

Breakfast options.



EVEN balanced breakfast

\$26 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 & Canadian Bacon Sandwich \$8 per person

Scrambled egg, roasted red pepper sauce, cheddar cheese and sliced Canadian bacon served on a toasted brioche roll

Egg White Breakfast Wrap \$9 per person

Egg whites, avocado, fresh mozzarella, cilantro slaw and salsa verde served with fresh fruit

Turkey Sausage Sandwich \$8 per person

Scrambled eggs, turkey sausage, fresh tomato, baby spinach and whole grain mustard sauce on a brioche roll

Multigrain and Plain Bagels \$40 per dozen

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

Bagels and Smoked Salmon \$100 per dozen

Cream cheese, capers, red onion, sliced hardboiled egg

Assorted Breads with Organic Butter \$4 per person

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

Assorted Individual Parfaits \$8 per person

Acai and Granola and Yogurt parfaits

Signature Smoothies \$9 per person

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

Soft Drinks

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

\$18 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

\$18 PER PERSON

Baked Treats

Cookies, brownies

Assorted Individual chips

Kettle brand

Granola Bars

Odwalla, lara and cliff

Soft Drinks

Coke, Diet Coke, Sprite & Dasani bottled water

R & R break

\$18 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 break

\$10 PER PERSON

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 break

\$32 PER PERSON

Hot Sandwich & Burger Bar

Roasted chicken breast, all beef burgers, turkey bacon, cheddar, lettuce, mayo, tomato, red onion, dill pickles, ketchup, and mustard with brioche buns

Tossed Spinach Salad

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

Baked Sweet Potato Fries

Soft Drinks

Coke, Diet Coke, & Sprite, Lori's Lemon Honest Tea & Green Dragon Honest Tea

Assorted Desserts

recharge meal

\$34 PER PERSON

Roasted Vegetable Skewers

Marinated and roasted vegetable skewers with cucumber, blueberry and whole grain salad

Tossed Salad

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

Fajita Roasted Chicken

Spice rubbed chicken breast, roasted peppers and onions, guacamole, over a blend of whole grains dressed with a warm vinaigrette

Soft Drinks

Coke, Diet Coke, & Sprite, Lori's Lemon Honest Tea & Green Dragon Honest Tea

Assorted Desserts

Cookies, brownies

EVEN keeled meal

\$28 PER PERSON

Assorted Sandwiches and Wraps

Roasted Turkey, turkey bacon, cheddar, romaine, mayo, and tomato jam on toasted sourdough; Chicken salad wrap with red grapes, pecans and 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, Lori's Lemon Honest Tea & Green Dragon Honest Tea

heartier bites

\$32 PER PERSON

Signature flatbreads

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

Baked Wings

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

Hummus

Extra virgin olive oil, paprika, fresh cucumber, carrots, and warm naan bread

Light Caesar Romaine Salad

Croutons, shaved parmesan, pecorino dressing

Pineapple Coconut Cake

Drizzled with sweet mango sauce

Soft Drinks

Coke, diet coke, & sprite, lori's lemon honest tea & green dragon honest tea