium East Coast Oysters with all the classic pairings: Mignonette, Freshly Grated Horseradish, and Local Dawsons Hot Sauces

Shucked Live by our Culinary Team  
(Minimum 8/dz - 1 Hour Service)



# Gala Dinner

## Soup Course

(Choose 1 Option)

### Roasted Tomato Bisque

Lavash, Basil Oil

### Carrot Ginger

Crispy Shallot, Turmeric

### Roasted Cauliflower

Pumpkin Seeds, Chili Oil

## Salad Course

(Choose 1 Option)

### Fattoush

Baby Gem Lettuce, Olives, Tomato, Cucumber Sumac Vinaigrette, Lavash Crisp

### Ontario Heirloom Tomato

Pickled Red Onions, White Bean Hummus, Basil Chardonnay Vinaigrette

### Local Greens

Candied Bacon, Gretzky Merlot Cheese, White Cheddar Frico, Spiced Pumpkin Seeds



**Dairy Free**

**Gluten Free**

**Vegetarian**

**Vegan**

**Halal**

All orders require a minimum of 50 guests.

## Entrée

(Choose 1 Option)

### Chicken Duo

Half Roasted Breast, Confit Drum, Petite Carrots, Arancini, Pea Puree

### Miso Glazed Salmon

Squash Puree, Ginger Edamame, Potato Croquette, Gai Lan, Miso Beurre Blanc

### Wine Braised Beef Short Rib

Potato Rosti, Celery Root, King Mushroom, Seriously Greens Gremolata

### Bay of Fundy Lobster, Ontario Beef and Tiger Shrimp

Potato Rosti, Celery Root, King Mushroom, Seriously Greens Gremolata

## Chef's Choice Seasonal Vegetarian Option

## Dessert

(Choose 1 Option)

### The Passion

Passion Fruit Mousse, Guava Gelee, Orange Sponge, Mango Coulis, Ginger

### Frutti di Bosco

Triple Berry Trifle, Icewine Soaked Chiffon, White Chocolate Crunch

### Pistachio 72%

Callebaut 72% Dark Chocolate, Pistachio Cremeux, Cinnamon Scented Sponge, Almond Tuile

## Bread Service

## Coffee/Tea

Add On:

### Nathan's Rosemary Foccacia



# Grazing Stations

## Charcuterie

Pingue and Seed to Sausage Cured Meats, Upper Canada and Udder Way Cheese, House Preserves and Pickles, Sour Dough from St. Joe's

## Lake Erie Perch

Burnt Orange and Pickled Garlic Scape Tartar served in individual cones

## Bao Buns

### Pork Belly

Kimchi – Scallions

### Gochujang Chicken

Sweet Pickle – Cilantro

### Fried Tofu

Radish – Daikon – Carrot

### Crispy Mushroom

Hoisin – Cilantro

## Pastrami Station

Live action carving station of our in-house made Pastrami.

Accompaniments including Sauerkraut, Kaplansky's Mustards, Horseradish and Kummelweck Buns

### Vegetarian Option

Harissa Smoked Cauliflower

## Pasta Stations

minimum 48 people

### Potato Gnocchi

Oyster Mushrooms, Mascarpone, Fine Herbs

### Cavatelli Amatriciana

In-House Guanciale, Tomato Sauce, Chilis, Parsley

## Pizza

### Guanciale

EVOO, Shaved Guanciale, Artichoke, Pecorino

### Salsiccia and Rapini

Sauce, Mozzarella, Crumbled Italian Sausage, Rapini, Roasted Red Peppers

### Funghi Niagara

EVOO, Local Mushrooms, Rosemary, Thyme, Fior de Latte

### Verdure

Roasted Garlic Spread, Mozzarella, Zucchini, Red Onion, Roasted Red Peppers, Goat Cheese

### Mortadella

EVOO, Mozzarella, Pistachio, Honey

### Smoked Chicken Arrabbiata

Sauce, Mozzarella, Finger Chilies, Stracciatella, Hot Honey

### Ezzo Pepperoni

Sauce and Mozzarella

- Dairy Free**
- Gluten Free**
- Vegetarian**
- Vegan**
- Halal**

All orders require a minimum of 50 guests.



# WHERE SUSTAINABILITY FLOWS.

## Sustainable Menus, Made Simple

At Niagara Falls Convention Centre, we're committed to making sustainable choices easier — for both our clients and the planet. That's why we've partnered with Klimato, a trusted third-party service, to assign **carbon emissions ratings** to our sustainable menu items.

