

# The Seated Dinner Menu

Please select one choice per section.

## **The Soup Course**

- A Spicy Ginger-Chicken-Vegetable Noodle Bowl with fresh Cilantro. (V)
- Basil Caramelized Onion soup with a floating 3 cheese Raft (V)
- Thai Curried Root n Squash Pureed Broth,  
topped with a Hot n Sour Sesame Seeded Mint drizzle
- Potato-Corn Chowder with pan-fried  
double smoked Bacon finished with a Stilton Blue Cheese Cream,  
topped with garlic charred croutons (V)

## **The Salad Course**

- Chef's Seasonal mixed greens with Thyme-peppered  
grilled Carrots and Red onions, accompanied by our  
Balsamic-Feta dressed Bruschetta served on locally  
made Focaccia (V)
- A Bear and Bison Inn's Spinach Salad ~ Wilted  
Spinach Salad with caramelized Onions, Roasted  
mixed nuts, Marinated Grapes, slivered garlic and  
Prosciutto chips (V)
- Our take on the American Classic  
"Shrimp Cocktail" ~baby shrimp seasoned and  
tossed in fresh lime juice  
served on a Ranch dressed Iceberg base,  
detailed with a Horseradish cocktail sauce
- Traditional Classic Caesar Salad with crispy Prosciutto bits, fresh grated Parmesan, Croutons and finished with grilled grape tomatoes



**Upgrade** ~ Crispy buttered garlic baguette \$2.75 per person

\*note: the soups and salads are vegetable based and lactose and gluten free until we put in the garnish. So as long as we know in advance of your guest's diet requirements these choices should be good for everyone.

## Main courses

- Chunky apple stuffed Pork Tenderloin rubbed in caraway, a hint of Dijon, and drizzled with an Apple butter jus.
- Grilled Ginger and Garlic marinated Atlantic Salmon, glazed just before service with a Soya-butter glaze
- Pan Fried Spinach-Wild Mushroom stuffed Chicken Breast on roasted pan gravy
- Slow Roasted Alberta Rib Roast Served with a Rosemary-Bordelaise wine sauce

## Vegetarian

- Blackened red Pepper, stuffed with sautéed mushrooms, spinach, onions, leeks and Goat cheese.

## Upgrades ~ add extra surcharge

- Slow Roasted Alberta beef Filet Mignon rubbed in foie gras and wrapped in prosciutto, served with a vintage Port wine sauce ~ \$10.00 per person
- Slow Roasted Alberta Buffalo Filet Mignon rubbed in foie gras and wrapped in prosciutto, served with a vintage Port wine sauce ~ \$15.00 per person, subject to availability

\*notes: the main courses and sauces above, are lactose and gluten free until we put in the garnish, please ensure we know your groups dietary requirements in advance

## Accompaniments

please choose one of the following starches to accompany your main course

- Pan fried buttered new potatoes
- Creamy Scalloped potatoes
- Baked Potatoes with all the trimmings (V)
- Wild rice Risotto with jalapeño Havarti cheese
- Country style bacon stuffed potato (V)
- Garlic mashed new potatoes (V)
- Manitoba Pearl Barley risotto with oyster mushrooms (V)



**Vegetables** ~ We serve your vegetables in bowls & platters, family style down the center of the dining table. (please consider that when planning your table decor).

The chef will prepare 4 or 5 dishes from seasonal market fresh vegetables

**Desserts** ~ choose one of the following ~ served with coffee and tea

- Cheese tasting, served on cedar board (1 per 6-7 people) with fresh and dried fruit, nuts, crackers and warm baguettes, bagel and rye croutons
- Whipped Cream Stacked Coffee Cake,  
detailed with warm Caramel sauce and Pecans
- Fresh Raspberry Mousse Charlotte Russe encased in lady fingers  
topped with assorted fresh berries.
- Baked Three Sisters ~ our version of the Classic Baked Alaska, made with  
Chocolate & Mocha ice cream, to signify the Mining heritage of Canmore and  
topped with 3 meringue peaks to echo the window view that every room enjoys  
of the 3 Sister Mountains
- Bear and Bison Chocolate Cake Classic ~ piped with a white chocolate mousse

**Wedding Cake option** (no additional charge) ~ We are happy to prepare one of our  
desserts as a “wedding cake” for ceremonial cutting and then taken into the kitchen  
to be plated for your group.

4 courses including coffee service \$68.75  
plus GST, applicable service charges and gratuities

# Formal Seated Dinner

## The Concept

The idea behind this menu series is to provide the most options for a relaxing seated dinner whilst still providing the highest quality service and food we are able to offer. The finest local ingredients are used in our dishes wherever possible.

**Items Included** ~ access to our in-house stock of table linens and napkins, candlelabras, tea light candles, vases, crystal, china.

**Service** ~ is designed to be easy flowing.

There when you need it but not intrusive.

Food service will start approx. 12-15 minutes after your scheduled dinner time.

The length of service is approximately 2 hours, dependent upon how the dinner progresses.

The seated dinners are fully served and will include the correct number of serving staff to ensure your dinner service is exceptional.

**Minimum numbers** ~ 20 adults with a full Inn rental. If you are below the minimum number, we would require a supplemental charge of ½ the price of the missing number of guests required to bring the total to 20.

Please note that dinner is only offered to groups that rent the entire Inn.

**Maximum number** ~ 46 adults (or less) can be served with this menu. Children age 11 and below can be counted separately if a private party is arranged for them. Please see below for children's options.

\*Please remember for all menu's, we do require final confirmation of numbers by 3 p.m. the day before!

**Table configurations** ~ will change dependent upon your number of guests. We find that your numbers will change right up until check in, and usually the numbers drop from your initial guest list, often by as much as 15%. Groups up to 28 people will be served on one long table

- Groups from 29 to 33 will be served either on two tables, (see below) or on an L shaped table.
- Groups from 33 to 38 will be served on two tables, for 38 chairs we would do 28 on one table and 10 on another for our maximum of 38
- Groups of 39 to 46 will require 38 on the main level and a table of 8 in the mezzanine overlooking the main room.

**Multi Main course guest choice is available** ~ if you would like to offer your guests a choice of pre-ordered main courses (3 maximum), please add \$7.50 per person to the menu price. Exceptions will be made at no cost for diet requirements. As an example: no red meat allowed or vegetarians.

**Upgrades are available** ~ designed to take these menus to another level while still maintaining great value. Upgrades are limited only to what you have in mind. If there is something you do not see on the menu, just let us know and we'll be sure to work something out for you!

**(V) symbolizes options that are suitable for Vegetarians and/or Vegans** (most times) with minor changes made to the individual's dish. Please ensure that we know ahead of time who and how many Vegetarians or vegans you have in your group and if they bend the rules (i.e. the vegetarian who, eats fish) as this will help us out greatly when it comes to serving them the best possible alternatives.

**Options for Children** ~ Children (11\* and under) are always hard to figure out especially when they are not your own! We have 2 good options:

- 1) Eat off the adult menu for half the price per child
- 2) We can prepare a kid's party for \$15.75 per child and include the following items: veggie platter, fruit platter, cheese pizza, and an ice cream treat.

When your numbers are approaching 46 and you have a bunch of kids, we suggest taking the kids party option and locating it in either the library or Rooms #7 or #8. Having the children in a separate party allows the children to be counted as additional to our maximum number. In theory you could have 46 adults and 8 kids (as long as they eat separately).

\*12 years and older are billed as adults, unless you wanted them to eat from the kid's party then the price would vary based on age.

**Bon Appétit**  
**Lonny (Owner and Chef)**