

Be well with one of our wellness meeting packages

Minimum guarantee of 15 guests

#1 – Balance

\$82 per person

Continental breakfast

Granola Parfait, low-fat Greek yogurt, granola and açai
Seasonal berries and fruit with local honey dip
Low-fat blueberry and cranberry muffins, sweet butter and fruit preserve
Pomegranate, cranberry juice and freshly squeezed orange juice
Regular and decaffeinated coffee and a selection of Mighty Leaf teas



Mid-morning break

Assorted organic granola bars
Regular and decaffeinated coffee and a selection of Mighty Leaf teas
Coconut water

Lunch

Multigrain Rolls
Chilled sesame spinach salad with buckwheat noodles
Three bean salad
Miso ginger soup with tofu
Grilled salmon over lentils
Roasted chicken breast with lemon thyme jus
Open face veggie “burger” sliders with low-fat Swiss cheese
Warm barley and quinoa
Rice pudding with raisins and cinnamon
Biscotti
Pomegranate ice tea



Afternoon break

Seasonal fruit kabobs with cayenne honey yogurt
House-made hummus and baked pita chips
Regular and decaffeinated coffee and a selection of Mighty Leaf teas
Cucumber water
Pomegranate iced tea

Bring a little Zen to your meeting with the following optional enhancements

- Certified Yoga instructor to lead the group in an early afternoon stretching session to get the blood flowing for better focus \$100.00
- Massage therapist during lunch break to give 3-5 minute hand, neck or back massages, \$9.00 per person (minimum 15 guests)
- Aromatherapy, \$2.00 per person





#2 – Fortify

\$89 per person

Continental breakfast

Quinoa oatmeal with local honey
Blueberry smoothies
Sliced seasonal fruits and berries
Low-fat zucchini bread and banana walnut bread
Low-fat blueberry and cranberry muffins, sweet butter and fruit preserve
Pomegranate, cranberry juice and freshly squeezed orange juice
Regular and decaffeinated coffee and a selection of Mighty Leaf teas

Mid-morning break

Amaranth Shooters
Seasonal fruit kabobs with cayenne honey yogurt
Coconut water
Cucumber water
Regular and decaffeinated coffee and a selection of Mighty Leaf teas

Lunch

Multigrain Rolls
Salad Nicoise buffet: butter leaf lettuce, seared ahi tuna, fingerling potatoes, egg, green beans, tomato, and nicoise olives
Grilled chicken breast with lemon thyme jus
Grilled vegetables
Stuffed red peppers with black beans, rice and barley
Yam soup
Lemon cake with fresh berries and low-fat whipped cream
Biscotti
Pomegranate iced tea

Afternoon break

Fruit sorbet bars
Fava bean and basil dip with vegetable crudite and baked pita chips
Cucumber water
Blueberry Lemonade
Regular and decaffeinated coffee and a selection of Mighty Leaf teas

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- Massage therapist during lunch break to give 3-5 minute hand, neck or back massages, \$9.00 per person (minimum 15 guests)
- Aromatherapy, \$2.00 per person



#3 – All's well that ends well \$97 per person



Breakfast buffet

Egg white frittata with seasonal vegetables
Chicken sausage
Farro hash
Granola parfait, low-fat Greek yogurt, granola, açai and blueberries
Low-fat blueberry and cranberry muffins, sweet butter and fruit preserve
Pomegranate, cranberry juice and freshly squeezed orange juice
Regular and decaffeinated coffee and a selection of Mighty Leaf teas

Mid-morning break

Amaranth and açai shooters
Seasonal fruit kabobs with cayenne honey yogurt
Coconut water
Cucumber water
Regular and decaffeinated coffee and a selection of Mighty Leaf teas



Lunch

Multigrain Rolls
Roasted beet salad, arugula, low-fat feta cheese, citrus vinaigrette
Quinoa salad with avocado, tomato and scallions
Asparagus
Seasonal white fish with lemon preserve
Lean tenderloin of beef with cabernet reduction
Tempeh lasagna, layers of tempeh, eggplant, zucchini, yellow squash, portobello mushroom, and low-fat ricotta cheese
Caldo Verde, traditional Portuguese kale, potato and onion broth based soup
Pear tart with fruit compote
Rice pudding cake with carob chips and coconut
Izze's sparkling Juices



Afternoon break

Baked multigrain tortilla chips with house-made salsa, guacamole and black bean dip
Tuna tartare topped with a rice crisp
Lemon bars
Izze's sparkling juices
Pomegranate Lemonade
Regular and decaffeinated coffee and a selection of Mighty Leaf teas

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- Massage therapist during lunch break to give 3-5 minute hand, neck or back massages - \$9.00 per person (minimum 15 guests)
- Aromatherapy - \$2.00 per person

