

Restorative Medicine Conference Menus

Day 1 / Thursday - Oct 5, 2017

AM Break

Seasonal Fruit Salad with Berries
House made Trail Mix | Peanuts
Starbucks Coffee | Decaf | Tazo Teas

Lunch

Personalized Salad Bar
Baby lettuce | Romaine | Spinach and Frisee
Carrots | Broccoli | Jicama | Cherry Tomato | Cucumber | Mushroom
Toasted Walnuts | Toasted Almonds | Sunflower Seeds
EVOO | Balsamic Vinegar | Blue Cheese Dressing | Caesar Dressing
Roasted Kale Salad | Sundried Cranberry | Nuts | Seeds | Corn | Sherry Vinaigrette
Chicken Al Pastor
Southwestern Adobo Spiced Tofu
Lemonade | Iced Tea

PM Break

Smoked Paprika Hummus | Artichoke White Bean Hummus
Carrots | Celery | Broccoli | Cauliflower
Pita Bread | Crackers to include Rice Crackers (GF)
Starbucks Coffee | Decaf | Tazo Teas

Day 2 / Friday - Oct 6, 2017

AM Break

Seasonal Fruit Salad with Berries
Breakfast Breads | Gluten-free Muffins
Starbucks Coffee | Decaf | Tazo Teas

Lunch

Personalized Salad Bar
Baby lettuce | Romaine | Spinach and Frisee
Carrots | Broccoli | Jicama | Cucumber | Peas | Bell Pepper
EVOO | Balsamic Vinegar | Blue Cheese Dressing | Caesar Dressing
Green Beans Salad | Toasted Almonds | Tarragon Dijon Vinaigrette
Baked Codfish | Herb Butter
Tempe Stir-fry | Citrus Ginger Glaze
Lemonade | Iced Tea

PM Break

Toasted Walnuts | Toasted Pecans | Toasted Almonds | Sunflower Seeds | Dried Fruits
Starbucks Coffee | Decaf | Tazo Teas

Networking Reception

Crudité Display

Carrots | Celery | Broccoli | Cauliflower | Cucumber | Asparagus | Radish | Cherry Tomato
Buttermilk Ranch | Blue Cheese | Balsamic Vinaigrette

Cheese Display

Cheddar | Chipotle Cheddar | Pepper Jack | Provolone | Smoked Gouda | Swiss |
Assorted Crackers | Breads | Gluten-free

Day 3 / Saturday - Oct 7, 2017

AM Break

Seasonal Fruit Salad with Berries
House made Trail Mix | Peanuts
Starbucks Coffee | Decaf | Tazo Teas

Lunch

Southwestern Cobb Salad Bar
Baby lettuce | Romaine | Spinach and Frisee
Cherry Tomato | Cucumber | Turkey Bacon | Blue Cheese | Eggs
Herb and Garlic Croutons | Toasted Pistachios | Pumpkin Seeds
EVOO | Balsamic Vinegar | Avocado Ranch Dressing | Strawberry Chipotle Dressing
Grilled Tofu | Orange Coriander Cream | Cilantro
Chicken | Sautéed Onions | Bell Pepper | Chilies | Cilantro
Lemonade | Iced Tea

PM Break

Lemon Garlic Hummus | White Bean Hummus
Carrots | Celery | Broccoli | Cauliflower
Pita Bread | Crackers to include Rice Crackers (GF)
Starbucks Coffee | Decaf | Tazo Teas

Day 4 / Sunday - Oct 8, 2017

AM Break

Seasonal Fruit Salad with Berries

Breakfast Breads | Gluten-free Muffins

Starbucks Coffee | Decaf | Tazo Teas