

# Breakfast

## >> Buffet <<

For your convenience, meeting packages are also available:

**Meeting Package #1 at \$69.00 per person** - includes plenary meeting room (with minimums), continental breakfast, 2 breaks and a choice of 3 working lunches.

**Meeting Package #2 at \$79.00 per person** - includes plenary meeting room (with minimums), hot breakfast, 2 premium breaks and a choice of 6 working lunches.

### The Classic Continental

(included with Meeting Package #1  
or \$15.00 per person a la carte)

Assorted Fresh Fruit Juices  
Sliced Array of Fresh Fruit

An assortment of Individual Low-fat Yogurts

Freshly-baked Breakfast Pastries (Danish, Muffins, Croissants, Bagels)  
with Fresh Fruit Preserves, Creamery Butter and a Duo of Cream Cheeses  
Seattle's Best Coffee, TAZO Fine Teas

### The Admiral Breakfast

(included with Meeting Package #2  
or \$20.00 per person a la carte)

Assorted Fresh Fruit Juices  
Sliced Array of Fresh Fruit

An assortment of Individual Low-fat Yogurts

Freshly-baked Breakfast Pastries and Breads for toasting  
(Danish, Muffins, Croissants, White and Whole Wheat Breads)

with Fresh Fruit Preserves and Creamery Butter

Farm-fresh Scrambled Eggs

Smoked Bacon and Browned Pork Sausage Links

Seasoned Home Fries

Seattle's Best Coffee, TAZO Fine Teas

### The Executive Breakfast

(\$27.00 per person a la carte  
or \$7.00 per person surcharge to Meeting Package #2)

Fresh Tropical Fruit Shooters

Granola and Yogurt Parfaits with Fresh Berries

Freshly-baked Breakfast Pastries and Breads for toasting  
(Bagels, Muffins, Croissants, White and Whole Wheat Breads)

with Fresh Fruit Preserves and Creamery Butter

Tomato and Mushroom Provincial

Farm-fresh Scrambled Eggs

Smoked Bacon and Browned Pork Sausage Links

Smoked Salmon

Seasoned Home Fries

Pre-determined Choice of: Eggs Benedict or Eggs Florentine

Seattle's Best Coffee, TAZO Fine Teas

### The Works

(\$29.00 per person a la carte  
or \$9.00 per person surcharge to Meeting Package #2)

Assorted Fresh Fruit Juices

Fresh Fruit Salad

An assortment of Individual Low-fat Yogurts

Freshly-baked Breakfast Pastries and Breads for toasting  
(Danish, Muffins, Croissants, White and Whole Wheat Breads)

with Fresh Fruit Preserves and Creamery Butter

Hot Oatmeal with assorted Condiments

(Cinnamon Sugar, Raisins, Dried Cranberries)

Farm-fresh Scrambled Eggs

Smoked Bacon and Browned Pork Sausage Links

Seasonal Home Fries

Pre-determined Choice of Fluffy Buttermilk Pancakes or Fresh Toast  
with Maple Syrup

Seattle's Best Coffee, TAZO Fine Teas

## >> Plated <<

### Rise and Shine

(\$22.00 per person a la carte - minimum 10)

Fresh Fruit Juice

Sliced Seasonal Fresh Fruit

Baker's Basket of Sweet Rolls and White/Whole Wheat Toast  
with Fresh Fruit Preserves and Creamery Butter

Farm-fresh Scrambled Eggs with Peppers, Mushrooms and Onions

Pre-determined Smoked Bacon or Browned Pork Sausage Links

Seasoned Home Fries

Seattle's Best Coffee, TAZO Fine Teas

### The Wakeup Call

(\$25.00 per person a la carte - minimum 10)

Fresh Fruit Juice

Sliced Seasonal Fresh Fruit

Baker's Basket of Sweet Rolls and White/Whole Wheat Toast  
with Fresh Fruit Preserves and Creamery Butter

