

2026 NSMTC RETREAT MENU

Meal Locations

Meals will be served in the Banquet Hall unless otherwise indicated

Wednesday August 12

BREAKFAST – 7:00-9:00AM

Adults & Kids (Buffet)

- Buttery Croissants, seasonal muffins, assorted bagels, berry granola parfaits
- Scrambled eggs with cheddar and green onions on the side
- Applewood smoked bacon & pork sausage
- Spice rubbed roasted potatoes
- Baked beans *not cooked in pork fat*
- Oatmeal
- Individual fruit salads
- Starbucks coffee & Tazo teas
- Apple and orange juice

LUNCH – 12:00-1:30PM

Adults (Buffet)

- Garlic buttered baguette
- Caesar salad: romaine, asiago, buttered croutons, lemon
- Panzanella salad: tomato, mozzarella, crisp crouton, fresh basil
- House greens salad: greens, cucumber, tomato, duo of vinaigrettes
- Mushroom Ravioli: Garlic béchamel, tomato bruschetta
- Cheese tortellini: bacon, pesto, spinach, mushroom, garlic chips
- Gluten-free Penne
- Chocolate layer cake (GF)
- Lemon Streusel cake: lemon sponge, vanilla icing
- Starbucks coffee & Tazo teas
- Soft drinks/juices

Kids (Plated for ages 9 & under; 10 & over can self-serve)

- Pepperoni & cheese pizza

North Shore Mi'kmaq Tribal Council (NSMTC)

Main Office – 38 Micmac Road, Natoaganeg (Eel Ground) First Nation, NB E1V 4B1

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Wednesday August 12

HORS D'OEUVRES – 5:30-6:00PM

- Vegetable Spring Rolls (V) with plum sauce
- Vegetable Samosas (V) with sweet chili
- Bacon Wrapped Scallops (GF) with bourbon glaze
- Goat Cheese Mousse (VG) with Balsamic blueberry compote, crisp baguette
- Bruschetta (VG)
- Mini Badass Sliders with lettuce, tomato, brisket, cheddar, garlic aioli, onion rings
- Prosciutto & Melon Skewers

DINNER – 6:00-7:30PM

Adults (Buffet) & Kids (Plated for ages 9 & under; 10 & over can self-serve)

- Artisan rolls & butter
- Soup 1: Farmer's Market Vegetable (GF/V)
- Soup 2: Seafood chowder (GF) – creamy chowder, salmon, shrimp, scallops, bacon
- Salad 1: Potato Salad (GF) – hardboiled egg, scallion, Dijon aioli
- Salad 2: Pasta Salad – garden vegetable, herbs
- Maple Roasted Sweet Potatoes
- Buttermilk Mashed Potatoes
- BBQ Rotisserie Chicken (GF) – Whiskey bbq sauce
- Citrus baked Haddock (GF) – lemon, caper butter
- Bang Bang Noodles (V) – Shanghai noodles, tofu, sautéed veggies, honey garlic chili sauce
- Chef Carved Beef Striploin
- Dessert 1: Apple Crumble
- Dessert 2: Assorted cookies & squares
- Dessert 3: Strawberry layer cake (GF)
- Starbucks coffee & Tazo teas
- Assorted pop/juice

Thursday August 13

BREAKFAST – 7:00-10:00AM

Adults & Kids (Buffet)

- Buttery Croissants, seasonal muffins, assorted bagels, berry granola parfaits
- Scrambled eggs with cheddar and green onions on the side
- Applewood smoked bacon & pork sausage
- Spice rubbed roasted potatoes
- Belgian Waffles – NB Maple syrup, berry compote, whipped cream
- Starbucks coffee & Tazo teas
- Apple and orange juice

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