

EVENTS AT THE MARSHES



BREAKFAST

CONTINENTAL BREAKFAST

MINIMUM 10 GUESTS

THE MARSHES

$$12^{95}$ per guest

- Fresh assortment of pastries & muffins
- Assorted preserves & butter
- Fruit salad
- Carafes of orange & apple juice
- Freshly brewed coffee & a selection of teas

MULLIGAN

$$15^{95}$ per guest

- Sliced fresh fruit
- Fresh assortment of pastries & muffins
- Toasting station with bagels & English muffins
- Cream cheese, assorted preserves & butter
- Carafes of orange & apple juice
- Freshly brewed coffee & a selection of teas

HOT BREAKFAST

MINIMUM 20 GUESTS

\$17⁹⁵ PER GUEST

SUNRISE

Sliced fresh fruit

- Fresh assortment of pastries & muffins
- Assorted yoghurts
- Scrambled eggs
- Bacon & sausage
- Savory home fries
- Toasting station with bagels & English muffins
- Cream cheese, assorted preserves & butter
- Carafes of orange & apple juice
- Freshly brewed coffee & a selection of teas

Add Eggs Benedict \$3.00 per guest.





BREAKS

FOOD SELECTION

- Fresh assortment of pastries & muffins \$28⁰⁰ PER DOZEN
- Yoghurt parfait with granola
 \$3⁹⁵ PER GUEST
- Granola bars
 \$2⁹⁵ PER GUEST
- Seasonal whole fruit
 \$1⁹⁵ PER GUEST
- Pretzels, assorted potato chips, Cajun mix & party mix
 \$6⁹⁵ PER GUEST
- Assorted cookies & squares
 \$3⁵⁰ PER GUEST
- Selection of chocolate bars
 \$3⁰⁰ PER GUEST

BEVERAGE SELECTION

- Freshly brewed coffee & a selection of teas
 \$3²⁵ PER GUEST
- Assorted cans of regular & diet soft drinks
 \$2⁵⁰ PER EACH
- Assorted individual juices
 \$2⁵⁰ PER EACH
- Assorted Gatorade
 \$3⁵⁰ PER EACH
- Bottled water \$2⁵⁰ PER EACH



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WORKING LUNCH

Minimum 15 guests

\$19⁹⁵ PER GUEST

SOUP

Chef's selection of soup with fresh rolls & butter

SALAD

- Caesar salad, whole leaf romaine, bacon, herb & garlic croutons, Parmesan, lemon
- Baby greens & spinach topped with cherry tomatoes, cucumber, red onion & assorted dressings

MAINS

select one

- Assorted meat, vegetable & deli sandwiches on whole wheat & rye bread, mini rolls & tortillas
- Deep dish pizza with focaccia style crust, topped with tomato sauce, an assortment of meat & vegetables

DESSERT

- Assorted cookies & squares
- Served with freshly brewed coffee & a selection of teas



LUNCH BUFFET

Minimum 25 guests

\$29⁹⁵ PER GUEST

SOUP

Chef's selection of soup with fresh rolls & butter

SALAD

select two

- Caesar salad, whole leaf romaine, bacon, herb & garlic croutons, Parmesan, lemon
- Mediterranean fusilli, sun-dried tomatoes, bell peppers, red onion, sweet tomato poppy seed dressing
- Baby greens & spinach topped with cherry tomatoes, cucumber, red onion & assorted dressings

MAINS

select two

- Cajun spice roasted chicken, citrus & garlic marinade
- Meat lasagna with house-made meat sauce, cottage & mozzarella cheese
- Assorted meat, vegetable & deli sandwiches on whole wheat & rye bread, mini rolls & tortillas
- AAA tender beef round roasted in natural juices
- Mild curry stir-fry with seasonal vegetables, served on a bed of rice (vegetarian & gluten free)
- Spinach & ricotta manicotti, pomodoro, white wine basil Alfredo sauce (vegetarian)

DESSERT

Served with freshly brewed coffee & a selection of teas

select one

- Assorted cookies & squares
- New York style cheesecake with assorted coulis & fresh seasonal berries
- Layered chocolate mousse cake topped with chocolate & caramel sauce
- Fruit salad

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SIGNATURE BBQ LUNCH

Minimum 25 guests

\$22⁹⁵ PER GUEST

STARTERS

select two

- Caesar salad, whole leaf romaine, maple smoked bacon, herb & garlic croutons, Parmesan, lemon
- Mediterranean fusilli, sun-dried tomatoes, bell peppers, red onion, sweet tomato poppy seed dressing
- Baby greens & spinach topped with cherry tomatoes, cucumber & red onion, assorted dressings
- Fennel citrus coleslaw & citrus aioli
- Potato Dijon with red & green onion, bell peppers, fresh herbs & Dijon mayo

MAINS

- Top sirloin hamburger
- Mild Italian sausage
- Grilled chicken
- Assorted garnishes including tomato, green leaf lettuce, red onion & pickles
- Ketchup, mustard, relish, mayonnaise