Eggs Benedict

Pre-determined Smoked Bacon or Pork Sausage

Seasoned Home Fries

Seattle's Best Coffee, TAZO Fine Teas

# Breaks

## >> Morning <<

(Meeting Packages #1 and #2 or \$9.00 a la carte - minimum 10)

### The Comfort Zone

Banana, Poppy Seed and Cranberry Breads  
 and Assorted  
 Coffee Cakes  
 Seattle's Best Coffee, TAZO Teas

### The British Invasion

Blueberry and White Chocolate Chip Scones  
 Cheddar Cheese Scones  
 Lemon, Cranberry and White Chocolate Scones  
 with Whipped Butter and Fruit Preserves  
 Seattle's Best Coffee, TAZO Teas

### Cinnamon Overload

Cinnamon Rolls, Cinnamon Sticks and Cinnamon  
 Sticky Buns  
 Seattle's Best Coffee, TAZO Teas

## >> Afternoon <<

### "The Munchies"

Pre-determined Choice of:  
 Chef's decadent Trio of Freshly-baked Cookies, or  
 Assorted Nanaimo Bars, or  
 Individual Bags of "Miss Vicki's" Potato Chips and Smart Food  
 Seattle's Best Coffee, TAZO Teas  
 (Meeting Package #1 or \$9.00 a la carte - minimum 10)

### Healthy Living

Sliced Seasonal Fruit  
 Assorted Healthy Squares  
 Nature Bar Snacks  
 Assorted Fruit Juices  
 Seattle's Best Coffee, TAZO Teas  
 (Meeting Package #2 or \$12.00 a la carte - minimum 10)

### The Chocoholic

2 Varieties of Chocolate, Freshly-Baked Cookies  
 Marshmallow Brownies  
 Chocolate Oatmeal Squares  
 Individual Cartons of White and Chocolate Milk  
 Seattle's Best Coffee, TAZO Teas  
 (Meeting Package #2 or \$12.00 a la carte - minimum 10)  
 (Add Sliced Fruit to any break for \$5.00 per person)

### From The Freezer

Novelty Ice Cream Bars  
 Individual Sundaes  
 Assorted Soft Drinks and Bottled Juices  
 Seattle's Best Coffee, TAZO Teas  
 (Meeting Package #2 or \$12.00 a la carte - minimum 10)

## >> A La Carte Items <<

Assorted Bottles of Fresh Fruit Juice 3.50 each	Assorted Sliced Fresh Fruits - Assorted Whole Fruits 5.50 per person - 2.50 per piece	Assorted Bagels with a Duo of Cream Cheeses 48.00 per dozen
Assorted Soft Drinks, including Diet and Ice Tea 3.50 each	Assorted Nanaimo Bars 25.00 per dozen	Hagen Dazs Ice Cream Bars 6.00 each
Bottled Water 3.50 each	Assorted Freshly-baked "English Bay" Cookies 25.00 per dozen	Individual Low-Fat Yogurts 25.00 per dozen
Individual 2% or Chocolate Milk 3.50 each	Assorted Breakfast Breads and Coffee Cakes Blueberry, Cranberry, Lemon/Poppyseed, Chocolate Marble, Banana, Apple/Cranberry 4.50 per person	Individual Bags of "Miss Vickie's" Potato Chips or Smart Food Popcorn 25.00 per dozen
Seattle's Best Coffee - Regular and Decaffeinated 3.50 each	Assorted Muffins, Danish and Croissants 25.00 per dozen	Fresh Fruit, Granola and Yogurt Parfaits 6.00 each
Assorted TAZO Fine Teas 3.50 each	Marshmallow and Fudge Brownies, Chocolate Oatmeal Squares, Date Squares 36.00 per dozen	Hot Oatmeal with 3 Condiments (Minimum 10) Dried Cranberries, Blueberries and Raisins 5.00 per person
Hot Chocolate 3.50 per person	Assorted Scones - Blueberry/White Chocolate, Cheddar Cheese, Lemon/Cranberry/White Chocolate 36.00 per dozen	Assorted Cupcakes 48.00 per dozen
Assorted Vitamin Waters 4.00 each	Assorted Kashi Granola Bars 36.00 per dozen	Assorted Fruit Tarts 36.00 per dozen
Perrier Sparkling Water 4.00 each		Mini French Pastries 25.00 per dozen

