

## EVEN balanced breakfast

### Coffee Service

Medium roast breakfast blend, decaffeinated breakfast blend, and assorted hot teas served with soy milk, almond milk, half and half or milk along with sugar, Splenda & raw sugar

### Assorted Fresh Juices

Orange, pineapple

### Muffins, Pastries, Croissant

Served with butter, jams and jellies

### Plain Greek Yogurt

With Granola

### Fresh Fruit



## enhancements

### Egg & Bacon Sandwich

Whole Egg, cheddar cheese and sliced bacon served on a biscuit w/ Fruit or Roasted Potatoes

### Egg White Breakfast Wrap

Egg whites, avocado, fresh mozzarella, cilantro slaw and herb spread served with fresh fruit

### Turkey Sausage Sandwich

Whole Egg, turkey sausage, fresh tomato, baby spinach and green goddess served on a brioche roll

### Multigrain and Plain Bagels

(gluten free multigrain bagels available upon request) with cream cheese

### Pearl Sugar Citrus Waffles

Belgian waffle with a honey citrus glaze, oranges, fresh berries and Greek yogurt

### Assorted Breads with Butter

Jams and Butter with , multigrain, sourdough, and everything seasoned bread

### Assorted Individual Parfaits

Granola and Yogurt parfaits w/ Fresh Fruit

### Signature Smoothie Shooters

Meanie Greenie: baby spinach, banana, mangoes, pineapple juice, cucumber and chili powder

Immunity: baby spinach, pineapple juice, mango and banana

Intervention: pineapple juice, orange juice, wild berries, banana and strawberry Greek yogurt.

### Soft Drinks Half Day / Full Day

Coke, Diet Coke, Sprite & Dasani bottled water

# AM/PM Break options.

## brain power break

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### Snack Service

An assortment of fresh whole fruit, granola bars & yogurts

### Coffee Service

Medium roast blend, decaffeinated blend, and assorted Hot teas served with dairy-free milk, half and half or 2% milk along with sugar, Splenda & raw sugar

### Soft Drinks

Coke, Diet Coke, Sprite & Dasani bottled water

## refuel break

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### BYO Trail Mix

Toasted granola, assorted dried fruits, assorted nuts, dark chocolate chips

### Fresh Fruit

### Coffee Service

Medium roast blend, decaffeinated blend, and assorted hot teas served with dairy free milk, half and half or 2% milk along with sugar, Splenda & raw sugar

### Soft Drinks

Coke, Diet Coke, Sprite & bottled water

## sweet & salty break

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### Baked Treats

Cookies, brownies

### Granola Bars

Kind, Lara and Clif

### Assorted Individual Chips

### Soft Drinks

Coke, Diet Coke, Sprite & bottled water

## R & R break

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### Signature Smoothies

**Meanie Greenie:** baby spinach, banana, mangoes, pineapple juice, cucumber and chili powder  
**Intervention:** pineapple juice, orange juice, wild berries, peaches, banana and strawberry Greek yogurt  
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### Snack Service

An assortment of fresh whole fruit, granola bars & Chobani yogurts

## revive coffee station

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**Coffee Service:** medium roast blend, decaffeinated blend, and assorted hot teas served with dairy free milk, half and half or 2% milk along with sugar, Splenda & raw sugar

# Lunch & dinner options.

## brain power meal

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### Hot Sandwich & Burger Bar

Roasted chicken breast, all beef burgers, bacon, cheddar, lettuce, mayo, tomato, red onion, dill pickles, ketchup, and mustard with brioche buns  
\*Beyond burger available upon request\*

### Club Sandwiches

Everything whole wheat bread with oven roasted turkey breast, pesto aioli, fontina cheese, bacon, tomato and spinach

### Tossed Spinach Salad

Fresh spinach, cucumbers, cherry tomatoes & carrots with lemon vinaigrette

Choice of Assorted Baked and Regular Potato Chips, Herbed Fingerling Potatoes, Cucumber & Tomato Salad, or Macaroni & Cheese

Soft Drinks & Assorted Mini Desserts

## recharge meal

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### Tossed Salad

Fresh spinach, cucumbers, cherry tomatoes & carrots with house lemon vinaigrette

### Steak Skewers

Asian seasoned flank steak with arugula salad and black pepper crostinis

### Chicken Tacos

Zesty slaw, fresh avocado, pico de gallo, chipotle crema, and fresh cilantro



### Soft Drinks

Coke, Diet Coke, & Sprite, Tea, and Lemonade

### Assorted Desserts

Cookies, brownies

# Lunch & dinner options.

## EVEN keeled meal

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### Assorted Sandwiches and Wraps

Roasted turkey, bacon, cheddar, romaine, and sriracha mayo on toasted sourdough; Chicken Caesar wrap with romaine wrapped in a whole wheat tortilla; Roasted red pepper and veggie wrap

### Tossed Salad

Made with fresh spinach, cucumbers, cherry tomatoes & carrots with house lemon vinaigrette

### Assorted Lay's Kettle Cooked Chips

### Assorted Desserts

Cookies, brownies

### Soft Drinks

Coke, Diet Coke, & Sprite, Tea, and Lemonade

## Heartier bites

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### Signature flatbreads

Apple Brie: Garlic aioli with brie cheese, Granny Smith apples, arugula, and balsamic fig glaze

Herb & Garlic Steak: hand cut steak with garlic aioli, parmesan and blue cheeses, and pesto

Margherita: Roma tomatoes, fresh mozzarella and chiffonade of basil



### Baked wings

Crispy chicken wings tossed in spicy sweet harissa or balsamic Dijon served with ranch dressing

### Fresh Hummus

Choice of Edamame or Roasted Red Pepper Hummus with fresh cucumber, carrots, and warm naan bread

### Light Caesar Romaine Salad

Croutons, shaved parmesan, pecorino dressing

### Assorted Desserts

### Soft Drinks

Coke, Diet coke, & Sprite, Tea, and Lemonade