



morning

enhancements

breaks include freshly brewed starbucks® regular and decaffeinated coffee, assorted tazo® teas and condiments

all breaks are based on 30 continuous minutes of service

apples and cinnamon

mini cinnamon raisin rolls, apple strudel, cinnamon apple bread, fresh apples 14

super food store

selection of super foods that contain powerhouse ingredients which are rich in nutrients, antioxidants and taste delicious~goji berries, dried cherries, walnuts, pumpkin seeds, sunflower seeds, flax seeds 16

revive

seasons best whole fruit, individual yogurts, chewy granola bars, nutri grain® bars, freshly squeezed orange juice 13
additional fees for less than 10~per person 5

^consuming raw or undercooked eggs, meat or seafood may increase your risk of foodborne illnesses

mixed berry crumble bars~per dz 30

freshly cut seasonal fruit 6

granola bars~per item 3

organic kashi® cereal bars~item 4

fruit kebabs, honey yogurt dipping sauce~per item 4

prices are per person unless otherwise noted. prices are subject to a 15% service charge, goods and services tax and provincial sales tax. prices are subject to change without notice



afternoon

enhancements

breaks include freshly brewed starbucks® regular and decaffeinated coffee, assorted tazo® teas and condiments

all breaks are based on 30 continuous minutes of service

candy store

mini chocolate bars, wine gums, jujubes, chocolate covered raisins, m&m peanuts® 16

cookie jars

fresh baked chocolate chip, macadamia and oatmeal raisin cookies, shortbreads 14

minilicious

assorted miniature blueberry, mandarin orange, raspberry and strawberry tarts 16

additional fees for less than 10~per person 5

^consuming raw or undercooked eggs, meat or seafood may increase your risk of foodborne illnesses

- deep fudge brownies, with nuts~per dz 30
- mini chocolate and caramel tarts~per dz 36
- haagen dazs® ice cream bars~per item 6
- mini pb and j tarts~per dz 36
- individual bags of chips~per item 3

prices are per person unless otherwise noted. prices are subject to a 15% service charge, goods and services tax and provincial sales tax. prices are subject to change without notice



SuperFoodsRx[™] are known for being health-enhancing and rich in antioxidants and phyto-nutrients. "these nutritional powerhouse foods can help extend your health span - the extent of time you have to be healthy, vigorous and vital." - dr. steven pratt, author of superfoods rx. fourteen foods that will change your life.

all day breaks

breaks include freshly brewed starbucks® regular and decaffeinated coffee, assorted tazo® teas and condiments

all breaks are based on 30 continuous minutes of service

uplift SuperFoodsRx[™]

orange mango cranberry smoothie
smoked salmon, avocado and chives on whole grain bread
red and green apple wedges with bee pollen yogurt dip
whole skin-on almonds

16

vitalize SuperFoodsRx[™]

pomegranate acai smoothie
granola yogurt muesli with apples berries
all natural turkey avocado, tomato, whole wheat involtini 15

respite SuperFoodsRx[™]

broccoli, tomato and field crudités, black bean hummus with garlic confit
natural roast turkey and edamame on whole grain bread
frozen low fat yogurt, blueberry, kiwi and walnut sundae 15

restore SuperFoodsRx[™]

74% dark bittersweet chocolate chips and popcorn 'tutti-frutti' with walnuts, almond, raisins, apricots
minted orange and green apple salad, dollop of cinnamon yogurt
basil infused watermelon tomato water 16

^consuming raw or undercooked eggs, meat or seafood may increase your risk of foodborne illnesses

enhancements

cappuccino and specialty coffee station
~priced per event

selection of crudités, assorted dips 6

whole fruit display~per item 3

rejuvenate SuperFoodsRx[™]
74% dark chocolate chips and walnuts 7

brain boost SuperFoodsRx[™]
blueberries, purple grapes, raspberries and walnuts 8

longevity boost SuperFoodsRx[™]
brewed green tea with honey and soy milk 5

domestic and international cheese, mango chutney, baguette, crackers 8

home style cookies~per dz 30

bottled sparkling or still water~per btl 4

assorted soft drinks~per can 4

individual fruit smoothies~per btl 4

dark chocolate and cranberry bark with walnuts 7

all pricing is per person unless otherwise noted. prices are exclusive of 15% service charges, and applicable taxes. prices are subject to change without notice