



All packages always based on 8 hours event/day

Meeting Package One

Breakfast

- Assorted Mini Muffins, Danish, and Bagels served with Sweet Butter, Preserves, Plain and Strawberry Cream Cheese
- Stonyfield Yogurt with Granola, Dried Fruit, Berries and Agave
- OR
- Whole Grain Breakfast Bowl with Grains, Herbs, Vegetables, and Potato
- Scrambled Eggs
- Turkey Bacon
- Fresh Sliced Fruit
- Fresh Squeezed Orange and Cranberry
- Two Seasonal Hand Fruits
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas

AM Break

- Assorted Mini Muffins, Danish, and Bagels served with Sweet Butter, Preserves, Plain and Strawberry Cream Cheese
- Green Tea Bread
- Whole Fruit
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas
- Cucumber Mint Water

Lunch

- Freekeh, Feta, and Chilli Peppers Mint Salad
- Citrus Salad with Pomegranate Seeds
- Mustard Green, and Tumeric Chick Pea Raspberry Salad
- Herb Garlic Chicken
- Eggplant Parmesan
- Wheat Bulgar Pilaf
- Fresh Fruit Tarts
- Iced Tea and Water
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Tea

PM Break

- SUPERFOOD- Avocados
- Make your own Guacamole Bar served with fresh baked Pita Chips and Yucca Chips
- Pomegranate, Pickled Jalapenos, Green Tomato, Yellow Tomato, Red Tomato, Roasted Garlic, Micro Cilantro, Limes
- FLIK Cookies
- Assorted Sodas
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Tea
- Cucumber Mint Water

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- 🏠 3 International Drive, 2nd Floor
Rye Brook, NY 10573





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Meeting Package Two

Breakfast

- Assorted Mini Muffins, Danish, and Bagels served with Sweet Butter, Preserves, Plain and Strawberry Cream Cheese
- Stonyfield Yogurt with Granola, Dried Fruit, Berries and Agave
- Scrambled Eggs with herbs
- Chicken Sausage
- Two Seasonal Hand Fruits
- Fresh Squeezed Orange and Cranberry Juice
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Tea
- Green Melon Water

AM Break

- Assorted Mini Muffins, Danish, and Bagels served with Sweet Butter, Preserves, Plain and Strawberry Cream Cheese
- Greek Yogurt Tea Bread
- Whole Fruit
- Strawberry Greek Yogurt Smoothie
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Tea
- Green Melon Water

Lunch

- Shaved Fennel Salad with Oranges, Carrots and Pine Nuts
- Tuscan Kale, Avocado, Dried Cherry and Roasted Butternut Squash
- Chicken Kabobs with Mint Oregano and Garlic
- Grilled Salmon Steak with Arugula Pesto and Roasted Tomato
- Grilled Asparagus
- Roasted Fingerling Potatoes
- Chocolate Banana Bread Pudding
- Iced Tea and Water
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Tea
- Melon Water

PM Break

- Dark Chocolate Cherry Biscotti
- Assorted Dark Chocolate Dipped Fruit
- Dark Chocolate Bark with Macadamia and Dried Pears
- FLIK Cookies
- Assorted Sodas
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Tea
- Green Melon Water

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Meeting Package Three

Breakfast

- Assorted Mini Muffins, Danish, and Bagels served with Sweet Butter, Preserves, Plain and Strawberry Cream Cheese
- Stonyfield Yogurt with Granola, Dried Fruit, Berries and Agave
OR
- Breakfast Enchiladas with Avocado and Tomatillo Salsa
- Scrambled Eggs
- Turkey Sausage
- Fresh Sliced Fruit
- Two Seasonal Hand Fruits
- Fresh Squeezed Orange and Apple Juice
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas

AM Break

- SUPERFOOD Cold Oats
- Assorted Mini Muffins, Danish, and Bagels served with Sweet Butter, Preserves, Plain and Strawberry Cream Cheese
- Toasted Oat Granola Bars
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas
- Honeydew Rosemary Water

Lunch

- Israeli Whole Wheat Couscous and Roasted Butternut Salad
- Mediterranean Greek Salad
- Minted Mango Salad
- Braised Chicken with Eggplant, Olives and Chili Peppers
- Rigatoni with Sundried Tomato, Basil and Pine Nuts
- Gingered Snow Peas
- Rice Pilaf with Greek Herbs
- Balsamic and Vanilla Strawberries
- Iced Tea and Water
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas

PM Break

- Black Pepper Goat Cheese, Honeycomb accompanied with Crisps, Flatbreads and Crostini
- Baklava
- Honey Cookies
- Assorted Sodas
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas

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Motivate • Optimize • Vitalize • Empower

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Meeting Package Four

Breakfast

- Assorted Mini Muffins, Danish, and Bagels served with Sweet Butter, Preserves, Plain and Strawberry Cream Cheese
- Stonyfield Yogurt with Granola, Dried Fruit, Berries and Agave
OR
- Breakfast Grain Salad
- Scrambled Eggs with chives
- Grilled Kielbasa
- Fresh Sliced Fruit
- Two Seasonal Hand Fruits
- Fresh Squeezed Orange and Apple Juice
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas

AM Break

- Assorted Mini Muffins, Danish, and Bagels served with Sweet Butter, Preserves, Plain and Strawberry Cream Cheese
- Blueberry Banana Tea Bread
- Blueberry Smoothie Shots
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas
- Mango Water

Lunch

- Grated Zucchini Salad with Pistachio and Parmesan EVOO
- Traditional Cobb Salad with grilled chicken
- Cornmeal Crusted Salmon with Fennel Radish Slaw
- Sesame Green Beans
- Freekah with cucumber and feta
- Seasonal Fruit Crisp
- Iced Tea and Water
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas
- Mango Water

PM Break

- Chicken Miso Brodo or Vegetarian Miso Brodo with Scallions, Tofu, Shittaki Mushroom, Asparagus and Jalepenos
- Green Tea Donuts with Cinnamon Sugar
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas
- Assorted Sodas
- Mango Water



CONFERENCE CENTERS
& HOTELS



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Meeting Package Five

Breakfast

- Assorted Mini Muffins, Danish, and Bagels served with Sweet Butter, Preserves, Plain and Strawberry Cream Cheese
- Stonyfield Yogurt with Granola, Dried Fruit, Berries and Agave
- Mini Vegetable Frittata
- Turkey Sausage Patty
- Fresh Sliced Fruit
- Two Seasonal Hand Fruits
- Fresh Squeezed Orange and Apple Juice
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas

AM Break

- Assorted Mini Muffins, Danish, and Bagels served with Sweet Butter, Preserves, Plain and Strawberry Cream Cheese
- Grilled Seasonal Stone Fruit with Balsamic reduction
- Grilled Skewered Strawberries
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas
- Pineapple Water

Lunch

- Apple Farro Salad
- Chicken, beef, and vegetable skewers with lemon herb sauce
- Grilled Vegetable Lasagna
- Feta Stuffed Zucchini
- Cardoman Roasted Cauliflower
- Whole Wheat Penne with Wild Mushroom Basil
- Low-fat Cheese Cake
- Iced Tea and Water
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas
- Pineapple Water

PM Break

- SUPERFOOD Chick Pea
- Pine Nut, Tomato, and Parsley Hummus accompanied by Pita Chips and Fresh Grilled Flatbreads
- FLIK Cookies and Brownies
- Assorted Sodas
- Fresh Brewed Regular and Decaffeinated Coffee
- Assorted Mighty Leaf Teas
- Pineapple Water

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