- ✓ Make informed food choices
- ✓ Lower your event's carbon footprint
- ✓ Support a healthier, more sustainable future

The best part? **Sustainable menu items are priced in-line with our standard menu**, so aligning with your values doesn't mean stretching your budget. And it **doesn't have to be all or nothing** — even one lower-impact meal, like a sustainable breakfast or lunch, can make a meaningful difference.

**Klimato** uses a *five-tiered rating system* to evaluate the climate impact of food servings.



**A-E rating** shows the carbon impact based on the carbon footprint of a standard 400g meal.



By making sustainable menu choices, you elevate your event's impact and strengthen your brand's commitment to a cleaner, greener future.

To learn more, contact an Account Director:  
**e** [sales@fallsconventions.com](mailto:sales@fallsconventions.com)  
**t** 905.357.6222

## Smart Choices, Streamlined

We know event planning comes with a lot of moving parts — selecting sustainable catering shouldn't be another hurdle.

### THAT'S WHY WE'VE:

Crafted delicious menu options aligned with the sustainability goals of NFCC	Labeled each menu item with Klimato's easy-to-understand carbon scores	Eliminated the need for research or guesswork on your part
--	--	--

## Celebrate & Share Your Impact

At the conclusion of your event, we'll provide:

	<b>A personalized sustainability certificate</b> , with a summary of your event's lowered carbon impact.
	<b>A sharable asset to showcase your leadership</b> , ideal for stakeholders, attendees, and social channels





## MENU OPTIONS

### Sustainable Plated Breakfast

-31%\*

**Ontario Poached Egg on English Muffin** (B)  
Stewed Koornneef Tomato Jam,  
Caramelized Onion-Potato Hash,  
Cassoulet Stuffed Cremini Mushroom

**Table Baskets** (B)

Croissants, Carrot-Quinoa Muffins, Quick Breads

### Sustainable Plated Lunch

-38%\*

**Fresh Baked Rolls** (B)  
With Ontario Creamery Butter

**Local Vision Greens** (B)

Ontario Hot House Gardiniera,  
Whipped Upper Canada Comfort Cream  
(SOURCED FROM WITHIN 33KM)

#### Choose 1 of 3

**Rotolo alla Ricotta** (C)

Fresh Wheatley Tomato Sauce, Blistered  
Koornneef Tomato, Seriously Greens Basil Oil,  
Udderway Ovega Negra  
(SOURCED FROM WITHIN 75KM)

OR

**Salt Roasted Onion** (B)

Ohme Farm Oca Potato, Fresh Niagara  
Mushrooms, Nantes Carrots, Fresh Acres  
Cannellini Beans  
(SOURCED FROM WITHIN 50KM)

OR

**Chef's Seasonal Risotto** (B)

Possibilities that change with the seasons:  
Fresh Niagara Mushrooms, Escarpment  
Fiddleheads, Slow Roasted Carrots, Wine  
Poached Beets, Summer Fresh Peas  
(SOURCED FROM WITHIN 33KM)

**Ontario Silken Tofu** (B)

Berry Mousse, Cherry Lane Preserve,  
Grimo Farm Hazelnut Brittle

(SOURCED FROM WITHIN 33KM)

\*% less kg CO<sub>2</sub>e on average than our standard menu options.

### Sustainable 4-Course Plated Dinner

-92%\*

**Fresh Baked Rolls** (B)

With Ontario Creamery Butter

**Cookstown Carrot Bisque** (B)

Jordan Station Ginger, Niagara Ramp Oil

**Cookstown Roasted Beet Salad** (B)

Monforte Dairy Fresh Goat Cheese,  
Grimo Farms Black Walnuts

**Shawarma Spiced Cauliflower** (A)

Pickled Fennel & Onion, Bread & Butter Pickles,  
Chickpea Hummus, Mustard Greens

**Seabuckthorn Meringue Tart** (C)

Fennel Pollen, Genoise Sponge,  
Stewed Niagara Harvest Stonefruits

Our sustainable menu is primarily plant-based to reduce environmental impact. Locally sourced meat options are available upon request.

Gluten Free Vegan

Vegetarian

All orders require a min. of 50 guests.

**What is the climate impact of your meal?**

**1 KG CO<sub>2</sub>e  
IS THE SAME AS...  
CHARGING YOUR  
PHONE 365 TIMES**

