



# 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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