



WELCOME TO DELTA MEADOWVALE HOTEL AND CONFERENCE CENTRE

Relax and enjoy the convenience and tastes of our In-Room Dining service... it is our pleasure to serve you in the comfort of your room.

Breakfast is served from 6:00 a.m. to 10:00 a.m.
All food items are available from 5:30 p.m. to 11:00 p.m.

Please press extension 76111 to place your order.

“OUR KITCHEN IS YOUR KITCHEN”

If there’s something you cannot find on the menu, either a food item or a preparation method, we’ll do our best to provide what you’re looking for.

If you have dietary restrictions, please alert your In-Room Dining attendant and our talented team of chefs will endeavour to accommodate your request.

The following symbols located next to menu items denote special preparation methods.



Low Calorie/Healthy Alternative

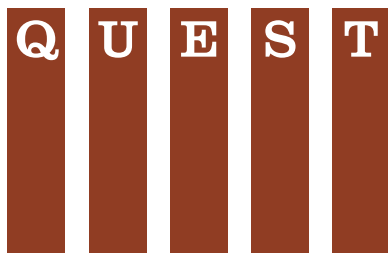


Oceanwise: Ocean-friendly seafood choice



Vegetarian

OUR RESTAURANT



restaurant & bar

Please come and experience Quest Restaurant & Bar. It is conveniently located off the main lobby and is the perfect meeting place for a superb meal with colleagues and friends. Quest offers an outstanding selection of food and flavours inspired by global cuisines.

Breakfast is served daily.

Monday to Friday: 6:30 a.m. – 11:00 a.m.

Saturday and Sunday: 7:00 a.m. – 12:00 p.m.

Please press 74039.

Open daily for lunch and dinner.

Monday to Saturday: 11:00 a.m. – 1:00 a.m.

Sunday: 12:00 p.m. – 12:00 a.m.

Food service available till 11:00 p.m.

Please press 74039.

On the run?

Ask your Quest server for coffee, sandwiches, muffins, cookies, fruit, salads that are all prepared ready to go!

BON APPÉTIT!

BREAKFAST

Served daily 6:00 a.m. - 10 a.m.

Press 76111

DELTA CLASSICS

Quest Canadian Classic

Two farm fresh eggs any style, choice of bacon, sausage or ham, roasted red skin potatoes, toast, juice
15.00

Quest Continental

Chilled apple or orange juice with two bakery-fresh pastries and coffee, tea or milk
12.00

Steak and Eggs

Grilled 6 oz. New York strip, two eggs any style, grilled tomato, sautéed mushrooms and coffee or tea, and juice
18.00



Quest Healthy Start

Fresh seasonal fruit and berry plate with plain low-fat yogurt or 1% cottage cheese, with a fresh-baked bran muffin and coffee or tea, and juice
13.00

BREAKFAST

*Served daily 6:00 a.m. - 10 a.m.
Press 76111*

FROM THE GRIDDLE

Thick Cut French Baguette
Dipped in cinnamon egg batter
with maple braised apple compote
13.00

Whole Grain Belgian Waffles
Fresh berry compote
13.00

Buttermilk or Whole Grain Pancakes
Maple braised apple compote, choice of
bacon, sausage or ham
13.00

EGGS

Served with toast, butter, preserves and homestyle potatoes

Eggs – Fried, Scrambled or Poached
Single egg 8.00 Two eggs 10.00

FRESH FRUIT, YOGURT AND CEREAL

Half Grapefruit	4.00
Fruit Yogurt	4.00
Bowl of Fresh Seasonal Fruit and Berries	6.00
Market Fresh Cut Seasonal Fruit Plate and Freshly Baked Breakfast Bread	9.00

Selection of Cold Cereals with Milk
5.00

Add seasonal berries or bananas to any cereal order
2.00

**Organic Granola Parfait with Yogurt,
Honey and Seasonal Berries**
9.00

**Steaming Hot Oatmeal with Milk,
Brown Sugar and Raisins**
6.00

BREAKFAST

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SIGNATURE ITEMS

Eggs Benedict

Choice of peameal bacon or smoked salmon with poached eggs on toasted english muffins and fresh made hollandaise sauce with roasted red skin potatoes
16.00

Southwestern Style Scrambled Eggs Ranchero

Pico de gallo and fresh cilantro, roasted corn and red skin potatoes
16.00

Create Your Own Omelette

Ham, mushrooms, smoked salmon, roasted peppers, green onions, cheddar or swiss cheese
16.00

3 Egg White Omelette

Tomatoes, baby spinach, mushrooms and fresh seasonal fruit bowl
16.00

Omelette Wrap

Roasted peppers, mushrooms, swiss cheese
14.00

Bacon and Egg Frittata Sandwich

Gouda cheese on a ciabatta roll
14.00

A LA CARTE

Home Style Potatoes	3.00
Grilled Ham	5.00
Crisp Bacon	6.00
Maple Pork Sausages	6.00
Toast, Butter and Jam	3.00
Cottage Cheese	4.00

BAKERY BASKET

Fresh from the Bakery Croissants, Danish or Muffin,
Freshly Baked Breakfast Bread
5.00

Toasted Bagel with Cream Cheese
4.00

ALL ORDERS ARE SUBJECT TO APPLICABLE TAXES AND A DELIVERY CHARGE.
A 15% GRATUITY HAS BEEN ADDED TO YOUR BILL, WHICH IS BASED ON
YOUR COMPLETE SATISFACTION WITH THE SERVICE.

