

# Belly Full Events

## CONFERENCE SAMPLE MENU

### CONTINENTAL BREAKFAST

*At the table:*

*Freshly baked banana, blueberry and cranberry orange mini-muffins  
Chocolate and almond mini croissants. Plain ones too.*

*Apple and cherry danishes*

*Fresh mini-bagels with spreads of orange and raspberry marmalades, cream cheese, creamy butter,  
all natural RonnyBrook Farms yogurt cheeses (a low-fat alternative to cream cheese) with flavors of  
strawberry and blueberry*

*At the yogurt bar:*

*Upstate New York's Ronnybrook Farm's all natural vanilla yogurt with topping choices: granola  
with raisins and nuts, blueberries and strawberries and sliced bananas*

*Pitchers of Ronnybrook Farms' drinkable yogurt: pomegranate or mango*

*To be passed:*

*Spinach, red pepper and leek quiche  
Pecorino and asparagus tip quiche  
Bite-sized freshly baked muffins and croissants  
Freshly squeezed orange juice and grapefruit juice*

*At the coffee bar:*

*Freshly-brewed Colombian regular and decaf coffee  
English tea service featuring English Breakfast tea and an assortment of herbal teas*

## TAKE-AWAY LUNCH

### *New England Lobster Roll*

*Fresh Maine lobster with diced celery, a hint of lemon and black pepper in a tarragon dressing served with a java bean and roasted corn succotash*

### *Vineyard Haven Chicken Salad Wrap*

*Our free range chicken salad is made with red seedless grapes, alfalfa bean sprouts and for a touch of southern decadence, a few pecans. We then wrap this in a whole wheat spinach wrap and serve with an orange and fennel salad dusted with crumbled pistachios.*

### *Spinach, Avocado and Black Bean Burrito*

*For our Vegans and their friends. Organic crunchy sprouts are added to the veggies and beans along with a mild salsa then wrapped in a handmade whole wheat flour tortilla and served with a grape tomato and basil salad with a citrus zest.*

### *Ham and Swiss on Rye*

*Our take on the classic New York deli sandwich. Black Forest ham, thinly sliced on marbled rye bread, a stone-ground mustard spread, baby arugula and topped with Emmentaler Swiss Cheese served with a chili-dusted jicama and Napa cabbage cole slaw with red onions and cilantro. Oh, and the requisite half sour dill pickle too.*

*Take-Away Lunches also include:*

*A nectarine, blueberry and pineapple fruit salad lightly-spritzed with rose water and fresh mint*

*Cape Cod Potato Chips*

*A passion fruit macaron made by Macaron de Paris*

*At the Bar:*

*Fresh watermelon juice*

*Izze Sparkling Juices including: clementine, pomegranate and blackberry*

*Coke and Diet Coke*

*Poland Springs bottled water*

## AFTERNOON COFFEE/TEA BREAK

*At the coffee bar:*

*Freshly brewed regular and decaf coffee*

*English tea service featuring Darjeeling tea and an assortment of herbal teas*

*To be passed:*

*Custom made vanilla and raspberry jam cookies baked to display your company's logo*

*An assortment of bite-sized freshly baked cupcakes including flavors such as chocolate chip pancake, oatmeal raisin, red velvet, smores and mint chocolate chip*

