

# Breakfast options.

## EVEN balanced breakfast

### **\$22 PER PERSON** 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, Croissants**

Served with organic butter, all natural strawberry preserves

### **Plain Greek Yogurt**

With house-made tropical granola

### **Fresh Fruit**



## enhancements

### **Egg & Bacon Sandwich \$8 per person**

Scrambled egg, sriracha mayo, cheddar cheese and sliced bacon served on a toasted brioche roll

### **Egg White Breakfast Wrap \$8 per person**

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

### **Turkey Sausage Sandwich \$8 per person**

Scrambled eggs, turkey sausage, fresh tomato, baby spinach and green goddess served on a brioche roll

### **Multigrain and Plain Bagels \$4 per person**

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

### **Bagels and Smoked Salmon \$12 per person**

Cream cheese, capers, red onion, sliced hardboiled egg

### **Assorted Breads with Butter \$4 per person**

All natural strawberry preserves, multigrain, sourdough, and cinnamon raisin breads

### **Assorted Individual Parfaits \$6 per person**

Acai and Granola and Yogurt parfaits

### **Signature Smoothie Shooters \$6 per person**

Superfood: acai, berries, banana, orange juice  
Immunity: baby spinach, pineapple juice, mango and banana  
Intervention: pineapple juice, orange juice, wild berries, banana and strawberry Greek yogurt.

### **Soft Drinks \$8 Half Day \$12 Full Day**

Coke, Diet Coke, Sprite & Dasani bottled water

# AM/PM Break options.

## brain power break

\$18 PER PERSON

### Snack Service

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

### Coffee Service

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

### Soft Drinks

Coke, Diet Coke, Sprite & Dasani bottled water

## refuel break

\$22 PER PERSON

### 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 soy milk, almond milk, half and half or 2% milk along with sugar, Splenda & raw sugar

### Soft Drinks

Coke, Diet Coke & Sprite & Dasani bottled water

## sweet & salty break

\$22 PER PERSON

### Baked Treats

Cookies, brownies

### Granola Bars

Odwalla, Lara and Clif

### Assorted Individual Chips

Kettle brand

### Soft Drinks

Coke, Diet Coke, Sprite & Dasani bottled water

## R & R break

\$24 PER PERSON

### Signature Smoothies

Superfood: acai, berries, banana, orange juice  
Immunity: baby spinach, pineapple juice, mango and banana  
Intervention: pineapple juice, orange juice, wild berries, peaches, banana and strawberry Greek yogurt

### Snack Service

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

## revive coffee station

\$40 Per Gallon

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

# Lunch & dinner options.

## brain power meal

\$32 PER PERSON

### 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\*

### Tossed Spinach Salad

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

### Baked Potato Wedges

### Soft Drinks

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

### Assorted Desserts

## recharge meal

\$36 PER PERSON

### Tossed Salad

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

### Chicken Power Bowl

Spice rubbed chicken breast, black beans, roasted peppers, onions, guacamole, and a brown rice quinoa blend dressed with a warm vinaigrette

### 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

\$28 PER PERSON

### 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

\$26 PER PERSON

### Signature flatbreads

Margherita flatbread, fresh mozzarella, tomatoes, basil, tomato sauce; ultimate flatbread, turkey sausage, bacon, red onions, mozzarella, pecorino cheese, tomato sauce



### Baked wings

Crispy chicken wings tossed in BBQ seasoning served with buffalo and BBQ sauce

### Roasted Red Pepper Hummus

Extra virgin olive oil, paprika, 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