DESSERT

- Seasonal sliced fruit
- Assorted cookies & squares

VEGETARIAN OPTIONS

vegetarian alternatives are available upon request, please discuss with your Event Manager during the menu selection process



PLATED DINNER

Minimum 30 guests

STARTER

select one

Upgrade to a four-course service (soup & salad) at a surcharge of \$3.00 per guest

- Chef's selection of soup with fresh rolls & butter
- The Marshes garden salad with mixed baby greens, cucumber, red onion, cherry tomatoes, carrots, root vegetable chips with sweet tomato poppy seed dressing
- Baby greens, goat cheese, cucumber, caramelized walnuts, dried cranberries & mandarin oranges with balsamic dressing
- Caesar salad, whole leaf romaine, bacon, herb & garlic croutons, Parmesan, lemon

MAINS

select one

Add additional main course selections at a surcharge of \$3.00 per main, per guest.

• The Marshes signature chicken, stuffed with roasted red peppers, goat cheese, fine herbs & red wine demi

$$46^{95}$ per guest

- 8oz AAA striploin steak & red wine demi
 - $$48^{95}$ per guest
- Chili & lime seared Atlantic salmon, maple syrup, soya sauce

$$45^{95}$ per guest

Pan seared chicken supreme with wild mushroom Dijon cream sauce

$$45^{95}$ per guest

- 10oz AAA ribeye steak with Dijon & horseradish demi
 - $$54^{95}$ per guest

VEGETABLE SIDES

select one

- Grilled vegetables; green zucchini, yellow & red bell peppers, roasted garlic, cherry tomatoes
- Baby vegetables; green beans, seasonal squash, carrots, red pepper

POTATO & RICE SIDES

select one

- Roasted red skin potatoes, seasoned with garlic & herbs
- Herb & garlic mashed potatoes
- Lemon bay rice pilaf

DESSERT

Served with freshly brewed coffee & a selection of teas

select one

- White chocolate pyramid with vanilla sponge cake, white chocolate Bavarian cream, center of dark chocolate sauce & white chocolate ganache
- Tiramisu; vanilla cake infused with rum & coffee, mascarpone cream & cocoa
- Irresistable brownie biscuit layered with a rich chocolate mousse, caramel roasted almonds & caramel décor
- New York style cheesecake with assorted coulis & fresh seasonal berries

VEGETARIAN, GLUTEN FREE OR VEGAN OPTIONS

We pride ourselves in providing distinctly unique offerings to those guests in your group that have dietary restrictions.

One selection per event:

- Mild curry stir-fry with seasonal vegetables, served on a bed of rice (vegetarian & gluten free)
- Fennel & spinach gnocchi, rosé sauce with fresh Parmesan (vegetarian)
- Japchae; vegetable stir fry with basmati rice (vegan & gluten free)

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BUFFET DINNER

Minimum 30 quests

\$46.95 PER GUEST

STARTERS

Served with fresh rolls & butter

select two

- Chef's selection of soup
- Caesar salad, whole leaf romaine, bacon, herb & garlic croutons, Parmesan, lemon
- Mediterranean fusilli, sun-dried tomatoes, bell peppers, red onion, sweet tomato poppy seed dressing
- Baby greens & spinach topped with cherry tomatoes, cucumber, red onion & assorted dressings
- Potato Dijon with red & green onion, bell peppers, fresh herbs & Dijon mayo

Add additional starter selection at a surcharge of \$5.00 per starter, per guest.

DESSERT

Served with freshly brewed coffee & a selection of teas

select one

- Assorted cookies & squares
- New York style cheesecake with assorted coulis & fresh seasonal berries
- Layered chocolate mousse cake topped with chocolate & caramel sauce
- Assorted mini desserts; crème brûlée, marinated fruit salad, tiramisu, chocolate mousse, sugar tarts
- Fruit salad

Add additional dessert selection at a surcharge of \$5.00 per starter, per guest.

MAINS

select two

- Cajun spice roasted chicken, citrus & garlic marinade
- Meat lasagna with house-made meat sauce, cottage & mozzarella cheese
- AAA Alberta roast beef with mushroom marsala au jus
- Mild curry stir-fry with seasonal vegetables, served on a bed of rice (vegetarian & gluten free)
- Fresh Atlantic salmon with white wine & dill sauce

Add additional main course selection at a surcharge of \$7.00 per main, per guest.

SIDES

select one

- Grilled vegetables (portabella mushrooms, green zucchini, bell peppers, eggplant)
- Baby vegetables (green beans, carrots, bell peppers)

select one

- Roasted red skin potatoes seasoned with garlic & herbs
- Herb & garlic mashed potatoes
- Lemon bay rice pilaf





CHILDREN'S MENU

\$1995 PER CHILD

Available to children between the ages of 2 and 10 years old. All meals are served with fruit juice or a soft drink.

