



Relaxation

calm, tranquility serenity

Continental Breakfast

- Pomegranate yogurt granola parfait
- Low fat blueberry bran muffins
- Tropical fruit kabobs with tupelo honey yogurt
- Granola bars
- Decaffeinated coffee & decaffeinated teas

Amish Market Salad Buffet

- Kennett Square mushroom soup
- Organic Lancaster greens with fresh herbs
- Dried cranberries, sunflower seeds, toasted almonds
- Avocado, carrots, tomatoes, sprouts & cucumbers
- Crumbled low fat feta, crispy turkey bacon
- Chopped egg whites
- Julienned chilled grilled chicken breast
- Ginger-soy marinated tofu
- Sherry & local honey vinaigrette
- Roasted shallot ranch dressing
- Seasonal fresh fruit

Afternoon Refreshment Service

- Guava water ice
- Pomegranate infused iced tea
- Cucumber water and coconut water
- Multi-grain baked tortilla chips
- Red & green salsas, guacamole

\$70/guest



Energy

power, vigor, strength

Breakfast

- Egg white frittatas
- Turkey sausage, avocado & salsa fresca
- Sliced seasonal fruit
- Carrot & cranberry walnut breads
- Sweet butter & fruit preserves
- Freshly brewed coffee & organic teas

Morning Refreshment Service

- Oatmeal crème brulee
- Power bars
- Coconut water

Gazpacho Buffet

- Green bean, red onion & light feta salad
- Three bean salad
- Chilled nicoise salad with Albacore
- Almond & roasted garlic gazpacho with figs & Serrano ham
- Melon and tomato gazpacho with grilled shrimp
- Clear gazpacho with organic vegetables
- Baked Manchego cheese
- Pineapple quince, rosemary & local honey

Afternoon Refreshment Service

- Fresh fruit water ice
- Tangerine mint lemonade and coconut water
- Baked pita chips with olive tapenade

\$80/guest



Longevity

durability, endurance, long-life

Continental Breakfast

- Coconut rice pudding
- Sliced seasonal fruit
- Herbed bagel chips with cured salmon
- Brewed coffee, decaffeinated coffee & organic teas

Morning Refreshment Service

- Almond pear tarts
- Coconut water

Korean BBQ Buffet

- Miso soup with grilled tofu
- Korean BBQ marinated beef
- Garlic & chili marinated chicken
- Soy-sauce marinated smoked duck
- Lettuce wrap station
- Rice, celery, onions, rapini, bean sprouts, kimchi
- Lettuce, smoked tofu, cucumbers, spinach & mushrooms
- Chili sauce
- Poached pear with goat cream & walnuts

Afternoon Refreshment Service

- Fruit infused iced tea
- Happy trail mix
- Almonds, peanuts, cashews, sunflower seeds, banana chips
- Raisins, dried cherries, dried apricots, M&M's
- Wasabi green peas

\$85/guest