



Breakfast Buffets

The Breakfast Break

Selection of blueberry, carrot
and banana muffins
Assorted Danish
Freshly baked croissants
Butter and assorted preserves
Selection of chilled juices
Freshly brewed coffee and tea
\$7.99

The Continental

Freshly baked croissants
Butter and assorted preserves
Seasonal fresh fruit platter
Assortment of cereals with milk
Assorted toasted breads
Butter and assorted preserves
Selection of chilled juices
Freshly brewed coffee and tea
\$8.99

The LaSalle

Assorted Danish
Freshly baked croissants
Butter and assorted preserves
Seasonal fresh fruit platter
Selection of fruit bottom yogurts
Selection of chilled juice
Freshly brewed coffee and tea
\$9.99

The North American

Freshly made scrambled eggs
Crispy bacon and breakfast sausages
Home fries
Assorted toasted breads
Butter and assorted preserves
Selection of chilled juices
Freshly brewed coffee and tea
\$12.99

The Combination

Freshly made scrambled eggs
Crispy bacon, breakfast sausages and ham
Home fries
Assortment of cereals with milk
Assorted toasted breads
Butter and assorted preserves
Seasonal fresh fruit platter
Selection of chilled juices
Freshly brewed coffee and tea
\$13.99

Additional Items:

Freshly brewed coffee..... \$13.50 per pot
Selection of chilled juices \$2.29 each
Assorted Soft Drinks..... \$2.29 each
Bottled Water \$2.29 each

**Prices are quoted per person unless otherwise indicated
and are subject to 13% HST and 15% Gratuity**

Travelodge Hotel La Salle • 2360 Princess St. • Kingston ON K7M 3G4 • Tel: (613) 546-4233 • Fax: (613) 546-0867

Cavelier



Room

Lunch Buffets

The Light Lunch

Assorted homemade sandwiches
Freshly cut vegetables and dip
Selection of seasonal fresh fruit
Assorted soft drinks
Freshly brewed coffee and tea
\$14.99

The Lunch Break

Assorted homemade sandwiches
Cheese tray
Freshly cut vegetables and dip
Selection of desserts and squares
Assorted soft drinks
Freshly brewed coffee and tea
\$15.99

The Cavelier Lunch

Homemade daily soup
Assorted homemade sandwiches
Garden salad with a selection of dressings
Freshly cut vegetables and dip
Selection of desserts and squares
Assorted soft drinks
Freshly brewed coffee and tea
\$16.29

The Caesar

Vegetarian or Regular Lasagna
Caesar salad with our homemade dressing
Dinner rolls
Selection of desserts and squares
Assorted soft drinks
Freshly brewed coffee and tea
\$17.29

The LaSalle Lunch

Honey Garlic or BBQ chicken
Homemade vegetarian or regular Lasagna
Caesar salad with our homemade dressing
Garden salad with a selection of dressings
Cheese tray
Dinner rolls
Selection of desserts and squares
Assorted soft drinks
Freshly brewed coffee and tea
\$18.99

Additional Items:

Freshly brewed coffee \$13.50 per pot
Selection of chilled juices \$2.29 each
Assorted Soft Drinks \$2.29 each
Homemade Cookies \$3.29 per person
Selection of desserts and squares \$4.50 per person

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For buffet service after 4:00 p.m. please add \$3.00 per person

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Catering Menu

Vegetable Tray

Freshly cut broccoli, cauliflower, mushrooms, green peppers, tomatoes, celery, and carrot sticks
Served with a selection of tasty dips
\$2.99

Cheese Tray

A variety of cheeses including: gouda, brie, feta, cheddar and havarti.
Served with assorted crackers
\$4.99

Combination Platter

Includes items from our vegetable, cheese and fruit trays
\$5.29

Sandwich Platter

Variety of freshly made sandwiches including: roast beef, turkey, egg salad, corned beef, tuna salad, salmon salad, ham & cheese, and vegetarian
Served on a variety of breads and wraps
\$8.99

Salads

Choice of:

La Salle Caesar: Romaine lettuce topped with homemade croutons, bacon bits and parmesan cheese and tossed with our homemade dressing

Greek Salad: Garden salad with green peppers, tomatoes, cucumber, black olives, feta cheese and tangy Greek dressing

Spinach Salad: Fresh baby spinach with roasted red peppers, toasted almonds, red onion, feta cheese and mushrooms with a balsamic vinaigrette dressing
\$4.99

Deli Tray

Sliced turkey, home cooked roast beef, ham, kielbasa, pepperoni and pastrami
\$7.29

Fruit Tray

A variety of fresh seasonal fruit such as: watermelon, grapes, pineapple, kiwi, honeydew melon, strawberries, oranges and cantaloupe
\$4.99

Dessert Tray

A selection of mouth watering cakes, decadent brownies and an assortment of delicious squares
\$4.50

Snack

Selection of squares and freshly baked cookies
Assorted canned soft drinks
Freshly brewed coffee and tea
\$5.99

Beverages

Your choice of chilled fruit juices, canned soft drinks, milk, and bottled water
\$2.29 each

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