

# BREAKFAST

## **Conference Breakfast**

**13.75**

Chef's Selection of Individually Wrapped Danishes, Muffins, and Croissants  
Fresh Fruit Salad Cups  
Coffee and Tea Service

## **Breakfast Box**

**16.22**

Mini Pastries, Fruit Salad, Yogurt with Granola  
Boxed Orange Juice  
Coffee and Tea Service  
*Gluten free option available upon request*

## **Healthy Breakfast**

**17.85**

Housemade Low Fat Yogurt and Granola Parfaits  
Whole Fresh Fruit, Individually Wrapped Low Fat Muffins  
Selection of Kind Bars  
Orange Juice  
Coffee and Tea Service

## **Tignum Breakfast Box**

**20.29**

Chef's Selection of Three Local Cheeses  
Iggy's 7 Grain Bread, Hard Boiled Eggs  
Plain Greek Yogurt, Fresh Fruit Salad  
Coffee and Tea Service

Please let us know if you have any food allergies or restrictions within your group.

# LUNCH

## **Basic Sandwich Bag** **12.65**

Chef's Selection of Sandwiches  
Kettle Chips, Whole Fruit & Freshly Baked Cookie  
Choice of Boxed Water or Soda

## **Executive Sandwich** **15.12**

Chef's Selection Sandwiches  
Includes Pasta Salad, Fruit Platter, Chips & Freshly Baked Cookie  
Choice of Boxed Water or Soda

## **Boxed Salad Lunch** **16.22**

Individually Boxed Salad, Whole Fruit, Trail Mix, Boxed Water  
Garden Salad // Garden Salad with Grilled Chicken  
Caesar Salad // Caesar Salad with Grilled Chicken  
Turkey Cobb Salad

## **Basic Bistro Box** **18.10**

Choice of Chicken, Salmon, or Vegetarian  
Choice of Classic Vegetable Quinoa or Seasonal Salad  
Freshly Baked Cookies and Brownies, Soda or Water

## **Executive Bistro Boxes** **20.65**

Choice of Chicken, Salmon, or Vegetarian  
Choice of Classic Vegetable Quinoa or Seasonal Salad  
Fruit Salad and Mini Pastry

FALL 2022 SEASONAL SALAD  
QBlend (Quinoa and Chickpeas) Roasted Brussels, Kale  
Roasted Butternut Squash, Apples, Dried Cranberries  
Pepitas, Apple Cider Sauce

# PM BREAKS

## **Healthy Break** **7.55**

Assorted Kind Bars, Granola Bars and Tignum Energy Mix  
Whole Fruit  
Assorted Boxed and Sparkling Water

## **Sweet Afternoon Break** **6.35**

Freshly Baked Cookies and Brownies  
Coffee and Tea Service  
Assorted Sodas and Boxed Water

## **Salty Afternoon Break** **5.99**

Assortment of Potato Chips, Popcorn, Pretzels, Trail Mix  
Assorted Soda and Boxed Water

## **Hot and Cold Beverages** **4.85**

Coffee and Tea Service  
Assorted Soda and Boxed Water

Looking for something special?  
We are still happy to customize  
to meet your needs.