# Lunch

## >> Working Buffet <<

(included with Meeting Packages #1 or #2 - 32.00 per person a la carte)

### Bay Street Deli

Soup Du Jour

Chef's Garden Salad - Mixed Greens, Tomatoes  
and English Cucumbers  
with a Duo of Dressings

Nugget Potato Salad with Creamy Herb Dressing  
Individual Bags of "Miss Vickie's" Potato Chips  
and Smart Food

Sandwiches - on a variety of Freshly-Baked Breads,  
Rolls and Wraps:

Montreal Smoked Meat with Pomery Mustard  
Albacore Tuna Salad with Celery, Scallions and  
Light Mayonnaise

Grilled Chicken Breast with Scallion Aioli and  
Provolone Cheese

Grilled Roasted Vegetables with Baba Ghanoush  
and Goats' Cheese

Black Forest Ham with Swiss Cheese

New York-Style Cheesecake with 3 Toppings -  
Strawberry, Wild Blueberry and Cherry  
Seattle's Best Coffee, TAZO Fine Teas

### China On Spadina

Won Ton Soup

Crispy Noodle Salad

Napa Cabbage, Apples, Carrots, Julienne Peppers,  
Asian Dressing  
and Sesame Seeds

Mixed Green Salad - with Mandarin Oranges and  
Sliced Almonds  
and a Duo of Dressings

Chicken Stir Fry

Sweet and Sour Pork - with Pineapple, Peppers and Onions  
Vegetable Fried Rice

Chinese Mixed Greens - with Baby Bok Choy, Broccoli,  
Ginger  
and Soy Sauce

Mango Mousse

White Chocolate Passion Fruit Cake

Fortune Cookies

Seattle's Best Coffee, TAZO Fine Teas, including  
Green Tea

### Sicilian On St. Clair

Minestrone Soup

Pasta Salad

Build-Your-Own Caesar Salad

Garlic Bread

Build-Your-Own Bruschetta

Pre-determined choice of: Chicken Parmesan or Veal Scaloppini  
Three-Cheese Tortellini with Cream Sauce or Penne a la Vodka

Garlic Rapini

Roasted Rosemary Potatoes

Assorted Cannolis

Seattle's Best Coffee, TAZO Fine Teas

# Lunch

## >> Working Buffet <<

(included with Meeting Packages #2 - 35.00 per person a la carte)

### Danforth Greek

Soup Du Jour  
Greek Salad - Vine-Ripe Tomatoes, Kalamata Olives, English Cucumbers,  
Sweet Red and Yellow Peppers, Greek Feta Cheese, Herb  
Vinaigrette Dressing  
Watermark Salad - Baby California Greens, Sliced Strawberries,  
Goats' Cheese, Sweet and Spicy Pecans in a Sherry Vinaigrette  
  
Warm Pita Bread with Tatziki, Hummus and Baba Ghanoush  
Seasoned Chicken and Pork Souvlaki  
Grilled, Greek-Inspired Vegetables - Eggplant, Peppers,  
Onions, Squash  
Lemon-Scented Potato Wedges with Garlic and Rosemary  
  
Baklava  
Fruit Flan  
Seattle's Best Coffee, TAZO Fine Teas

### Bloor Street Grill

Soup Du Jour  
Chef's Garden Salad - Mixed Greens, Tomatoes and  
English Cucumbers  
with a Duo of Dressings  
Grilled Garlic Toast  
Creamy Coleslaw  
  
6 Oz. New York Strip Loin  
Grilled 6 Oz. Barbeque Chicken Breasts  
Baked Potatoes - with Sour Cream, Chives and Bacon  
Sweet Seasoned Asparagus Spears  
  
Dutch Apple Crumble Tarts  
Strawberry Shortcake  
Seattle's Best Coffee (Regular and Decaf.), TAZO Fine Teas

