



HOSTELLING INTERNATIONAL Pacific Mountain Region

DEAR GROUP LEADER

The following menu is for you to choose an appropriate meal plan for your group. It has been designed to provide you with efficient service and high quality food at an affordable price.

IMPORTANT: We require confirmation of your **menu choice**, the **number of guests** and **meal times** at least **14 days prior** to your visit. This is required due to the time period to receive food orders in Banff.

Full payment of the meal plan is required **14 days prior** to your arrival. If alternative arrangements have not been made with the cafe manager, the group meals will be cancelled.

Groups larger than fifteen must have a set menu. Any special dietary needs must be notified to the cafe manager when you order the meals.

A group of more than 36 people will need to be split into two sittings due to the café's maximum occupancy. These will be served in 1/2hour intervals.

We look forward to your group stay!

For any inquiries please contact:

Nick Caulford, 1.403.762.4123 ext.26

PLEASE NOTE: Breakfast and Dinner include juice, milk, coffee, tea and hot chocolate. Please call if you have any particular requests for your group (i.e. vegetarian meals, allergies etc). Also note that prices do not include G.S.T or gratuities.



COUGAR PETE'S GROUP MENU FOR GROUPS OF 20 OR MORE

BREAKFAST

Coffee, tea and juice included.

CONTINENTAL BUFFET \$10.25
Fresh baked muffins and croissants, assorted cereals, fresh fruit salad with yogurt.

FULL BUFFET \$12.95
Choice of scrambled eggs or pancakes with bacon or sausages. Comes with muffins and croissants, cereals, fruit salad and yogurt.

LUNCH

For groups on the run.

TUNNEL MOUNTAIN BAG LUNCH \$10.95
Your choice of sandwich (turkey, smoked ham or vegetarian), fresh baked cookie, fresh fruit and McCain's drink-box of juice

For groups staying in for the day.

CELLAR CHILLI \$9.95
Beef or vegetarian chilli filled with tomato sauce, beans and just the right amount of spice. Served with fresh baked buns and salad

PETE'S BURGER TIME \$14.95
A variety of burgers (beef, chicken and vegetarian) served with all the fixings of a Cougar Pete Burger. Comes with your choice of fries or salad.

SOUP AND SANDWICH \$12.95
Choose between turkey, smoked ham, tuna or vegetarian sandwiches with all the fixings. Comes with your choice of soup or salad. Coffee, tea or juice included.



COUGAR PETE'S GROUP MENU FOR GROUPS OF 20 OR MORE

DINNER

Coffee, tea and soft drinks are included.

SPAGHETTI AND MEAT SAUCE	\$14.25
Served with garlic toast and Caesar salad	
LASAGNA	\$14.25
Meat or veggie, served with Caesar or garden salad, and dinner rolls. MEAT OR	
TERIYAKI CHICKEN	\$14.95
Oven-baked chicken breasts covered in Teriyaki sauce, served with veggies and rice. Add salad for an extra \$0.50 per person.	
STIR FRY	\$14.95
Oriental veggies and chicken stir-fried in a zesty sauce, served with rice and dinner rolls.	
PENNE ARABIATA	\$15.25
Penne pasta, topped with a spice tomato sauce, served with Caesar or garden salad and your choice of dinner rolls or garlic toast.	
TACOS	\$14.95
Soft-shell tacos, served with zesty taco meat, lettuce, tomato, onion and mixed cheese, with your choice of Caesar or garden salad.	
SAUSAGE AND MASH	\$14.95
Large dinner sausage, served with mashed potatoes, veggies, gravy, with your choice of Caesar or garden salad.	