

Healthy Meetings Menu

Tier 1: \$75/person

Tier 2: \$85/person

Tier 3: \$95/person

V-vegetarian

GF- Gluten Free

Breakfast

Tier 1: Select 2

Tier 2: Select 3

Tier 3: Select 4

Served with orange, grapefruit and tomato juices

Whole Wheat Bagels with smoked salmon, light cream cheese and sprouts

Garden Vegetable Frittata Muffins
V, GF

Egg White Power Scramble with white beans, spinach and potatoes *V, GF*

Chia Seed and Oatmeal Parfait with fresh berries *V, GF*

Blueberry and Spinach Smoothie *V, GF*

Huevos Rancheros Whole Wheat Breakfast Burritos *V*

Housemade Granola with fruit and greek yogurt *V*

Morning Glory Muffins *V*

Quinoa and Fresh Fruit Salad *V, GF*

Morning Break

Tier 1: Select 2

Tier 2: Select 3

Tier 3: Select 4

Served with coffee and herbal tea

Housemade Granola Bars *V*

Coconut and Coffee Smoothie
V, GF

Sliced Fruit and Berry Platter *V, GF*

Fruit and Yogurt Parfaits *V*

Super Green Shots *V, GF*

Zucchini Muffins *V*

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Lunch

Tier 1: Select 2

Tier 2: Select 3

Tier 3: Select 4

Served with orange, grapefruit and tomato juices

Whole Wheat Wraps

- *Chicken and avocado*
- *Caprese V*
- *Roasted vegetable and pesto V*

Grilled Organic Chicken with herb
sauce *GF*

Roasted Atlantic Salmon with lemon
emulsion *GF*

Roasted Portobello Steaks with red
wine sauce *V, GF*

Buddha Chicken Udon Noodles,
julienne vegetables and sesame sauce

Vegetarian Bolognese with spaghetti *V*

Sides

Select 2

\$4/person for each additional selection

Mixed Greens Salad *V, GF*

Bang Bang Broccoli *V, GF*

Spicy Roasted Cauliflower *V, GF*

Tabouleh-Style Quinoa Salad *V,*
GF

Three Bean Salad *V, GF*

Vegan Rainbow Potato Salad
with olive and caper dressing
V, GF

Whole Wheat Pasta Salad with
seasonal vegetables and pesto *V*

Asian Green Bean Salad with
peppers, ginger and scallions *V*

Apple, Cranberry and Almond
Coleslaw *V, GF*