### Mexicana

Chicken Picante Tomato Soup  
Mexican-Inspired Caesar Salad - with  
Guacamole Dressing and Tortilla Croutons  
Three-Bean Salad  
Jalapeno Corn Bread  
  
Nachos - with Guacamole, Salsa, Sour Cream and Jalapeno Peppers  
Build-Your-Own Beef and Chicken Fajitas  
with Lettuce, Tomatoes, Sour Cream Black Olives, Shredded Cheese  
and Warm, Soft Tortillas  
Spiced Tomato Rice Pilaf with Cilantro  
  
Chocolate Hazelnut Flan  
Churros  
Seattle's Best Coffee (Regular and Decaf.), TAZO Fine Teas

## >> Plated <<

(Please note that all courses must be  
pre-determined - Minimum 10 Guests)

Soup Du Jour  
or  
Classic Caesar Salad  
or  
Chef's Garden Salad with Mixed  
Greens, Tomatoes and English  
Cucumbers

Seared Chicken Supreme with Port Wine Cream Infusion  
Chef's Medley of Seasonal Vegetables  
Mashed Sweet Potatoes (\$40.00)  
or  
Grilled Salmon with Honey/Mustard Glaze and  
Anise Cream Reduction  
Wilted Baby Spinach and Caramelized Onions  
Jasmine-Scented Rice (\$42.00)  
or  
Grilled New York Striploin (6oz) with Peppercorn  
Cream Sauce  
Chef's Medley of Seasonal Vegetables  
Garlic-Mashed Potatoes (\$45.00)

Carrot Cake  
or  
Chocolate Monton  
or  
New York-Style Cheesecake

Includes Assorted Rolls and Flatbreads,  
Seattle's Best Coffee,  
TAZO Fine Teas

(During the summer months our Seasonal Market  
Vegetables travel less than 30 km to our door)

# Cocktail Reception

**Hot Hors D'Oeuvres**  
 \$31.00 Per Dozen  
 \*minimum order of 3 dozen per item\*

- Antipasto Puff
- Crab Meat Croquette
- Deep Fried Pecking Duck Bundle
- Mini Beef Wellington
- Vegetable Spring Rolls
- Vegetable Samosa
- Spanakopita
- Tempura Shrimp
- Chicken Spring Rolls
- Thai Lemongrass Shrimp
- Gourmet Mushroom Bundle
- Duckling Spring Rolls
- Teriyaki Beef Satays
- Bombay Spiced Chicken Satays

**Cold Canapes**  
 \$31.00 Per Dozen  
 \*minimum order of 3 dozen per item\*

- Crabmeat Salad on Cherry Tomato
- Smoked Chicken Mini Pita
- Crab Salad Mini Pita
- Peking Duck Crepe
- Shrimp Salsa on Cucumber
- Smoked Salmon, Capers, Pumpernickel
- Hummus & Cucumber Cup
- Vegetarian California Rolls with Wasabi and Pickled Ginger
- California Rolls with Wasabi and Pickled Ginger

**Domestic and Imported Cheese Display** \$7.50 per person  
 with Assorted Crackers and Artisan Bread

**Seasonal Fruit and Fresh Berry Display** \$6.50 per person

**Fresh Cut Vegetable Crudite** \$5.75 per person  
 with Savoury Onion and Tomato Cilantro Dips

**Mediterranean Style Hummus and Baba Ghanoush** \$8.50 per person  
 with Grilled Pita Bread, Cured Tomatoes and Olives

**Garlic and Sage Roasted Turkey Breast** (Serves 20) \$110.00 each  
 with Cranberry Aioli, Honey Mustard and Mini Kaisers

**Poached Salmon** (Serves 20) \$200.00 each  
 Ten Pounds of East Coast Salmon, Slow Poached and Garnished with  
 Dill Aioli with Crisp Artisan Flatbread and Sliced "10 Grain" Baguette  
 (If requested, served by attending Culinarian @ \$45.00 per hour, minimum 1 hour)

