

rise: balanced beginnings



Breakfast

fresh fruit and granola yogurt parfaits-\$10 per person

low fat vanilla yogurt with sliced strawberries, blueberries, raspberries, and topped with crunchy granola. Served with assorted juices and freshly brewed regular coffee

continental breakfast-\$11 per person

an assortment of sweet and savory muffins, flaky croissants, bagels served with cream cheese, fruit preserves and butter. Includes assorted juices and freshly brewed regular coffee

rise and shine breakfast croissants-\$15 per person

light and fluffy scrambled eggs sprinkled with shredded cheese and your choice of crisp bacon or juicy sausage layered between a warm flaky croissant. Includes freshly sliced seasonal fruits, sweet and savory muffins with butter, assorted juices and freshly brewed regular coffee

buenos diaz breakfast wraps-\$15 per person

jalapeno wraps with light and fluffy scrambled eggs, shredded cheese, pico de gallo, and breakfast sausage. Served with freshly sliced seasonal fruits, sweet and savory muffins with butter, assorted juices, and freshly brewed regular coffee

a la carte selections

whole fruit-\$1 each

assorted seasonal whole fruit

sliced fruit-\$4 per person

freshly sliced seasonal fruits

signature breakfast sandwiches-\$7 each

light and fluffy scrambled eggs sprinkled with shredded cheese and your choice of crisp bacon or juicy sausage layered between a warm flaky croissant

signature sweet and savory muffins-\$19 per dozen

assorted sweet and savory muffins with butter

bagels and cream cheese-\$25 per dozen

assorted sliced bagels served with cream cheese, fruit preserves and butter

Menu items are made with local and sustainable ingredients where available.

A 20% administrative charge and 9.88% sales tax will be added to food and beverage charges. No fees or charges (including administrative charges) are tips, gratuities, or service charges for staff.

refresh: your energy



Breaks

afterschool snack-\$7 per person

jumbo chocolate chip cookies and ice cold milk

trail mix-\$7 per person

assorted dried fruits, nuts, freshly popped popcorn, and M&M's

need a sugar rush?...try out our sweet station-\$8 per person

freshly popped popcorn, assorted mini candy bars, and assorted frozen ice cream treats

healthy treats to energize your guests-\$11 per person

assorted energy bars, granola bars, yogurt, and traditional and sugar-free energy drinks

a la carte selections

assorted granola bars-\$2 each

assorted clif bars and kind granola bars

mixed nuts-\$2 per person

assorted planters mixed nuts

assorted juice smoothies-\$5 each

assorted Naked juice smoothies

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restore: yourself



Lunch/Dinner

traditional garden salad-\$11 per person

add grilled peppered chicken breast for \$2 per person

cucumbers, carrots, peppers, tomatoes, red onions, and shredded Monterey Jack and Cheddar cheeses on mixed greens topped with sundried tomato dressing

apple and walnut salad-\$12 per person

add grilled peppered chicken breast for \$2 per person

sliced fresh apples and candied walnuts on mixed greens topped with raspberry vinaigrette dressing

chicken caesar salad-\$14 per person

fresh romaine lettuce topped with grilled peppered chicken breast, tomatoes, croutons, shredded parmesan cheese and creamy Caesar dressing

cobb salad-\$15 per person

sliced turkey and black forest ham, cucumber, bacon, celery, tomatoes, egg and blue cheese on mixed greens

soup and salad-\$15 per person

a pair of salads featuring a fresh garden salad with green peppers, cucumbers, tomatoes, onions and shredded Monterey Jack and Cheddar cheeses along with a Caesar salad with tomatoes, croutons, and shredded parmesan cheese. Served with breadsticks and your choice of minestrone, creamy potato bacon, or chicken noodle soup

lunches on the go-\$15 per person

add fresh fruit or pasta salad for \$2 per person

your choice of our unique sandwiches and wraps served with crunchy kettle chips, jumbo chocolate chip cookie, and ice cold beverage

-turkey: freshly sliced turkey breast, smoked provolone, crisp lettuce, tomato and creamy mayonnaise

-ham: black forest ham, baby Swiss, crisp lettuce, tomato, red onion, and spicy Dijon mustard

-roast beef: roast beef, cream cheese, lettuce, tomato, red onion, cucumber, and honey mustard

-tuna: fresh tuna salad with creamy mayonnaise, crisp onions, celery, and lettuce

-vegetarian wrap: crisp spinach leaves, fresh alfalfa sprouts, slices of creamy avocado, thinly sliced tomatoes, cucumbers, and sweet red peppers on a fresh tortilla with cream cheese spread

