

2017 Restorative Medicine Conference Menus

(Note: These menus are preliminary and are subject to change)

[GF = gluten free, DF = dairy free]

Thursday, Oct. 5

Breakfast Day 1

Organic Cage Free Scrambled Eggs made with No Milk with Mushrooms and Asparagus Tips
Local Aged Cheddar Cheese on the Side
Traditional Hash Browns
Assorted Pastries to include: Whole Wheat Mini Bagels, Bran Muffins, Mini Croissants, GF Muffins
Assorted Cream Cheeses and Homemade Preserves
Steel Cut Oats with Brown Sugar, Toasted Hazelnuts, Sweet Cream, Assorted Berries, Maple Syrup
Sliced Seasonal Fresh Fruit
Juices to include: Orange, Cranberry & Tomato
Coffee and herbal teas

AM Break Day 1

Seasonal Fresh Fruits & Berries Display
Trail Mix and Peanuts [GF and DF options]
Coffee and herbal teas

Lunch Day 1

Dairy Free Roasted Butternut Squash Soup
BYO Salad Bar featuring: Mixed Greens, Spinach, Baby Frises & Romaine
20 different vegetable toppings
Beans & Tofu
Free Range Roasted Chicken
Tofu Stir Fry
Roasted Kale, cranberry, cashews, shallots, sweet peas, and roasted corn salad with Hazelnut Vinaigrette
Artisan Breads & Gluten Free Breads with Assorted Butters
Oil & Vinegar, Balsamic, Bleu Cheese, Caesar Dressings
Lemonade, Iced Tea
Coffee and herbal teas

PM Break Day 1

Citrus Garlic Hummus & Artichoke White Bean Hummus
Vegetable Sticks, Marinated Olives, Grilled Pita,
Toasted Breads, Crispy Bagel Chips and Rice Crackers (GF available)
Coffee and herbal teas

Friday, Oct. 6

Breakfast Day 2

Fresh Squeezed Orange Juice, Cranberry and Apple Juices
Sliced Seasonal Fresh Fruit
Scrambled Eggs with Assorted Toppings (GF, DF options available)
Smoked Turkey Bacon and Sausage
Heirloom Breakfast Potatoes with Fresh Herbs (GF)
French Toast with Fresh Fruit compote, Maple and Sugar-Free Syrups (GF available)
Assorted Breads for Toasting (including Gluten-Free) with Jams, Jellies and Whipped Butter
Coffee and herbal teas

AM Break Day 1

Seasonal Fresh Fruits & Berries
Assorted Breakfast Breads and Muffins (GF, DF options)
Whipped Butter and Cream Cheese
Coffee and Herbal Tea

Lunch Day 2

Dairy Free Carrot Ginger Soup
BYO Salad Bar featuring: Mixed Greens, Spinach, Baby Fricces & Romaine
20 different vegetable toppings
Beans & Tofu
Baked Fish
Tempe Stir Fry
Green Bean Salad with toasted almonds and raspberry vinaigrette
Artisan Breads & Gluten Free Breads with Assorted Butters
Oil & Vinegar, Balsamic, Bleu Cheese, Caesar Dressings
Lemonade, Iced Tea
Coffee and herbal teas

PM Break Day 2

Assorted Uncoated Nuts
Dried Fruit Selections
Coffee and herbal teas

Networking Reception

VEGETABLE CRUDITE
Baby Carrots, Jicama, English Cucumbers, French Green Beans, Asparagus, Seasonal Tomatoes, Radish,
Olives
Chef 's selection of 3 dips (one Dairy -Free)
LOCAL ARTISAN & IMPORTED CHEESE DISPLAY
Assorted Cheeses with Fresh Fruits
Local Jams & Honey
Artisan Crackers & Breads (some Gluten-Free)

Saturday, Oct. 7

Breakfast Day 3

Fresh Squeezed Orange Juice, Cranberry and Apple Juices

Sliced Seasonal Fresh Fruit

Smoked Turkey Bacon

Heirloom Breakfast Potatoes with Fresh Herbs (GF)

Cheese Blintzes with Fresh Fruit toppings

Steel cut Organic Oatmeal with Flaxseed, Nuts, Dry Cherries, Blueberries, Assorted Seasonal Berries, Raw Sugar and Honey.

Assorted Breads for Toasting (GF available) with Jams, Jellies and Whipped Butter

AM Break Day 3

Seasonal Fresh Fruits & Berries Display

Assorted Breakfast Breads and Muffins (GF, DF available)

Whipped Butter and Cream Cheese

Coffee and herbal teas

Lunch Day 3

Cobb Salad Bar with Avocado Ranch and Cilantro Vinaigrette dressings (Bacon on the side)

Fresh Vegetable & Quinoa Salad with Jalapeno Vinaigrette

Tofu with Red Onion Escabeche

Baked LOCAL FISH with Sweet Corn and Black Bean Tomatillo Fresca (Gluten-Free)

Chicken Fajitas with Grilled Sweet Peppers & Onions Guacamole, Sour Cream, Jalapenos, Onions, Salsa, Lime and Soft Flour & Corn Tortillas

Iced Tea

Coffee and herbal teas

PM Break 3

Citrus Garlic Hummus & Artichoke White Bean Hummus

Vegetable Sticks, Marinated Olives, Grilled Pita,

Toasted Breads, Crispy Bagel Chips and Rice Crackers (GF available)

Coffee and Herbal teas

Sunday, Oct. 8

Breakfast Day 4

Mozzarella, Tomato and Fresh Basil Frittata

WF/GF Frittata

Red Bliss Potatoes

Bacon and Sausage

Assorted Pastries to include: Whole Wheat Mini Bagels, Blueberry Mini Bagels, Bran Muffins, Apricot Danishes, Mini Croissants, Gluten Free Muffins

Assorted Cream Cheeses to include: Smoked Salmon, Plain, Chive

Homemade Preserves

Steel Cut Oats with Brown Sugar, Toasted Hazelnuts, Sweet Cream, Assorted Berries, Maple Syrup

Sliced Seasonal Fresh Fruit

Juices to include: Orange, Cranberry & Tomato

Coffee and herbal teas

AM Break Day 4

Seasonal Fresh Fruits & Berries Display

Trail Mix and Peanuts [GF, DF available]

Coffee and Herbal tea