

Package 1: Relaxation

Continental Breakfast

Assorted Fresh Juices

Whole Seasonal Fruit

Granola and Yogurt Bar including honey Yogurt, Raspberry Yogurt, and Vanilla Yogurt Low Fat Yogurt and

Assorted Dried Fruits

Whole Grain Breads and Muffins

Coffee, Decaf, and Herbal Teas

Salad Lunch Buffet

Mixed Greens, Shepherds Goat Cheese, Local Honey, Lemon Walnut Vinaigrette

Baby Spinach, Pine Nuts, Sliced Pear, With Balsamic Vinaigrette

Cranberry Almond Slaw

Olive Oil, Fresh Lemon, & Thyme Marinated Grilled Chicken

Grilled Vegetable Platter, Balsamic and Extra Virgin Olive Oil

Honey Granola Cookies

PM Break

Grilled Pineapple

Cinnamon Iced Tea

Coconut Water

PRICE \$80.00 (*Enhancement: chair massage, sound machine with nature sounds, aromatherapy*)



Package 2: Energy

Breakfast

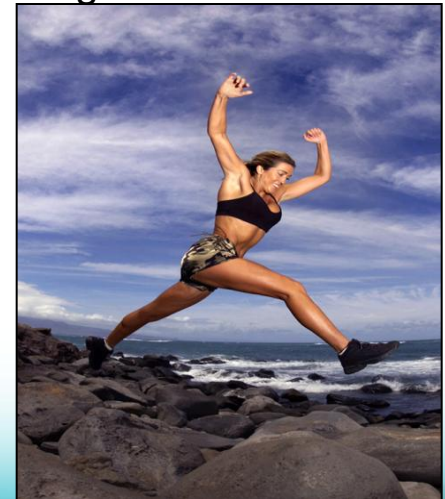
Egg White Scrambled with Tomato, Spinach, Roasted Peppers, and Low Fat Feta Cheese
Seasonal Sliced Fruit
Carrot and Cranberry Walnut Breakfast Breads
Steel Cut Hot Oatmeal with Brown Sugar & Dried Fruit
Coffees & Fresh Juices

Lunch Buffet

Boston Butter Lettuce Summer Vegetables & White Balsamic Vinaigrette
Chilled Nicoise Salad with Albacore
Balsamic Roasted Portobello Mushrooms, Fines Herbs, Sun Dried Tomato Relish
Olive Oil, Fresh Lemon, & Thyme Marinated Grilled Chicken Steamed Vegetable
Chef's Choice of Fresh Fruit Sorbets

PM Break

Fresh Fruit Kabobs
Coconut Water
Sugar Free Homemade Lemonade
Price \$75 (*Enhancement: Yoga instructor*)



Package 3: Longevity

Continental Breakfast

Sliced Fresh Fruit

Whole Wheat Bagels and Lox's with Low Fat Cream Cheese

Homemade Banana & Zucchini Bread

Coffees & Juices

Lunch Buffet

Miso Soup

Gingered Beef Satay's with Sesame Soy

Glaze Grilled Adobo Chicken Skewers with Citrus Aioli

Sushi Platter with California & Spicy Tuna & Veggie Rolls, Sliced Ginger, Wasabi & Soy Sauce

Rice Pudding

PM Break

Chef's Roasted Fruit and Trail Mix

Pita Chips with Humus

Flavored Ice Teas

Price \$75 (*Enhancement: Meditation instructor, wind chimes*)

