

BREAK PACKAGES

Grab & Go Breaks

Nature Hike 875 Cal
 Individual Fruit-n-Nut Trail Mix, Individual Yogurt Parfait,
 Granola Bar, Lemonade, Iced Tea, Bottled Spring Water
 10.5

Energize Break 740 Cal
 Individual Greek Yogurt, Yogurt Toppings of Fresh
 Berries, Granola, Clover Honey, Shredded Coconut,
 Whole Fresh Fruit, Nutrigrain® Bar, Individual Bottled
 Fruit Juice, Bottled Spring Water
 14

Display Breaks

Health Nut 820 Cal
 Fresh Seasonal Vegetables, Assorted Dips, Grilled Pita
 Triangles, Hummus, Fresh Whole Fruit, Assorted Bottled
 Fruit Juice, Bottled Spring Water
 8

Commencement Bay Cool Snacks 750 Cal
 Fresh Seasonal Vegetable Tray, Ranch Dip, Blue Cheese
 Dip, Clover Honey Fresh Mint Melon Cups, Lemon Bars,
 Lemonade, Strawberry Lemonade
 10.5

South of the Border 620 Cal
 Corn Tortilla Chips, Pico de Gallo, Tomatillo Salsa,
 Guacamole, Pinto Bean Dip, Assorted Soft Drinks,
 Bottled Spring Water
 10.5

Gourmet Meat & Cheese 870 Cal
 Sopressata, Coppa, Prosciutto, Smoked Cheddar,
 Pepper Jack, Smoked Gouda, Swiss Cheese, Boursin
 Cheese, Dried Cherries, Medjool Dates, Mixed Nuts,
 Flatbread Crackers, Garlic Crostini, Assorted Soft Drinks,
 Bottled Spring Water
 12.5

Snacks

Fresh Whole Fruit 60-120 Cal
 1.5

Mixed Nuts 90 Cal
 3.75

Chips & Dips 645 Cal
 House Cooked Potato Chips, Roasted Red Pepper Dip,
 Artichoke Spinach Dip, French Onion Dip
 4

Grilled Pita & Hummus 250 Cal
 4

Tortilla Chips & Salsas 280 Cal
 Tomatillo Salsa, Pico de Gallo
 4

Prices are per person unless otherwise noted and subject to all applicable fees and taxes.

*The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food-borne illness.



ALL-DAY PACKAGE

Morning

Assorted Individual Fruit Juices . . .	140-220 Cal
Seattle's Best House Blend Coffee	0 Cal
Regular and Decaffeinated	
Spiced, Herbal & Black Teas	0 Cal
Assorted Danishes	130-170 Cal
Assorted Muffins	90-290 Cal
Butter and Preserves	90-290 Cal

Morning Break

Seattle's Best House Blend Coffee	0 Cal
Regular and Decaffeinated	
Spiced, Herbal & Black Teas	0 Cal
Assorted Soft Drinks	130-280 Cal
Bottled Water	0 Cal

Lunch

Sandwich Buffet	580-910 Cal
Baby Mixed Greens Salad	
Shredded Carrot, Cherry Tomato, Creamy Blue Cheese Dressing, Raspberry Vinaigrette	
Basil Pesto Penne Pasta Salad	
Julienne Red Onion, Julienne Red Bell Pepper, Sliced Ripe Olives, Shaved Parmesan Cheese	

Choice of up to **three** sandwiches

Tarragon Chicken Salad Sandwich

Classic Chicken Salad, Ciabatta Roll, Green Leaf Lettuce, Sliced Tomato

Smoked Turkey & Havarti Sandwich

Whole Wheat Bread, Cranberry Mayo, Green Leaf Lettuce, Sliced Tomato

Roast Beef & Swiss Sandwich

Nine-Grain Bread, Grain Mustard Spread, Baby Arugula, Pickled Red Onion, Sliced Tomato

Grilled Vegetable Sandwich

Yellow Squash, Zucchini, Red Bell Pepper, Eggplant, Basil Pesto Spread, Green Leaf Lettuce, Sliced Tomato, Herb Focaccia

Gluten free bread available for an additional \$2.50 per sandwich.

Afternoon Break

Seattle's Best House Blend Coffee	0 Cal
Regular and Decaffeinated	
Spiced, Herbal & Black Teas	0 Cal
Assorted Soft Drinks	130-280 Cal
Bottled Water	0 Cal

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BY THE DOZEN

Fruit & Oat Bars	140 Cal
24 per dozen	
Granola Bars	190 Cal
18 per dozen	
Mozzarella Cheese Sticks	80 Cal
14 per dozen	
Individual Bagged Potato Chips	140 Cal
22 per dozen	
Individual Bagged Popcorn	120-140 Cal
16 per dozen	
Individual Bagged Pretzels	220 Cal
20 per dozen	
Individual Trail Mix	270 Cal
24 per dozen	
Full Size Candy Bars	210-260 Cal
36 per dozen	
Rice Krispy Treats®	190 Cal
24 per dozen	
Mini Candy Bars	40-45 Cal
14 per dozen	
Individual Packaged Oreos®	320 Cal
19 per dozen	
Cracker Jacks®	300 Cal
22 per dozen	
Individual Packaged Nutter Butters® .	250 Cal
24 per dozen	

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