

# BREAKFAST MENU

## START STRONG

BEGIN WITH A HEALTHY MEAL & LIGHT ACTIVITY TO BOOST THE ENERGY & FOCUS OF YOUR ATTENDEES.



### FLEX POWER

STRETCH CLASS | GRAINS & FRUITS

#### ACTIVITY

A 25-minute, instructor-led routine that focuses on posture, breathing techniques and easy stretches.

#### MENU

Miniature Whole-Grain Croissants  
Local Jams & Preserves  
Steel-Cut Oats with Seasonal Local Fruits  
Mini Quiche Florentine- Wilted Spinach, Smoked Turkey Bacon, Pecorino Cheese  
Seasonal Local Whole Fruits  
Spa Water—Seasonal Fruit/Herb  
Bottled Electrolyte Water  
Fresh-Brewed Fair Trade Coffee & Tea

**\$42 PER PERSON**

### SMOOTH MOVES

FUN RUN/WALK | MUFFINS & SMOOTHIES

#### ACTIVITY

A one- or two-mile, instructor-led morning fun run or power walk around the property and town.

#### MENU

Chef Choice: Whole-Grain & Nut Muffins—Carrot, Raisin & Bran Veggie & Fruit  
Smoothies—Kale, Banana & Date  
Deviled Eggs- Candied Bacon, Snipped Chive, Hint of Paprika  
Seasonal Local Whole Fruits  
Spa Water—Seasonal Fruit/Herb  
Bottled Electrolyte Water  
Fresh-Brewed Fair Trade Coffee & Tea

**\$33 PER PERSON**

### YOGA & YOGURT

YOGA SESSION | GRANOLA & YOGURT

#### ACTIVITY

A 50-minute, instructor-led yoga class that awakens and energizes the body and mind.

#### MENU

Seasonal Berry Medley Salad—Watermelon, Yuzu & Mint Salad with Citrus Basil Dressing  
Seasonal-Fruit-Infused Yogurt  
House-Made Granola with Nuts  
Over Night Oats- Almond Milk, Agave Nector, Vanilla Bean  
Spa Water—Seasonal Fruit/Herb  
Bottled Electrolyte Water  
Fresh-Brewed Fair Trade Coffee & Tea

**\$53 PER PERSON**

# A NATURAL BOOST

ENERGIZE YOUR MEETING WITH AN ASSORTMENT OF FRESH, HONEY-KISSED SELECTIONS.



## THE HILTON BUZZZZZ

### HONEYCOMB STATION

Multigrain Breads, Flatbreads  
& Pita Breads  
Assorted Nut Butter Spreads—Almond,  
Cashew, Roasted Peanut & Nutella  
All-Fruit Preserves—Strawberry,  
Raspberry & Apricot  
Toppings—Sliced Apples,  
Celery Sticks, Bananas,  
Shaved Dark Chocolate & Honey

**\$15 PER PERSON**

### TEA MARKET STATION

Assorted Hot Teas—Herbal,  
Green & Decaf  
Iced Teas—Raspberry &  
Chai-Spiced Flavors with a  
Citrus Twist & Condiments  
Fresh-Brewed Fair Trade Coffee

**\$9 PER PERSON**

### FRUIT, GRANOLA & YOGURT BAR

Honey-Kissed, Fresh-Cut Melons,  
Local Fruits & Berries  
House-Made, Pan-Toasted Granola  
(two varieties)  
Greek Yogurt

**\$10 PER PERSON**

### MUFFIN SELECTIONS

Date & Honey/Pumpkin Seed Muffins  
Honey Oat Bran Muffins  
Honey/Banana Nut & Flax Seed  
Muffins

**\$6 PER PERSON**

## MIDDAY BREAK MENU

### STAY STRONG

KEEP ENERGY LEVELS UP WITH A MIDDAY ACTIVITY & NUTRITIOUS SNACK.



#### THE MIDDAY STRETCH

STRETCH CLASS | PROTEIN-PACKED SNACKS

##### ACTIVITY

A 10-minute, instructor-led session that focuses on posture, breathing techniques and easy stretches. Optional: instructor-led, fresh-air walk

##### MENU

Seasonal Hummus Selection with Mini Bagel  
Chips—Charred Jalapeño & Mint  
Seasonal Personal Salad—Roasted Carrot &  
Quinoa Salad with Arugula & Yogurt Dressing  
Ancho Chile Beef Jerky  
Seasonal Local Whole Fruits  
Spa Water—Seasonal Fruit/Herb  
Bottled Electrolyte Water  
Fresh-Brewed Fair Trade Coffee & Tea

**\$48 PER PERSON**

#### MEDITATIVE MOMENT

RELAXATION CLASS | SMOOTHIES & SNACKS

##### ACTIVITY

A 10-minute, instructor-led meditation session that focuses on deep breathing and stress-relief techniques. Optional: instructor-led, fresh-air walk

##### MENU

Chef's Choice: Veggie/Fruit Smoothie—Mango & Passion Fruit  
Coriander Avocado Hummus  
Snack Selections—Pretzels, Crisp Apples, Peanut  
Butter & Local Honey  
Seasonal Local Whole Fruits  
Spa Water—Seasonal Fruit/Herb  
Bottled Electrolyte Water  
Fresh-Brewed Fair Trade Coffee & Tea

**\$49 PER PERSON**



## CUT & CREATE

BRING A FRESH IDEA TO YOUR MEETING WITH OUR TABLETOP SALAD BAR.



### WITH HILTON, SERVE THE WOW AT EVERY TABLE.

Cut & Create is our very own alfresco-inspired dining experience, complete with a garden-party themed menu, tableside waiter service and vibrant table settings.

Guests choose from a wide variety of leafy greens—using their own “garden shears” to cut an abundance of fresh greens straight to their plates—and healthy selections of salad dressings and toppings. Waiters serve entrées and desserts individually to guests, and the meal is rounded out with fresh-baked, rustic, whole-grain bread.

Add on fresh-cut flowers, Arnold Palmer tea, lemonade and deviled eggs for a nominal charge—and you’ve created a meal that’s certain to reenergize and inspire your guests to savor the remainder of the day.

**STARTING AT \$34 PER PERSON**  
**FAMILY STYLE FOR UP TO 60 PEOPLE**

### MENU

Aged Parmesan Cheese &  
Polenta Croutons

House-Made Dressings —Cilantro  
Jalapeño Lime, Hoisin Ginger & Red  
Wine Vinaigrette

Seasonal Lettuces with Garnishes  
Grilled Skirt Steak with Chimichurri  
(served tableside)

Tandoori Chicken (served tableside)

Rustic Whole-Grain Bread

Peach & Apple Cobblers

Fresh-Brewed Fair Trade Coffee  
Fresh-Brewed Fair Trade Teas—Regular  
& Herbal, Iced & Hot