

### **CLASSIC CONTINENTAL**

Seasonal Sliced Fruits • Assorted Yogurts and House Made Gluten Free Granola • Breakfast Breads: Seasonal Muffins, Scones and Croissants served with Butter, Honey and Organic Fruit Preserves
•Assorted Boxed Cereals, Organic Milk and Milk Alternative • Whole Fruits To Go • Freshly Squeezed Orange and Grapefruit Juice • Tico's Organic Regular and Decaffeinated Coffee and Assorted Tea

## **DELUXE CONTINENTAL**

Seasonal Sliced Fruits • Assorted Yogurts and House Made Gluten Free Granola • Breakfast Breads: Seasonal Muffins, Scones and Croissants served with Butter, Honey and Organic Fruit Preserves •Assorted Boxed Cereals, Organic Milk and Milk Alternative • Variety of Halved Bagels, Lox, Three Whipped Cream Cheeses (Plain, Pistachio and Herb Chevre), Capers, Chopped Purple Onions, Cage Free "9 Minute" Sliced Hard Boiled Eggs, Cucumbers, Radishes and Tomatoes (Seasonally Dependent).• Freshly Squeezed Orange and Grapefruit Juice • Tico's Organic Regular and Decaffeinated Coffee and Assorted Tea

### **BREAKFAST ON THE GO**

Halved Bagels with Cream Cheese Packets • Unbleached Parchment Wrapped House Made Gluten Free/Dairy Free Granola Bars Tied with Twine.• Individual Fruit Yogurts .•Whole Fruit .• Naked Juice Smoothies •9 Minute Cage Free Hard Boiled Eggs

## **HEALTHY CHOICE**

Seasonal Sliced Fruit • Overnight Oat Bar with Toppings: Honey, Grade A Maple Syrup, Sliced Toasted Almonds, Shredded Coconut, Crushed Hazelnuts, Chia Seeds, Cinnamon, Cardamom, Raisins, Sliced Bananas, Berries/Apples (Seasonally Dependent) and Dark Chocolate Chips • Assorted Yogurts • Raisin Bran Muffins and Whole Wheat Bread Slices; Served with Butter Pats, Honey and Organic Fruit Preserves • 9 Minute Cage Free Hard Boiled Eggs • Freshly Squeezed Orange and Grapefruit Juice • Peets Regular and Decaffeinated Coffee and Numi Tea



# **BREAKFAST ADD ONS:**

Fruits & Grains (Choice of One):

•Greek Yogurt Parfait Layered with Seasonal Fruit, Toasted Nuts, Oats, Sweetened Coconut and Honey •Basket of Whole Fruit Apples, Oranges and Bananas

•Mini-Bagels with Three House Made Cream Cheese (Whipped Plain, Pistachio and Herbed Chevre)

•House Made Gluten Free Granola Bars Wrapped in Unbleached Parchment Paper and Tied With Twine

## Hand Helds (Choice of One; Minimum Order of One Dozen):

•Breakfast Burritos; Flour Tortillas with Scrambled Eggs and Chosen Additions. Examples: Sausage, Bacon, Spinach, Portobello, Roasted Peppers, Mushrooms, Swiss, Cheddar, etc.

- Breakfast Sandwiches on Croissants, Bagels, English Muffins or Gluten Free Bread. Example Options: Cream Cheese, Salmon and Cucumber; Hummus, Sprouts and Tomato; Egg, Sausage Patty and Cheese, etc.
- Gluten Free Hash Brown Cups Filled With Eggs and Choice of Additions. Examples: Sausage, Bacon, Spinach, Portobello, Roasted Peppers, Mushrooms, Swiss, Cheddar, etc.

### Cereal Bar:

- Assorted boxes of cereals (Sweetened and Unsweetened)
  - House Made Gluten Free Granola
  - Organic Dairy Milk and Milk Substitute Options

## Fresh Fruit Smoothies (Pick Two):

- Tumeric Mango
- Chocolate Peanut Butter Cinnamon Banana
  - Coconut Strawberry
  - Pineapple Spinach
  - Tangerine and Greek Yogurt