



Inn at Laurel Point

Low Carbon Menus



A key part of our commitment to sustainability is to minimize emissions by offering low-carbon menu options featuring plant-rich items and Vancouver Island sourced products.

BREAKFASTS & BREAKS

Low Carbon Breakfast Buffet

\$42/guest

Minimum 15 guests

Assorted Bakery Items (per table)
Locally Made Artisanal Bread (per table)
Island Honey, Seasonal Compote (per table) (V, GF)
Seasonal Fresh Fruit (per table)
Lockwood Farms Scrambled Eggs (V, GF)
Local Raised Pork Sausage & Bacon (DF)
Roasted Canadian Potatoes, BC Peppers, Onions & Scallions (V, GF, DF)
Chilled Juices
Artisanal Coffee & Tea

Vegetarian Low Carbon Breakfast Buffet

\$42/guest

Minimum 15 guests

Assorted Bakery Items (per table)
Locally Made Artisanal Bread (per table)
Island Honey, Seasonal Compote (per table) (V, GF)
Seasonal Fresh Fruit (per table)
Lockwood Farms Scrambled Eggs (V, GF)
Inn-made Mushroom Bacon (V, GF)
Roasted Canadian Potatoes, BC Peppers, Onions & Scallions (V, GF, DF)
Chilled Juices
Artisanal Coffee & Tea

Low Carbon Themed Break

\$24/guest

Baked Kale & Root Vegetable Chips (Vegan, GF)
Vegetable Crudités, Edamame Hummus (Vegan, GF)
Banana Berry Smoothies
Regular & Decaffeinated Coffee, Assorted Teas

We select **local & organic foods** whenever possible. Like **bread** from Rising Star Bakery, which is locally owned & operated.

Our **eggs** are from Lockwood Farms & our **honey** is from Babe's Farm. all of which are on Vancouver Island.



Low Carbon Waiter Served Breakfast

\$40/guest

Assorted Bakery Items (per table)
Island Honey, Seasonal Compote (per table) (V, GF, DF)
Seasonal Fresh Fruit
Lockwood farms Scrambled Eggs (V, GF)
Locally Raised Pork Sausage & Bacon (DF)
Roasted Canadian Potatoes, BC Peppers, Onions & Scallions (V, GF, DF)
Chilled Juices
Artisanal Coffee & Tea

Vegetarian Low Carbon Waiter Served Breakfast

\$41/guest

Assorted Bakery Items (per table)
Island Honey, Seasonal Compote (per table) (V, GF, DF)
Seasonal Fresh Fruit
Lockwood Farms Scrambled Eggs (V, GF)
Inn-made Mushroom Bacon (Vegan, GF)
Roasted Canadian Potatoes, BC Peppers, Onions & Scallions (V, GF, DF)
Chilled Juices
Artisanal Coffee & Tea

Our **bacon & sausage** are locally raised and produced.

Much of our seasonal **produce** is from Square Root Farms, Plot Farm Market & Dan's Market Garden.

We select **local & organic foods** whenever possible.



Low Carbon Lunch Buffet

\$62/guest

- Minimum 25 guests

- Includes brewed regular & decaffeinated coffee, assorted teas, freshly baked bread & rolls

Salads

Field Greens, Tomatoes, Cucumbers, Balsamic Date Vinaigrette (Vegan, GF)

Creamer Potato Salad, Smoked Tuna, Celery, Scallions, Grainy Mustard Aioli (GF, DF)

Chef's Choice of Seasonal Salad

Platters

West Coast Smoked Salmon (GF, DF)

Entrée

Blackened Salmon, Pomme Purée, Wilted Greens, Tomato Chutney (GF)

Roasted Chicken, Lemon Parsley Potatoes, Seasonal Vegetables

Herb & Sherry Vinaigrette (GF, DF)

Charred Portobella, Beluga Lentils, Cauliflower, Salsa Verde (Vegan, GF)

Dessert

Fresh Fruit & Berries

Selection of Inn-made Pastries & Squares

All of our **Seafood** is sustainably harvested and certified.

Ocean Wise.

Our Poultry is locally sourced and processed.