APPETIZER

Assorted seasonal vegetables served with ranch dipping sauce

MAIN

select one

- Breaded chicken fingers & fries
- Margherita pizza
- Penne noodles, red sauce, Parmesan cheese

DESSERT

select one

- Vanilla ice cream with assorted coulis
- Sliced fresh fruit

A limited quantity of highchairs & booster seats are available upon request, ask your Event Manager for details.





RECEPTION ITEMS

CANAPÈS

Minimum 3 dozen of each selection

SATAYS (choice of)	\$26 ⁹⁵ per dozen
Chili-lime beef	
Curried chicken	
ROLLS (choice of)	\$25 ⁹⁵ per dozen
 Vegetable with plum sauce 	
• Pizza roll	
Chicken tikka with garlic aioli	
SLIDERS (choice of)	\$27 ⁹⁵ per dozen
Beef slider with chipotle & jalapeño h	avarti
Philly cheese steak sliders	
TEMPURA PRAWNS & CHILI SAUCE	\$26 ⁹⁵ per dozen
VEGETABLE SAMOSAS WITH GARLIC AIOLI	\$25 ⁹⁵ per dozen
PHYLLO TRIANGLES WITH GARLIC AIOLI	\$26 ⁹⁵ per dozen
STRAWBERRY &	
GRAPE BRIE BITES	$$26^{95}$ per dozen
BRUSCHETTA	$$25^{95}$ per dozen
Traditional	

- Traditional
- Eggplant

PLATTERS

Serves 20 guests

IMPORTED & CANADIAN CHEESES

\$170⁹⁵ per platter

• Brie, blue, Gouda, cheddar & Swiss cheese, dried fruits, nuts, grapes, assorted crackers & baguette

NORWEIGAN SMOKED SALMON \$155⁹⁵ per platter

• Tomatoes, capers, red onion, garlic, lemon, fine herbs, XV olive oil, French baguette

PRAWNS ON ICE

- \$145⁹⁵ PER PLATTER
- Tiger prawns, cocktail sauce & lemon

ANTIPASTO

\$130⁹⁵ PER PLATTER

 Assorted cured meats & cold cuts, balsamic marinated grilled vegetables, bocconcini cheese, olives, spicy eggplant, assorted breads

MINI-SANDWICHES

\$125⁹⁵ PER PLATTER

• An assortment of meat, vegetable & salad sandwiches served on white, whole grain, rolls & wraps

VEGGIES & DIP

\$110⁹⁵ PER PLATTER

• Celery, baby carrots, broccoli, cauliflower, bell peppers, English cucumber & cherry tomatoes

CHIP & DIP TRIO

\$100⁹⁵ per platter

 Pita triangles & corn tortillas, fresh salsa, black bean & cheddar dip, garlic & lemon hummus

SLICED FRESH FRUIT

 $$110^{95}$ per platter

Assorted melons, pineapple & seasonal berries

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RECEPTION ITEMS

STATIONS

Minimum 30 guests

ANTIPASTO STATION

\$10⁹⁵ per guest

 Grilled & marinated vegetables, prosciutto & assorted artisan cold cuts, bocconcini, olives, spicy eggplant with a variety of baked breads

SEAFOOD STATION

\$18⁹⁵ PER GUEST

- California rolls, negiri & maki sushi served with pickled ginger, wasabi & soy sauce
- Norwegian smoked salmon
- Prawns on ice
- Shrimp satays

PASTA STATION

- \$14⁹⁵ PER GUEST
- · Penne, cheese stuffed tortellini & fusilli noodles
- Italian sausage, wild mushrooms, sun-dried tomatoes
- Fire roasted tomato with basil, rosé & creamy Alfredo sauce

DEEP DISH PIZZA

\$114⁹⁵ PER PIZZA

• Meat & vegetable toppings with house-made tomato sauce & focaccia style crust (serves 15)

\$7⁹⁵ PER GUEST **GRILLED CHEESE & FRIES**

MINI SLIDER STATION

\$14⁹⁵ PER GUEST

- Smoked meat on rye bread, mustard & dill pickles
- Philly cheese steak on a kaiser
- The Marshes signature Buffalo chicken on a ciabatta bun
- Prime rib, Ironstone's mango BBQ sauce, jalapeño havarti cheese, chipotle mayo on a kaiser

CARVING STATION

\$16⁹⁵ PER GUEST

• Roast beef sirloin served with au jus & assorted baked breads with horseradish & Dijon

SWEET TABLE

- Gourmet cookies
- Miniature squares
- Fresh fruit
- Lavered chocolate mousse cake
- Vanilla crème brulée

PIEROGI STATION

\$9⁹⁵ PER GUEST

· Meat & cheese pierogi served with bacon, sautéed onions, green onion & sour cream

POUTINE STATION

\$9⁹⁵ PER GUEST

• Marshes fries, cheese curds & gravy

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- \$11⁹⁵ PER GUEST
- Tiramisu
- Chocolate mousse
- Sugar tarts
- Marinated fruit salad





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Prices are valid until March 2021