



WELLNESS



Wellness Packages

Thee Farm offers a picturesque setting to foster rest, relaxation, and recharging in a soothing, sanctuary-like environment. The cozy warmth of the Farmhouse cottage provides a home-away-from-home feel without the worries of everyday life. Feel the positive energy of the open air and vibrant forest, along with a luxury accommodation and culinary experience. We take pride in offering personalized, high-quality planning, service, and choice when it comes to our wellness packages. We are pleased to also offer accommodations if needed, including bedrooms and our outdoor domes, which can be arranged for separately from the food and beverage menus with our Coordinator.

All of Our Wellness Packages Include:

- Access to the Grounds and Indoor Facilities
- On-Site Outdoor Parking (120 Spaces)
- Set-Up and Tear-Down of All Event Spaces
- All Staff, including a Red-Seal Certified Executive Chef and Culinary team, as well as Servers/ Bartenders
- State-of-the-Art Sound, Microphone, Podium, and P.A. System
- White Table Linens
- Easels
- Fibre optic high-speed internet access (WiFi)

Outdoor Reception and Cocktail layouts (if selected) include High Top Tables and Chairs, Patio Furniture and Tables, Outdoor Patio Glassware, and illuminated Light Bollards for an evening pathway.

The Event Centre rental is seasonally priced, and ranges between \$1,000-\$5,000. Boardroom rental ranges between \$500-\$1000.

Accommodations: The six Luxury Domes (optional) are rented for \$400 each. The rustic Farmhouse with overnight accommodations (optional) may be rented for \$2,000. Our Coordinator will review and discuss rates for your particular dates with you.

The prices listed for all Packages and Menu Options (both Plate Service and Buffet Menus) are exclusive of all taxes and fees. Room rental fees and other ancillary items are separate from Packages and Menu Options and should be discussed with our Coordinator.

Access Times and Scheduling

The Event Centre is available to access for setup from 8:00am on the date of the event, unless an earlier time is arranged with our Coordinator. The rustic Farmhouse with overnight accommodations, and the 6 Luxury Domes, if rented for your event (seasonal rates apply), are available for check-in from 2:00pm on the date of the event and check-out by 10:00am the next morning.

Please do not hesitate to call (613) 713-3276 (FARM) or to e-mail info@theefarm.com to discuss any of the items, packages, or services listed.



Full-Day Options

Individual package prices are listed for each option (minimum of 10 people).

Breakfast \$15 per selection, \$25 for 2 selections, \$30 for 3 selections

ACAI BOWL Acai, Banana, Berries, and Almond Milk, topped with Granola, Chia Seeds, and Coconut. *GF Veg*

AVOCADO TOAST Whole Grain Toast with Mashed Avocado, Chia Seeds, and a side of Greens. *Veg*

CHIA PUDDING Chia Seeds soaked overnight in Almond Milk with Berries, Coconut, and Almonds. *Veg*

OATMEAL with Fresh Fruits, Nuts, Rolled Oats, Almond Butter, Sliced Banana, Strawberries, and Walnuts. *Veg*

Snacks

\$10 for one selection, \$15 for two selections

Mixed Nuts and Dried Fruits

Carrot and Cucumber Sticks with Hummus

Greek Yogurt with Honey and Almonds

Rice Crackers with Avocado

Smoothies and Juices

\$10 per selection

Freshly Squeezed Orange Juice

Fresh Fruit Smoothie (Seasonal Selection)

Green Fruit Smoothie

Cold Pressed Ginger Juice

Lunch \$30 for one selection

GRILLED CHICKEN SALAD with Quinoa, Cucumber, Cherry Tomatoes, and Lemon Tahini Dressing. *GF*

QUINOA VEGGIE BOWL with roasted Sweet Potatoes, Brussel Sprouts, Zucchini, Chickpeas, Avocado, and Tahini. *GF*

SALMON AVOCADO WRAP with Spinach, light Cucumber, and light Yogurt Dressing. *GF*

HUMMUS & VEGGIE SANDWICH with Whole Grain Bread, Tomato, Cucumber, Spinach, and Sunflower Seeds. *GF*

Dinner \$60 for one selection

REFRESH Option

GARDEN VEGETABLE SOUP *GF V*

GRILLED SALMON with Steamed Asparagus, Quinoa, and a side of Roasted Carrots. *GF*

GREEK-STYLE YOGURT PARFAIT with Strawberries and Maple Syrup.

VEGAN Option

CUCUMBER RIBBON WRAPPED SALAD *V GF V*

PESTO ZUCCHINI NOODLES with Cherry Tomatoes and Roasted Chicken. *V GF*

FRUIT & BERRIES CUP with Coconut Cream. *V*