

## Restorative Medicine Conference Preliminary Menu

*(subject to change)*

September 27 - 30, 2018

### Day One (Thursday)

#### AM Break

Build your own Yogurt Parfait:

Diced Fruits & Berries, Assorted Vermont Organic Yogurts, Organic Local Honey & Vermont Maple Syrup,  
Homemade Granola with a Variety of Mixed Nuts

Green Mountain Regular & Decaf Coffee

Hot Water & Assorted Revolution Teas

2%, Almond & Rice Milk, Half & Half

#### Lunch

Local Mixed Greens served with a Vermont Maple Balsamic Vinaigrette

Local Gold & Red Beet Salad with Vermont Crumbled Goat Cheese

Free Range Grilled Chicken Breast, Vermont Apple Stuffing with Vermont Apple Cider Sauce

Tofu

Roasted Fingerling Potatoes

Locally grown Roasted Root Vegetables and Wilted Greens

Klinger's Bread Company Basket with Vermont Cultured Butter (Including Gluten Free)

Vermont Apple Cider

Unsweetened Organic Iced Tea

Green Mountain Regular & Decaf Coffee

Hot Water & Assorted Revolution Teas

2%, Almond & Rice Milk, Half & Half

#### PM Break

Vermont Made Roasted Red Pepper Hummus

Black Bean Dip

Vegetable Sticks to Include: Local Carrots, Celery, Cucumbers, Red Peppers, Asparagus and Broccoli

Assorted Olives

Rice Crackers, Bagel Chips and Pita Chips

Green Mountain Regular & Decaf Coffee

Hot Water & Assorted Revolution Teas

2%, Almond & Rice Milk, Half & Half

## **Day Two (Friday)**

### **AM Break**

Assorted Whole Fruit Display including a variety of Vermont Apples  
Assorted Muffins to include Gluten Free and Dairy Free  
Light Cream Cheese and Butter  
Green Mountain Regular & Decaf Coffee  
Hot Water & Assorted Revolution Teas  
2%, Almond & Rice Milk, Half & Half

### **Lunch**

Build your own Salad Bar featuring Locally Grown Vegetables  
Mixed Greens, Spinach and Romaine Lettuce  
Vegetarian Vermont Pumpkin Soup  
Sliced Apples, Carrots, Gold Beets, Red Beets, Cucumbers, Broccoli, Red Peppers, Radishes, Parsnips, Snow Peas, Green Beans and Tomatoes  
Assorted Vermont made Organic Dressings, Oli and Vinegar  
Grilled Vermont honey glazed Tempeh  
Grilled Wild Salmon  
Local Mushroom Ragu over freshly made Pasta  
Vermont Apple Cider  
Unsweetened Organic Iced Tea  
Green Mountain Regular & Decaf Coffee  
Hot Water & Assorted Revolution Teas  
2%, Almond & Rice Milk, Half & Half

### **PM Break**

Assorted Whole Fruit Display including a variety of Vermont Apples  
Assorted Kind Bars  
Green Mountain Regular & Decaf Coffee  
Hot Water & Assorted Revolution Teas  
2%, Almond & Rice Milk, Half & Half

### **Networking Reception**

Vermont Crudit  Display with Three Dips (One Dairy Free)  
Vermont Cheese and Imported Cheese Display  
Vermont Wheat and Whole Grain Crackers, Klinger's Bread Company Baguette Crostini (Including Gluten Free)  
Assorted nuts (uncoated Gluten Free/Dairy Free)

## **Day Three (Saturday)**

### **AM Break**

Build your own Yogurt Parfait:

Diced Fruits & Berries, Assorted Vermont Organic Yogurts, Organic Local Honey & Vermont Maple Syrup,

Homemade Granola with a Variety of Mixed Nuts

Green Mountain Regular & Decaf Coffee

Hot Water & Assorted Revolution Teas

2%, Almond & Rice Milk, Half & Half

### **Lunch**

Build your own Sandwich Buffet Featuring Vermont Local Breads, Meats and Vegetables

Vermont Sweet Corn and Roasted Red Pepper Salad

Quinoa Vermont Vegetable Salad tossed with Zesty vinaigrette

Misty Knoll Free Range Chicken Breast

Nitrate Free Ham

Harrington's Smoked Turkey Breast

Roasted Vermont Tofu

Assorted Cabot Sliced Cheeses: Cheddar, Swiss, Monterey Jack and Pepper Jack

Locally Grown Bib Lettuce and Spinach

Locally Grown Tomatoes and Red Onions

Assorted Locally Made Condiments

Assorted Klinger's Bread Company Breads (Including Gluten Free)

Vermont Apple Cider

Unsweetened Organic Iced Tea

Green Mountain Regular & Decaf Coffee

Hot Water & Assorted Revolution Teas

2%, Almond & Rice Milk, Half & Half

### **PM Break**

Assorted Whole Fruit Display including a variety of Vermont Apples

Assorted Nuts

Assorted Dry Fruits

Green Mountain Regular & Decaf Coffee

Hot Water & Assorted Revolution Teas

2%, Almond & Rice Milk, Half & Half

## **Day Four (Sunday)**

### **AM Break**

Fruit Skewers with Vermont Organic Yogurt Dips

Green Mountain Regular & Decaf Coffee

Hot Water & Assorted Revolution Teas

2%, Almond & Rice Milk, Half & Half