

Breakfast options.

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

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

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

Baked Treats

Cookies, brownies

Granola Bars

Kind, Lara and Clif

Assorted Individual Chips

Soft Drinks

Coke, Diet Coke, Sprite & bottled water

R & R break

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

Snack Service

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

revive coffee station

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

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

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

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

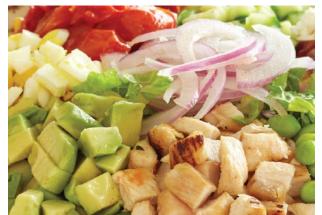
Heartier bites

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