DINNER

Served daily 5:30 p.m. - 11 p.m.
Press 76111

SOUPS

- Kettle Cooked Soup Prepared Daily 8.00**
- Chicken Lemongrass and Cilantro Broth 8.00**
Local enoki mushrooms, vegetables and chives
- Tomato Basil Soup with Parmesan Crostini 8.00**
- Roasted Sweet Onion Broth
and Four Cheese Gratinée 9.00**

SALADS AND STARTERS

- Baby Organic Green Salad with Tart Apple 8.00**
Toasted pine nuts, roasted cherry tomatoes
and honey balsamic vinaigrette
- Cobb Salad 11.00**
Romaine lettuce, chicken, bacon, tomato, egg,
avocado, blue cheese crumble
- Hearts of Romaine 10.00**
Roasted garlic caesar dressing, smoked bacon,
shaved parmesan, herbed baguette croutons.
Add herb crusted grilled chicken breast 6.00
- Grain and Bean Cuisine with Quinoa Salad 11.00**  
Marinated french beans, roasted beets, pumpkin seeds,
shaved parmesan and avocado oil
- Pacific Rim Chicken and Shrimp Lettuce Wraps 9.00**
Vermicelli noodles and asian bbq sauce
- Edamame and Cilantro Dip 9.00**  
Sea salted pita crisps and root vegetable chips
- Seared Sea Scallops 12.00** 
Black truffle yukon gold potato, taro frits,
lemon thyme butter
- Samosa Rolls filled with Potato and Spices 8.00**
Housemade tamarind and mango chutney

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SANDWICHES & BURGERS

All of our Sandwiches are served with your choice of Field Greens, Fresh Cut French Fries or Root Vegetable Chips

Toasted Baja Mahi Mahi Taco 16.00  
Salsa ranchero, cilantro, avocado

Grilled Cheese Sandwich 15.00
Gruyère and cheddar cheese, plum tomato and bacon

Grilled Chicken Club 15.00
Bacon, butter lettuce, tomatoes,
roasted garlic mayo, herb focaccia

Grilled Turkey Burger 15.00 
Peameal bacon, butter lettuce, tomato,
"craisin" corn relish and root vegetable chips

8 oz Prime Rib Burger 15.00
Hickory smoked bbq sauce, butter lettuce,
tomato, beer braised onion strings, cheddar

**Canadian AAA Striploin Steak Sandwich
on Garlic Toasted Baguette 18.00**
Sautéed mushrooms, caramelized onions,
horseradish infused white cheddar

RICE AND PASTAS

"My Thai Kitchen Stir Fry" - choose your favourite combination
(1) choice of jasmine scented rice or noodle
+
(2) stir fried shrimp or chicken
and sweet basil or garlic vegetables
+
(3) red thai curry sauce or oyster soya glaze
19.00

Indian Butter Chicken 19.00
Basmati rice, grilled naan, lime yogurt drizzle

Baked Cavatappi Pasta with Roasted Chicken 16.00
Caramelized onions, basil, stewed tomatoes, asiago cheese

Linguine Carbonara 16.00
Bacon, scallions and white wine cream

DINNER

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MAIN COURSES

Portuguese Style BBQ Chicken 21.00

Piri piri sauce, rice and roasted vegetables

Tequila and Lime Marinated Prawns 19.00

Stewed plum tomatoes, sweet onion and braised celery heart, tempura onion rings, citrus aioli

Slow Roasted Moroccan

Spiced Pork Tenderloin 26.00

Israeli cous cous, chick peas and carrots

Seared B.C. Steelhead Rainbow Trout 26.00

Smashed fingerling potatoes, roasted vegetables, fine green beans, grainy mustard and chive cream



Pacific Halibut Sous Vide 26.00

Sage and garlic wild mushroom risotto, roasted root vegetables



8 oz Certified Angus Top Sirloin 23.00

Grilled asparagus, yukon gold mash potatoes, veal port reduction

DESSERTS

Chocolate Fudge Brownie with Dulce de Leche

9.00

Quest's House Made Bread Pudding

Caramel sauce and fresh berries

9.00

Warm Apple and Walnut Pie

Cinnamon granola crumble

9.00

Trio of Petite Raspberry, Vanilla, Chocolate Pecan Cheesecakes with Sugared Berries

9.00

International Cheese Selection

Market cheeses with grapes, flat breads and baguettes

14.00

CHILDREN'S MENU

Press 76111

We are pleased to provide the following Children's Menu for the enjoyment of our guests 12 years of age and younger. Adult portions and pricing are available. Our Kids Eat Free Program for guests 6 and under is available in our restaurant only.