-grilled chicken wrap: grilled peppered chicken breast, shredded Monterey Jack and Cheddar cheeses with slices of tomato, onion, lettuce, and honey mustard in a tortilla wrap

-chicken Caesar wrap: grilled peppered chicken breast with tomato, shredded parmesan cheese, and lettuce tossed in creamy Caesar dressing and wrapped in a tortilla

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assorted gourmet wraps and sandwiches-\$16 per person

unique assortment of wraps and sandwiches served with your choice of pasta or fresh garden salad, crunchy kettle chips, and jumbo chocolate chip cookies

make your own deli sandwich-\$17 per person

an assortment of fresh roasted meats and cheeses, fresh tomatoes, lettuce, onions, pickles, and condiments served with fresh breads. Accompanied with your choice of pasta or fresh garden salad, crunchy kettle chips, and jumbo chocolate chip cookies

sandwich and soup buffet-\$17 per person

add salad for \$2 per person

unique assortment of sandwiches served with your choice of minestrone, creamy potato bacon, or chicken noodle soup. Accompanied with crunchy kettle chips and freshly sliced fruit

pasta amore-\$18 per person

cheesy lasagna layered with your choice of spicy Italian sausage, herbed chicken or vegetables. Served with fresh garden salad, breadsticks, and fresh baked brownies

chicken and beef fajitas- \$19 per person

grilled chicken and beef served with soft flour tortillas, sour cream, shredded Monterey Jack and Cheddar cheese, and fresh pico de gallo. Accompanied with Mexican rice, refried beans, fresh chips and salsa and warm queso dip. Includes fresh baked brownies for dessert

home-style BBQ- \$20 per person

your choice of tender pulled beef brisket, pulled chicken, or pulled turkey breast smothered in tangy barbecue sauce. Accompanied with creamy potato salad or coleslaw, steamed green beans with bacon, crisp garden salad, and warm dinner rolls. Includes hot apple cobbler for dessert.

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rich and relaxing



Desserts

assorted mini candy bars-\$4 per person
an assortment of individual candy bars

freshly baked chocolate chip cookies-\$16 per dozen
warm and soft jumbo chocolate chip cookies

warm chocolate brownies-\$16 per dozen
warm chocolate brownies with chocolate chips and chocolate drizzle

tart and refreshing lemon bars-\$16 dozen
tart lemon bars with powdered sugar

Beverages

assorted soft drinks-\$3 each
including coke, diet coke, sprite, fresco, and dasani bottled water

bottled beverages-\$4 each
vitamin water, starbucks double shot espresso and cream, starbucks frappuccino, and sparkling izee soda

assorted juices-\$5 each
assorted bottled juices including orange, apple, and cranberry

all inclusive beverage service-\$10 per person
half day meeting-\$7 per person
including coke, diet coke, sprite, fresca, dasani bottled waters, freshly brewed regular coffee and iced tea

lemonade-\$15 per gallon
tart and sweet home-made lemonade

freshly brewed iced tea-\$15 per gallon

freshly brewed coffee-\$19 per gallon
freshly brewed Rainforest Alliance certified coffee

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hors d'oeuvres



cheese and fruit-\$5 per person

an assortment of sharp cheddar, baby Swiss, and pepper jack cheese cubes served with seasonal sliced fruits and assorted crackers

vegetable crudités-\$4 per person

slices of crisp green and red peppers, cauliflower, broccoli, carrots, celery, and tomatoes served with home-style ranch dip

shrimp-\$6 per person

ice cold shrimp served with tangy horseradish cocktail sauce

chips, salsa, and guacamole-\$4 per person

warm tortilla chips served with fresh salsa and creamy guacamole

pita chips and hummus-\$4 per person

warm slices of pita and flatbread served with fresh garlic hummus

southern chicken tenders-\$5 per person

breaded chicken breast tenders served with honey mustard, home-style ranch and barbecue dip

boneless buffalo wings-\$5 per person

crispy fried boneless buffalo wings served with home-style ranch and bleu cheese dip

swedish meatballs-\$5 per person

savory meatballs in a rich meaty gravy spiked with sour cream

spinach artichoke dip-\$5 per person

creamy cheeses and tender artichoke hearts served with warm tortilla chips, baguette slices, and pita points

chocolate covered fruits-\$6 per person

juicy strawberries, bannas, and pineapple pieces dipped in sweet chocolate

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audio visual



flip chart with markers-\$25.00 per day

projection screen-\$25.00 per day

overhead LCD projector-\$50 per day

polycom speaker phone-\$50 per day

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