Vegetarian Low Carbon Lunch Buffet

\$61/guest

This menu is entirely vegetarian and is available for groups of 25 or more guests.

Salads

Field Greens, Vine Ripened Tomatoes, Cucumbers, Balsamic Shallot Vinaigrette (Vegan, GF)
Orzo, Garden Mint, Fresh Peas, Grilled Onions, Chimichurri (Vegan)
Chef's Choice of Seasonal Salad

Soup

Seasonally Inspired Soup

Entrée

Crispy Fried Mushrooms, Spring Onion Pilaf, Sesame Chili Sauce (Vegan, GF)
House-made Falafels, Quinoa Tabbouleh, Preserved Onions, Garlic Aioli (Vegan, GF)
Charred Portobella, Beluga Lentils, Seasonal Vegetables, Chimichurri (Vegan, GF)

Dessert

Fresh Fruit & Berries
Selection of Cakes, Pastries & Squares

We select local & organic foods whenever possible. Like **Tomatoes** from Sun Wing Farms.

All of our **Vegetables** are sourced from farms on the island whenever available.



Vegetarian Low Carbon Waiter Served Lunch

- The prices listed are for 3 courses. A soup or salad, an entrée and a dessert. A maximum of 3 entrée choices (choices include two proteins and a vegetarian dish). Individual entrée choices and completed seating chart with allergy requirements is required 10 business days prior to the event

- Please note the highest price of your chosen options will be charged for all meals

- Add a fourth course soup or salad for \$12/guest

- Includes brewed regular & decaffeinated coffee, assorted teas, & freshly baked breads, rolls & butter

Soup

Tomato Soup, Parmesan Crisp (V, GF)

or

Sweet Corn Soup, Tarragon, Chili Oil (V, GF)

Salad

Field Greens, Heirloom Tomato, Goats Cheese, Toasted Almonds, Sweet Onion & Balsamic Dressing (V, GF)

or

Chef's Choice of Seasonal Salad

Entrée

Island Farmhouse Roasted Chicken Breast (GF, DF)

\$52/guest

Roasted Fingerlings, Pan Jus

Pan Seared Steelhead Trout (GF)

\$51/guest

Beluga Lentils, Citrus Beurre Blanc

Chickpea Panisse (Vegan, GF)

\$47/guest

Roasted Cauliflower, Salsa Verde

Marinated Portobella Mushroom (Vegan, GF)

\$50/guest

Aged Balsamic, Creamer Potatoes, Chimichurri

Dessert

Opera Slice (GF)

Soy Toffee Whip, Chocolate Almond Sponge

or

Poppyseed Gateaux

Lemon Raspberry Confit, Poppyseed Mousse



Low Carbon Dinner Buffet

\$86/guest

-Minimum 30 guests

-A surcharge of \$5/guest will be applied to groups of less than 30

-All baked goods are made in house

-Dinner buffets include regular & decaffeinated coffee, assorted teas, fresh baked breads & rolls

Salads

Field Greens, Tomatoes, Cucumbers, Balsamic & Date Vinaigrette (Vegan, GF)

Baby Potato Salad, Smoked Tuna Confit, Celery, Spring Onion, Grainy Dijon Aioli (GF, DF)

Orzo, Charred Zucchini & Red Onion, Sun-Dried Tomatoes, Feta, Red Wine Vinaigrette (V)

Kale Salad, Dried Cranberries, Tamari Glazed Seeds, Balsamic Soy Vinaigrette (Vegan, GF)

Chef's Choice of Seasonal Salad

Platters

West Coast Smoked Salmon (GF, DF)

Antipasto, Local & Artisan Cured Meats, Pickled Vegetables, Olives (GF, DF)

Tuna Poke, Edamame, Corn, Cabbage, Furikake, Pickled Ginger & Yuzu Vinaigrette (GF, DF)

Entrées

Please choose three selections:

Miso Glazed Salmon (GF, DF)

Scallion Rice, Bok Choy

Chickpea Curry (Vegan, GF)

Jasmine Rice

Baked Lingcod (GF, DF)

Crispy Polenta, Tomatoes, Capers, Roast Zucchini

Falafel (Vegan, GF)

Quinoa Tabbouleh, Pickled Onions

Sweet Garlic Sauce

Island Farmhouse Roasted Chicken Breast (GF, DF)

Garlic Herb Potatoes, Chermoula

Dessert

Fresh Fruit & Berries

Selection of Inn-made Pastries & Squares

All seafood is sustainably raised/harvested and **Ocean Wise** Certified.