**Rosemary Roasted "AAA" Beef Tenderloin** (Serves 15) \$190.00 each  
 Served Medium Rare (unless otherwise requested) with Creamed Horseradish,  
 Seed Mustard & Mini Kaisers  
 (If requested, served by attending Culinarian @ \$45.00 per hour, minimum 1 hour)

**Whole Grain Mustard Rubbed Sliced Pork Loin** (Serves 25) \$150.00 each  
 with Apple Onion Chutney, Herb Aioli, and Mini Kaisers  
 (If requested, served by attending Culinarian @ \$45.00 per hour, minimum 1 hour)

**Herb & Garlic Crusted Chicken Tenderloins** (50 pieces) \$100.00 each  
**16/20 Cocktail Shrimp with Lemon & Cocktail Sauce** (50 pieces) \$150.00 each  
**Assorted Finger Sandwich Quarters** (80 pieces per platter) \$100.00 each  
**Jumbo Chicken Wings** (50 pieces) \$85.00 each

# Dinner

## >> Buffet <<

### The Ultimate (\$56.00 per person)

Assorted Rolls and Flatbreads  
Soup Du Jour  
Mixed Tender California Greens  
with a Duo of Vinaigrettes  
Traditional Caesar Salad with Fresh  
Parmesan Cheese and Garlic Croutons  
Creamy Cole Slaw with Dill-Infused Dressing

An Arrangement of Smoked Meats, Fish and  
Peel-Anc-Eat Shrimp

Roasted Spiced Top Sirloin Au Jus  
Seared Atlantic Salmon with Anise Cream Infusion  
Seared Breast of Chicken Supreme with  
Mushroom Port Wine Infusion  
Herb-Roasted Mini White Potatoes  
Seasonal Hot Vegetables  
Herb-Infused Jasmine Rice Pilaf

A Decadent Selection of Cakes and Pastries  
Seattle's Best Coffee, TAZO Fine Teas

### The Punjabi (\$56.00 per person)

Assorted Naan Breads and Flatbreads  
Lentil Soup  
Mixed Tender Greens with a  
Duo of Dressings  
South Indian Chickpea Salad  
Tomato, Cilantro and Red Onion Salad

Vegetable Samosas and Pechora

Butter Chicken  
Curried Beef  
Cumin Basmati Rice  
Indian-Infused Vegetables

Gulab Jamun  
Ras Malai  
Seattle's Best Coffee, TAZO Fine Teas

### Mount Olympus (\$56.00 per person)

Assorted Rolls and Flatbreads  
Tomato and Chickpea Soup  
Traditional Caesar Salad with Parmesan  
Cheese and Garlic Croutons  
Mixed Tender Greens with a  
Duo of Dressings  
Greek Village Salad

Warm Pita Wedges with Tzatziki,  
Hummus and Baba Ghanoush Dips  
Spanakopita

Chicken and Lamb Souvlaki  
Greek Lemcn-Scented Potatoes  
Greek-Style Hot Vegetables

Baklava  
Almond Biscuits  
Seattle's Best Coffee  
TAZO Fine Teas

### Call Me Cajun (\$56.00 per person)

Assorted Rolls and Flatbreads  
Jambalaya  
Mixed Tender Greens with a Duo of Dressings  
Cajun Cabbage Salad  
Elbow Cajun Pasta Salad

Jalapeno Cornbread

Cajun-Spiced Basa  
Chicken Etouffee  
Port Loin  
Southern Rice and Peas  
Seasonal Hot Vegetables

Bread Pudding  
Pecan Pie

### Asian Delight (\$49.00 per person)

Assorted Rolls and Flatbreads  
Mixed Tender Greens with Mandarins,  
Almonds and a Duo of Vinaigrettes  
Oriental Cole Slaw  
Bangkok Noodle Salad

Assorted Spring Rolls with Plum-Infused  
Dipping Sauce  
Selection of Dumplings and Pot-Stickers

Stir-Fry Chicken  
Stir Fry Beef  
Oriental Fried Rice  
Oriental Sesame-Infused Vegetables