BREAKFAST

Served daily 6:00 a.m. - 10 a.m.
(All breakfast items are served with juice or milk)

5.00

Cold Cereal Selection with Banana or Strawberries

Scrambled Eggs with Bacon or Sausage
and Whole Wheat Toast

Small Pancakes with Maple Syrup, Berries
and Bacon or Sausage

DINNER

Served daily 5:30 p.m. - 11 p.m.
(All dinner items include a choice of dessert)

8.50

Chicken Noodle Soup

Salad of Carrot Sticks, Celery Stalks, Cucumber, Lettuce,
Tomatoes and Ranch Dressing

Choose of the following:

2 Mini Burgers with Fries

Chicken Fingers with Plum Sauce

Grilled Cheese with Tomatoes and Cucumber Slices

Macaroni and Cheese

Spaghetti with Meat Sauce and Parmesan Cheese

Grilled Breast of Chicken with Market
Vegetables and Mashed Potatoes

DESSERT


Homebaked Cookie
Apple Wedges with Caramel Dip

SNACKS & PIZZA


Served daily 5:30 p.m. - 10:00 p.m.

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Picadilly Fish and Chips 17.00
Keith's ale beer batter and french fries

Island Quesadillas 12.00 
Peppers, onions, monterrey jack cheese, lime sour cream
and pureed mango dip.
Add jerk grilled chicken breast **6.00**

Thai Style Bangkok Roaster Wings 12.00
Thai plum sauce and celery

Napoletana Pizza 15.00 
Kalamata olives, sundried tomatoes and goat cheese
served with mixed greens salad or caesar salad

BEVERAGES

Served daily 5:30 p.m. - 10:00 p.m.
Press 76111.

WHITE WINE

	By the Glass (5oz)	Bottle
Santa Carolina, Chardonnay, Chile	7.50	32
Jackson Triggs, Sauvignon Blanc, Niagara	7.50	34
McWilliams Hanwood Estates, Chardonnay, Australia	9.50	38
Mission Hill, Pinot Blanc, British Columbia	10	42
Kim Crawford, Sauvignon Blanc, New Zealand	12	48
Conundrum, Caymus Vineyards, California	18	78

RED WINE

	By the Glass (5oz)	Bottle
Santa Carolina, Cabernet Sauvignon, Chile	7.50	32
Jackson Triggs, Cab Cab, Niagara	8	34
Deakin Estates, Shiraz, Australia	8	36
Sterling Vintner's, Merlot, California	10	46
Ravenswood, Zinfandel, California	12	49
Kim Crawford, Pinot Noir, New Zealand	12	49
Wolf Blass Yellow Label, Cabernet Sauvignon, Australia	12	49

CHAMPAGNE, SPARKLING AND DESSERT WINES

	By the Glass	Bottle
Moët & Chandon, France		145
Dom Pérignon, France		275
Bottega Vino Dei Poeti Prosecco, Italy		35
Segura Viudas Brut Reserva Cava Sparkling, Spain		39
Inniskillin, Vidal Ice wine, Niagara	17 (2oz)	55
Wayne Gretzky, Shiraz Ice wine, Niagara	23 (2oz)	80

COCKTAILS & SCOTCH

Campari, Dubonnet, Cinzano	6 (2oz)
Caesar, Bloody Mary, Singapore Sling, Margarita	8 (2oz)
Long Island Ice Tea, Cosmopolitan, Martinis	10 (2oz)
Premium Well Spirits / Deluxe Spirits <small>(Captain Morgan, Smirnoff, Canadian Club / Grey Goose, Bacardi, Crown)</small>	7/8 (1oz)
Chivas, Glenlivet, Glenfiddich	8 (1oz)
Macallan 12 Year, Lagavullin, Hennessy V.S., Courvoisier V.S., Remy Martin V.S.	10 (1oz)
Hennessy VSOP, Couvoisier VSOP, Remy Martin VSOP	11 (1oz)
Courvoisire X.O.	19 (1oz)

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BOTTLED BEER

Domestic	6.00
Imported	7.00
Premium Domestic	6.50

DRAFT BEER

Domestic	6.00
Imported	7.00
Premium Domestic	6.50

SPECIALTY COFFEES

(1oz. Liquor)

Spanish Coffee	8.00
Monte Cristo	8.00
Blueberry Tea	8.00

HOT AND COLD BEVERAGES

Freshly Brewed Coffee Regular or Decaffeinated

Small Pot 3.25 | Large Pot 7.00 | Selection of Teas 3.25

Hot Chocolate
3.25

Fresh Juices
Orange, apple or grapefruit
3.25

2%, Skim or Chocolate Milk
3.00

Mango, Banana, Blueberry Smoothies
4.25

Cappuccino, Latte or Espresso
5.00

Bottled Water (Sparkling / Flat)
Small 5.25 | Large 9.50