Vegetarian Low Carbon Dinner Buffet

\$78/guest

- Minimum 30 guests

- Dinner buffets include regular & decaffeinated coffee, assorted teas, fresh baked breads & rolls

Salads

Local Farm Greens, Vine Ripened Tomatoes, Cucumbers, Maple Apple Vinaigrette (Vegan, GF)

Creamer Potato Salad, Sun-Dried Tomatoes, Celery, Scallions, Garden Herb Aioli (Vegan, GF)

Garden Kale, Dried Cranberries, Spiced Seeds, Soy Balsamic Vinaigrette (Vegan, GF)

Charred Broccoli, Red Onion, Radish, Onion Crumb, Sesame & Soy Garlic Vinaigrette (Vegan, GF)

Tomatoes, Bocconcini, Candied Pecans, Arugula, Basil Pesto (V, GF)

Entrée

Cajun Spiced Mushrooms (V, GF, DF)

Potato Rösti, Orange Chive Emulsion

Chickpea Panisse (Vegan, GF)

Herb Tomato Sauce, Roasted Vegetables, Salsa Verde

House-made Falafel (Vegan, GF)

Quinoa Tabbouleh, Preserved Onions, Sweet Garlic Sauce

Dessert

Fresh Fruit & Berries

Selection of Inn-made Pastries & Squares

Potatoes come from farms on Vancouver Island whenever possible, just like our **vegetables**.

Our **greens** are from The Plot Market Garden & our **tomatoes** are from Sun Wing Farms in Victoria whenever possible.



Vegetarian Low Carbon Waiter Served Dinner

- The prices listed are for 3 courses. A soup or salad, an entrée and a dessert. A maximum of 3 entrée choices (choices include two proteins and a vegetarian dish). Individual entrée choices and completed seating chart with allergy requirements is required 10 business days prior to the event

- Please note the highest price of your chosen options will be charged for all meals

- Add a fourth course soup or salad for \$12/guest

- Includes brewed regular & decaffeinated coffee, assorted teas, & freshly baked breads, rolls & butter

Please choose one starter (soup &/or salad), one entrée & one dessert for the group

Soup

Tomato Soup, Balsamic Pearls, Roast Tomatoes (Vegan, GF)

Cauliflower Velouté, Apple Butter, Crispy Kale (V, GF)

Curried Squash, Chili Oil, Cilantro (Vegan, GF)

Salad

Organic Field Greens, Compressed Apple, Brown Butter, Shaved Fennel, Maple Pepitas, Basil Vinaigrette (V, GF)

Charred Broccoli, Cabbage, Onion Crumb, Radish, Sesame Ginger Vinaigrette (Vegan, GF, DF)

Local Beets, Whipped Mascarpone, Poached Figs, Candied Pecans, Sheery Vinaigrette (V, GF)

Chef's Choice of Seasonal Salad

Entrée

Island Farmhouse Roasted Chicken Breast \$69/guest

Roasted Fingerlings, Pan Jus

Roasted Steelhead Trout \$65/guest

Spiced Couscous, Citrus Beurre Blanc

Charred Cauliflower (Vegan, GF) \$60/guest

Lentil & Heirloom Tomato Ragout, Chimichurri

Marinated Portobella Mushroom (Vegan, GF) \$61/guest

Aged Balsamic, Creamer Potatoes

Chickpea Panisse (Vegan, GF) \$57/guest

Roasted Cauliflower, Salsa Verde

Dessert

Opera Slice (GF) Chocolate Bar (V)

Soy Toffee Whip, Chocolate Almond Sponge Candied Hazelnuts, Chocolate Streusel, Caramel

Poppyseed Gâteau

Lemon Raspberry Confit, Poppyseed Mousse