



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 minutes of continuous 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
18

vitalize SuperFoodsRx[®]

pomegranate acai smoothie
granola yogurt muesli with apples berries
all natural turkey avocado, tomato, whole wheat involtini 14

restore SuperFoodsRx[®]

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

respite SuperFoodsRx[®]

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

build your own super foods trail mix

a selection of super foods inspired dried fruits, nuts and berries,
individual fruit smoothies, bottled water 16

revive break

seasons best whole fruit, individual yogurts, chewy granola bars,
nutra grain bars, freshly squeezed carrot juice 12

cinnamon and apple break

mini cinnamon rolls, apple strudel, cinnamon apple coffee cake,
chilled apple cider (summer) or mulled apple cider (winter),
markets best whole apples 12

enhancements

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

whole seasonal fruit~per item 3

sliced fresh fruit 6

fruit kabobs with lime yogurt dip~per item 3

crudites platter with ranch dip 6

individual bags of assorted chips~per item 3

domestic and international cheese platter 8

jumbo warm pretzels with flavored mustard 4

assorted coffee cakes~per dz. 40

assorted fresh baked cookies~per dz 29

chocolate covered strawberries~per dz 40

double fudge brownies~per dz. 30

ice cream bars~per item 6

bottled sparkling or still water~per btl 4

assorted soft drinks~per can 4

freshly brewed starbucks® regular or decaffeinated
coffee and assorted tazo® teas 5

individual fruit smoothies~per btl 4

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

citrus citrus break

pink lemonade, key lime tarts, orange and allspice coffee cake,
ginger orange marmalade, seasonal whole citrus fruits 12

old fashioned candy store break

mini chocolate bars, wine gums, jujubes, sour chews, chocolate
covered raisins, m&m peanuts® 14

strawberry fields break

individual strawberry banana smoothies, fresh macerated
strawberries, mini angel food cakes, vanilla whipped cream,
chocolate sauce 14

comfort

fresh baked cookies, brownies, nanaimo bars 12

blue streak break

blueberry coffee cake, blueberry scones, blueberry and ginger
compote, blueberry infused iced tea (summer) or blueberry
infused brewed tea (winter) 14

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