

MENU

FRIDAY, NOVEMBER 8 | | 8:00AM - 9:00AM

BREAKFAST

FRITTATA OF NEW POTATOES, SPINACH,
CAMELIZED ONIONS, AGED CHEDDAR,
GRUYERE & CHIVES (GARLIC FREE, GF)

CARROT MUFFINS (GF, NO NUTS, VEGAN)

MANHATTAN BAGELS & CREAM CHEESE

HOMEMADE MAPLE GRANOLA,
SUNFLOWER SEEDS & DRIED FRUIT
SERVED WITH ALMOND MILK & LOW FAT
ORGANIC YOGURT (GF & VEGAN EXCEPT
FOR YOGURT)

BEVERAGES

REGULAR & DECAF MCLAUGHLIN COFFEE
TEATULIA TEA
VOILA ORANGE JUICE

MENU

FRIDAY, NOVEMBER 8 | | 12:00PM - 1:00PM

LUNCH

QUINOA SALAD WITH ARTICHOKE HEARTS, BUTTERNUT SQUASH, CRIMINI MUSHROOMS, RED ONIONS, OLIVE OIL, FRESH HERBS & LEMON
(GF, GARLIC FREE, VEGAN)

CUCUMBER, JICAMA, ORANGE BELL PEPPER, RED ONION & TOASTED PEANUTS WITH FRESH MINT
IN A RICE WINE VINAIGRETTE (GF, VEGAN)

VEGAN BANH MI WITH ROASTED MARINATED TOFU, PICKLED VEGETABLES, JALAPEÑO VEGAN MAYO, CILANTRO & MINT ON A BAGUETTE (VEGAN)

TARRAGON CHICKEN SALAD WITH APPLES & RAISINS WITH BRIE & BABY ARUGULA ON FRENCH BAGUETTE

ROASTED VIETNAMESE PORK SANDWICH ON FRENCH BAGUETTE, PICKLED CARROTS, LIME AIOLI, FRESH MINT, CILANTRO & ICEBERG LETTUCE

BEVERAGES

REGULAR & DECAF MCLAUGHLIN COFFEE
TEATULIA TEA
HONEY MINT LEMONADE
CITRUS MANGO ICED TEA
STILL WATER

MENU

FRIDAY, NOVEMBER 8

AFTERNOON SNACK

YOGHURT PARFAITS WITH MAPLE SYRUP,
HOMEMADE GRANOLA
& FRESH BLUEBERRIES (GF)

TRAIL MIX: TOASTED ALMONDS, WALNUTS,
PUMPKIN SEEDS, SUN-DRIED
CRANBERRIES, APRICOTS, COCONUT FLAKES &
M&MS (GF)

BEVERAGES

REGULAR & DECAF MCLAUGHLIN COFFEE
TEATULIA TEA
HONEY MINT LEMONADE
CITRUS MANGO ICED TEA
STILL WATER