Chef's Selection of Cakes and Oriental Pastries  
Passion Fruit/Mango Mousse  
Fortune Cookies  
Seattle's Best Coffee, TAZO Fine Teas,  
including Green Tea

### Little Italy (\$49.00 per person)

Assorted Rolls and Flatbreads  
Minestrone Soup  
Mixed tender Greens with a Duo  
of Dressings  
Tomatoes and Bononcini Cheese  
Build-Your-Own Traditional Caesar  
Salad with Parmesan Cheese and  
Garlic Croutons

Prosciutto and Melon  
Brochette

Veal with Capers and Lemon Sauce  
Chicken with Spicy Tomato Sauce and  
Kalamata Olives  
Penne with a Creamy Alfredo Sauce  
Rapini with Caramelized Onions

Assorted Tiramisu, Cannoli and Biscotti  
Seattle's Best Coffee, TAZO Fine Teas

# Dinner

## >> Plated <<

Please select one item from each of the following options (Minimum 12 Guests):  
\$5.00 per person surcharge applies if less than 12 guests.

### Soups

Soup Du Jour  
Wild Forest Mushroom with Truffle Essence  
Butternut Squash and Washington Apple  
Leek and Potato  
Minestrone

### Salads

Watermark Signature Salad  
Baby California Greens, Sliced Strawberries, Goats' Cheese, Sweet and Spicy Pecans, Sherry Shallot Vinaigrette  
Classic Caesar Salad  
Hearts of Romaine, Croutons, Creamy Caesar Dressing, Freshly-Grated Parmesan Cheese, Pancetta  
Baby Spinach Salad  
Baby Spinach, Mandarin Oranges, Sliced Toasted Almonds, Cherry Tomatoes, Red Onions  
and Raspberry Vinaigrette

### Entrées

Succulent Grilled 6oz Tenderloin of Beef (\$59.00)  
with Green Peppercorn Sauce, Goats' Cheese-Mashed Potatoes and Seasonal Vegetables  
Secred 6oz Black Cod Filet (\$56.00)  
topped with Citrus Sambucca Cream Sauce on Wild Mushroom Risotto with Seasonal Vegetables  
Baked 6oz Chicken Supreme (\$53.00)  
in Port Wine Reduction with Roasted Herb Fingerling Potatoes and Seasonal Vegetables  
Roasted Honey Nut Rack of Lamb (\$61.00)  
on a bed of Basil-Mashed Potatoes with Mint/Lamb Infusion and Honey-Glazed Baby Carrots  
Grilled 6oz Mahi-Mahi Fillet (\$54.00)  
with Papaya and Mango Salsa, Purple Mashed Potatoes, Wilted Baby Spinach and Caramelized Onions

### Vegetarian Options

Butternut Squash Bolletti Pasta with Tomato Cream Sauce and Fresh Ricotta Cheese (\$53.00)  
or  
Lemon/Artichoke Risotto (\$56.00)

### Desserts

Chocolate Moulton Cake  
Carrot Cake  
Caramel Crunch Cake  
Tiramisu in a Tulip Cup  
Warm Ginger Caramel Spice Cake  
Traditional Homemade Crème Brule

Includes Assorted Rolls and Flatbreads, Seattle's Best Coffee, TAZO Fine Teas  
(During the summer months, our Seasonal Market Vegetables travel less than 30 km to our door)

# Banquet

## >> Wine List <<

### House Wine

Peller Estates, Chardonnay, Canada 2009	\$34
Peller Estates, Cabernet Merlot, Canada 2009	\$34

### White Wines

Pierre Sparr, Gewurztraminer, France 2009	\$48
Wolfblass, Sauvignon Blanc, Australia 2009	\$45
Domaine Magellan, Chardonnay, France 2010	\$42
Venetio, Pinot Grigio, Italy 2009	\$38

### Red Wines

Kingston Estate, Cabernet Sauvignon, South Australia 2009	\$46
Fuerza, Malbec, Argentina 2009	\$44
Domaine Magellan, Merlot, France 2009	\$42
Six Rows, Shiraz, South Australia 2009	\$40

### Sparkling Wines and Champagne

Moet & Chandon, France	\$125
Henkell & Sohnlein, Trocken, Germany	\$44
Rotkappchen, Trocken, Germany	\$42
Rotkappchen, Alcohol Free, Germany	\$42
Contarini, Prosecco, Italy	\$34

At the Radisson Admiral, we strive to provide the best service possible. If you do not see your preferred wine on our list, please speak to our Food and Beverage Manager and he will be happy to look into acquiring it for you, or to recommend a comparable alternative.

