

FRIDAY MENU

Breakfast

- Continental Breakfast + Deconstructed Avocado Toast + Smoothies/Cold Pressed Juices+ Hard Boiled Eggs
 - **Continental Breakfast**
 - Seasonal fruits and berries,
 - La Fermiere yogurt,
 - NY bagels and cream cheese,
 - Heritage bakery pastries (*croissant, almond croissant, chocolate croissant, seasonal danish, blueberry muffin, lemon muffin, cinnamon bun*)
 - Organic orange and grapefruit juice, tea, coffee and decaf
 - **Deconstructed Avocado Toast**
 - Smashed avocado, radish, aleppo chili, salsa verde, lime, sourdough and seven grain toast
 - **Bottled Smoothies and Cold Pressed Juices**
 - Bottled Naked Smoothies (Strawberry & Banana, Wild berry, Mango)
 - Living Juice Cold Pressed Juice (Lemon Apple Ginger, Kale Cucumber Lemon, Carrot Orange Yellow beet, Strawberry Beet Apple)
 - **Hard Boiled Eggs**

Lunch

- **Park Lane Lunch Buffet**
 - SALAD: Greek Salad (V,GF) + Baby Gem Salad (VG, GF)
 - ENTREES: Farmhouse Rotisserie Chicken, Chicken Jus (GF) + Ora King Salmon (GF)
 - SIDES: Saffron Basmati Rice (GF) + Baked Cauliflower Florets (V, GF)
 - DESSERT: Salted Chocolate Chip Cookies + New York Cheesecake
 - *Comes with the following beverages: assorted soft drinks, mineral water, Harney & Sons organic tea selection, La Colombe coffee & decaffeinated coffee*

Afternoon Snack

- **Afternoon Delight**
 - Terra chips, brownies and blondies, sliced veggies with hummus, whole fruit, assorted health bars,
 - Homemade lemonade, Cucumber mint water, assorted soft drinks, mineral waters, tea selections, coffee and decaf

SATURDAY MENU

Light Breakfast

- Continental Breakfast + Overnight Oats and Chia Pudding + Smoothies/Cold Pressed Juices
 - **Continental Breakfast**
 - Seasonal fruits and berries,
 - La Fermiere yogurt,
 - NY bagels and cream cheese,
 - Heritage bakery pastries (*croissant, almond croissant, chocolate croissant, seasonal danish, blueberry muffin, lemon muffin, cinnamon bun*)
 - Organic orange and grapefruit juice, tea, coffee and decaf
 - **Overnight Oats and Chia Pudding**
 - Mason jar of overnight oats soak in oat milk and homemade chia pudding.
 - Chia seeds, granola, fresh berries, local honey, toasted almonds
 - **Bottled Smoothies and Cold Pressed Juices**
 - Bottled Naked Smoothies (Strawberry & Banana, Wild berry, Mango)
 - Living Juice Cold Pressed Juice (Lemon Apple Ginger, Kale Cucumber Lemon, Carrot Orange Yellow beet, Strawberry Beet Apple)

Lunch

- **Tuscan Lunch Buffet**
 - Antipasti & Crudi Station includes: burrata, beef carpaccio, citrus salmon crudo, marinated vegetable market, olive and pane corner
 - SALAD: Tuscan kale ceasar with parmesan crisps
 - PASTA: Penne pomodoro (crushed tomato sauce and basil) and pappardelle al ragù di manzo (braised beef, rosemary, parmesan)
 - MAIN: Branzino al forno (lemons, capers, olives)
 - SIDES: roasted seasonal vegetables with basil oil and crispy rosemary potatoes
 - Dessert include: mini tiramisu cups, cannoli bites, mini cream puffs, sliced fruit
 - Beverages include: assorted soft drinks, mineral waters, tea selection, coffee and decaf

Afternoon Snack

- **Wellness Break**
 - Trail mix, oat cookies, crudites, fruit skewers,
 - Spa water, assorted soft drinks, mineral waters, organic tea selections, coffee and decaf