



Hotel Indigo Ottawa

123 Metcalfe Street, Ottawa, (Ontario) K1P 5L9

Phone: (613) 231-6555 • Fax : (613) 231-7555

www.ottawadowntownhotel.com



Green Meetings Menu



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Breakfast & Breaks

Healthy Choice Breakfast

Organic Yogurt Parfait

All natural crunchy cereals and granola with

Organic milk

Whole Fruit

Served with fair trade coffee and decaffeinated coffee, and assorted herbal teas and pure

orange juice

\$13.50

Wholesome Breakfast

Free range eggs scrambled with organic cheddar cheese and herbs

Country style potato wedges, bacon and sausage

Fresh seasonal fruit slice

Served with fair trade coffee and decaffeinated coffee, and assorted herbal teas and pure

orange juice

\$16.75

Eco Break

Collection of organic cheeses accompanied by grape clusters

Seasonal fresh berries

Served with fair trade coffee and decaffeinated coffee, and assorted herbal teas

\$10.50

Bountiful Break

Selection of crisp raw organic vegetables and yogurt dip

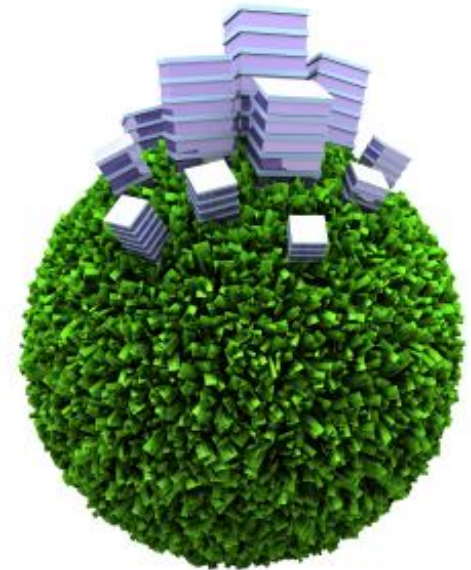
Served with fair trade coffee and decaffeinated coffee, and assorted herbal teas and pure

orange juice

\$8.50

All menu items are based on a minimum order of 15 persons.

Plus applicable taxes and gratuities.



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Lunch

Down to Earth Lunch

Organic carrot and ginger soup

Organic spring mix and dried cranberries with citrus vinaigrette

Vegan Sheppard's Pie

A hearty veggie ground round sauce cooked with stacks of veggies topped with sweet potatoes and baked to perfection

Fruits-in-season on bamboo skewers

Served with fair trade coffee and decaffeinated coffee, and assorted herbal teas and pure orange juice

\$24.50

All menu items are based on a minimum order of 15 persons.

Plus applicable taxes and gratuities.

Indigo Green Meetings:

Disposable supplies require materials, energy and water to produce and transport. Once disposed, they cause pollution and takes up space in landfills. Biodegradable dinnerware reduces the consumption of non-renewable resources and minimizes pollution.

In our catering department, we provide china service and environmentally friendly biodegradable products, instead of disposable supplies to reduce waste.

We also provide our catering guests condiments in bulk, in order to reduce packaging and waste.

All juice and water will be provided in pitchers and not individual bottles.

Paper and pens will not be supplied unless requested.

Locally grown food products are used when available.



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Tips for hosting a Green Meeting

Write It Up: Create an environmental statement or policy for the meeting as simple as, "We commit to minimize the environmental impact of our meeting by increasing the use of recycled materials wherever possible, reducing the amount of solid waste and disposing of waste responsibly." Be sure to get sign-off from hosts and suppliers.

Go Paperless: Using Web technology can cut paper use dramatically. A simple Web site for the conference can offer registration and confirmation. Email can serve advertising needs.

Meet Close: Insofar as possible, minimize the average distance that participants must travel.

Reduce, Reuse and Recycle: Ask your hotel and meeting venue to provide visible and accessible reduction, reuse and recycling services for paper, metal, plastic and glass. A full selection of 3R products can be found here.

Avoid Individual Servings: Use bulk dispensers for sugar, salt, pepper, cream and toppings.

Choose Green Hotels: Choose a hotel that offers a linen reuse program and bulk dispensers for shampoos and soaps in guest suites. An excellent list of green hotels is available here.

Eat Green: Include vegetarian options, and use caterers willing to provide locally produced foods in season.

When You Must Print...: Print all materials on earth-friendly papers, using vegetable-based inks, and use both sides of every page if possible. An excellent source for earth-friendly printing is here, if we do say so ourselves.

Lights Out: Make sure that lights and air conditioning are turned off when rooms are not in use.

Inform, Instruct, Inspire: Tell participants and speakers about the "green" commitment of the meeting. Include verbiage on printed items and table tents.

Adapted from a list found on greenmeetings.ufsi.com