## >> Bar <<

All bars are set with Premium Brands, unless otherwise requested. Host Bar prices are subject to 13% HST and a 15% gratuity charge. Cash Bar prices include all taxes and gratuities. If consumption is less than \$350.00 net per bar setup, a labour charge of \$25.00 per hour for cashier and bartender, for a minimum of 4 hours will apply.

		Host Bar	Cash Bar
<b>Stocking Fee - applicable to Guest Rooms only</b>			
Ice, Glasses, Straws, Lemon and Lime Wedges, Worcestershire & Tabasco Sauce			
12 people and under	\$50.00 plus taxes & gratuities	Premium Brands (1oz)	\$5.50 each
Up to 24 people	\$75.00 plus taxes & gratuities	Deluxe Brands(1oz)	\$6.50 each
Over 25 people	\$100.00 plus taxes & gratuities	Martini (2oz)	\$8.50 each
		Domestic Beer	\$5.50 each
		Premium & Imported Beer	\$6.00 each
		House Wine (Red or White)	\$5.50 each
		Liqueurs (1oz)	\$6.50 each
		Cognacs V.S.O.P.(1oz)	\$8.50 each
		NAYA Mineral Water	\$3.50 each
		Soft Drinks	\$3.50 each
		Perrier Sparkling Water	\$4.00 each
		Bottled Juice	\$3.50 each

# Executive Chef

>> Introducing our Executive Chef, Romel Griarte <<



Motivated by the art of food presentation and healthy living, Romel Griarte has lead a successful career as an Executive Chef having worked in various high-end establishments that include country clubs, restaurants and hotels, cruise ships and private yachts.

In addition, he has participated in numerous national cooking competitions, medalling in every one of them! His culinary skills have also graced La Chaine Def Rotisseurs, one of Frances most prestigious and oldest Epicurean Societies.

At the age of 40, Chef Romel made the decision to expand his fitness goals to include natural bodybuilding from the UFE, an amazing accomplishment for beginner, and recently competed twice in the International WBFF competition earning sixth place and his pro card status. He is happy that he can now combine his passion for cooking with his fitness lifestyle by being the host Chef of "Body Fuel", a new innovative look at healthy lifestyle and fitness.

He has also just finished his second TV Show called "3D Chef" which is the first cooking and fitness show filmed in HD 3D and it is currently being distributed to the European, Asian and American markets.

Most recently, Chef Romel was one of the celebrity guests for the 2011 National Home Show appearing on center stage, and he is writes regular columns on healthy lifestyle cooking for "Inside Fitness."

Chef Romel rounds out our Food and Beverage team of seasoned professionals waiting to serve you!

## Chef Romel's Watermark Signature Salad

### Ingredients

2 cups	Mix Green Salad
3 pieces	Strawberries (Sliced)
2 oz	Crumbled Goat Cheese
2 oz	Sweet and Spicy Pecans
2 oz	Sherry Shallot Dressing

### Method

1. In a large bowl toss the mix greens with the dressing, below.
2. Toss with the rest of the ingredients together (goat cheese, spiced pecans).
3. Place tossed salad in an appropriate bowl and garnish with some edible flowers and micro seedlings.

## Sherry Shallot Dressing

### Ingredients

2 cups	Olive Oil
6 oz	Sherry Vinegar
2 pieces	Shallots (chopped)
2 oz	Dijon Mustard
4 oz	Honey
	Salt and Pepper to taste

### Method

1. Place the ingredients in a food processor or hand blender.
2. Mix the ingredients together until smooth.
3. Use dressing on your favorite salad mixture.