

Stress Free Meeting Package



THE HEALTHY START

Assorted Juices, Fruit Yogurts, Granola and Oatmeal, Hard Boiled Eggs, Sliced Fresh Fruit and Seasonal Berries, Coffee, Decaffeinated Coffee, Hot Tea, Milk.

ALL DAY REFRESHMENT SERVICE TO INCLUDE:

Assorted Sodas, Bottled Water, Chateau Blend Columbian Roast Coffee, Regular and Decaffeinated and Assorted Herbal Teas

“THE WRAP” LUNCHEON BUFFET

Sliced Fresh Seasonal Fruit Display

Build Your Own Wrap to Include:

Spinach, Honey Wheat and Tomato Tortillas
Honey Chicken Salad with Grapes and Pecans
Hoisin Marinated Beef with Napa Cabbage Slaw, Peanuts, Crisp Wontons and Pickled Ginger
Southwest Baby Shrimp Salad with Jicama, Black Beans and corn

Dessert

Fresh Berries with Lemon Whipped Cream

Chef's Selection of Dessert

Blend Columbian Roast Coffee, Regular and Decaffeinated

STRESS RELIEF SEMINAR

Your stress management seminar will be conducted by one of our spa therapists who will teach your group various stress management techniques such as, meditation, massage and stretching.

The seminar is 1 hour in length.

SPA BREAK

Fresh Crisp Vegetables with Peanut and Ranch Dips
Tuna Salad and Herb Cream Cheese Stuffed Roma Tomatoes
Assorted Yogurts
Blend Columbian Roast Coffee, Regular and Decaffeinated

\$75 ++Per Person (minimum of 10 people)

Per Person Price to include room rental, refresh fees, projection support package and white board. Does not include tax or gratuity.



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MEETING PACKAGE