



Food Menu.

Breakfast

Croissants
Danishes
Muffins
Fruits and berries
Yogurt
Bottled Juice

Coffee Break

Coffee & Tea
Oatmeal raisin
& chocolate
chip cookies
Sierra
mountain trail
mix
2% &
chocolate
milk

Lunch

MACRO BOWL

Base

Salad greens
brown rice with black quinoa

Add components

Cooked beets, chickpeas, black
beans, cucumber, grape tomatoes,
roasted broccoli, carrot
matchsticks, pumpkin seeds

Add Proteins

Togarashi spiced yellowfin tuna,
citrus & tarragon chicken breast,
spicy grilled tofu

Top with a Dressing of your choice

Avocado lemon aioli, carrot ginger
vinaigrette

Dessert

Balsamic berries
coconut chia & rice pudding



Reception

To eat

Vegetarian Samosa
Chicken Yakitori
Koreank Kalbi Beef Skewer
Snow Crab Croquette
Beet & Cherry Tomato Skewer
Beef & Blue Cheese Sliders

To drink

Alcoholic Beverages
Non-Alcoholic Beverages





Food Menu.

Day 2



Breakfast

Bottled Juices

Fruits & Grains
seasonal whole fruits

Yogurt parfaits with
granola & berries

Oats with maple syrup,
dried fruit, almonds &
coconut milk

Breakfast loaves,
bagels with cream
cheese

Coffee Break

Nanaimo bars

Sea salt & malt
vinegar chips

Ketchup chips

Soft drinks
Coffee & Tea

Lunch

Soup

Minestrone soup with basil

Salads

Green salad with oranges &
balsamic vinaigrette, cluster
tomato salad with roasted red
pepper, bocconcini & basil puree,
cauliflower & green pea
salad with olives & lemon oregano
vinaigrette

Main Dishes

Mediterranean vegetable ravioli
with sautéed kale & red pepper
pomodoro, grilled market fish filet
picatta, chicken sorrentino with
eggplant, mozzarella,
tomato, roasted fennel,
mushrooms & zucchini with parsley
& roasted garlic

Desserts

Melon salad with rosewater syrup,
tiramisu slice





Day 3

Food Menu.

Breakfast

Large breakfast pastries

Chia & oats overnight pudding,

Bottled juice

Apples & bananas

Coffee Break

Bottled Juices

Fruits & Grains
freshly cut seasonal fruit & berries

Yogurt parfaits with berries

Bakery
breakfast loaves,

Bagels with cream cheese, preserves

Oats with maple syrup, dried fruits, nuts & coconut milk

Baked egg ramekin with steamed spinach & tomato basil ragu

Vegan bratwurst sausages

Sweet potato hash with broccoli & peppers

Lunch

Soup

Seasonal soup

Salads

Spring mix with shaved heirloom carrot, watermelon radishes, seedlings & garden herb vinaigrette, legume salad with roasted vegetables & dried fruits, potato salad with green beans, peppers, grainy mustard & herbs

Cold & Hot Sandwiches

Surimi salad wraps with avocado sesame aioli & crunchy vegetables, spiced sweet potato & eggplant with lemon pepper hummus, watercress & gf bun, mushroom & artichoke flatbread with kalamata olives red pepper pesto, Hawaiian turkey & smoked cheddar buns with maple bbq sauce

Desserts

lemon bars, fruit salad jars

