



# MIDDAY BREAK MENU

## STAY STRONG

KEEP ENERGY LEVELS UP WITH A MIDDAY ACTIVITY & NUTRITIOUS SNACK.



### THE MIDDAY STRETCH

STRETCH CLASS | PROTEIN-PACKED SNACKS

### MEDITATIVE MOMENT

RELAXATION CLASS | SMOOTHIES & SNACKS

#### ACTIVITY

\*A 10-minute, instructor-led session that focuses on posture, breathing techniques and easy stretches. Optional: Instructor led, fresh-air walk

#### MENU

- Seasonal Hummus Selection with Mini Bagel Chips—Charred Jalapeño & Mint
- Seasonal Personal Salad—Roasted Carrot & Quinoa Salad with Arugula & Yogurt Dressing
- Warm Vegetable Panini, Grilled Zucchini, Yellow Squash, Mozzarella, and Sweet Pepper Pesto
- Seasonal Local Whole Fruits
- Spa Water—Seasonal Fruit/Herb
- Bottled Electrolyte Water
- Fresh-Brewed Fair Trade Coffee & Tea

**\$45 PER PERSON**

#### ACTIVITY

A 10-minute, CD provided for meditation session that focuses on deep breathing and stress-relief techniques. Optional: \*Instructor-led, fresh-air walk

#### MENU

- Chef's Choice: Veggie/Fruit Smoothie—Mango & Passion Fruit
- Pimento Cheese Spread, Cucumber Stick and Baguette Crostini
- Snack Selections—Pretzels, Crisp Apples, Peanut Butter & Local Honey
- Seasonal Local Whole Fruits
- Spa Water—Seasonal Fruit/Herb
- Bottled Electrolyte Water
- Fresh-Brewed Fair Trade Coffee & Tea

**\$39 PER PERSON**

Please Note: 25 person minimum required. \* Instructors are not included in price. Your Event Manager may provide referrals upon request  
PRICES ARE EXCLUSIVE OF 24% COMBINED GRATUITY/SERVICE CHARGE AND CURRENT SALES TAX

