



Healthy Packages

Hot Breakfast Buffet | \$14.50pp

- egg white scramble
- turkey bacon
- turkey sausage
- breakfast sweet potatoes
- mini whole wheat bagels
- assorted low fat mini muffins
- low fat cream cheese & individual jam jars
- sliced fruit & berries

Breakfast Grab N' Go | \$14pp

- green goddess smoothie bowls
blended yogurt with avocado, spinach, & banana.
topped with strawberries, coconut, agave nectar,
granola & chia seeds
- berry goodness smoothie bowls
blended yogurt with mixed berries & banana.
topped with blueberries, strawberries, coconut,
agave nectar, granola & chia seeds
- assorted granola bars
- basket of whole mixed fruit

Hot Lunch Buffet | \$17pp

- honey balsamic chicken
- blackened rockfish with roasted corn salsa
- lemon scented quinoa
- roasted seasonal vegetables

Snack Pack | \$20pp

- crudité platter
- interactive trail mix
- hummus & pita platter
- fruit display

Grab N' Go Lunch Bowls | \$15.50pp

- veggie superfood bowl
quinoa, shaved kale, brussels sprouts, toasted
chick peas, moroccan sweet potatoes, dried
cranberries, tahini dressing
- poke bowl
seared salmon, white sticky rice, cucumber,
edamame, diced mango, pickled ginger, avocado,
scallions, wonton crispy, sesame ginger dressing
- southwestern bowl
grilled chicken, quinoa, greens, cherry tomato pico
de gallo, roasted corn, black beans, avocado,
chipotle lime dressing

Room Temp Lunch | \$18.95pp

- pan seared rainbow salmon with mango salsa
- sliced blueberry bbq glazed chicken breast
- baby kale salad with curried cauliflower
- radicchio & frisee salad with candied pecans,
grapefruit, and truffle vinaigrette
- brussels sprout slaw with shredded parmesan