



# BREAKFAST STATIONS

### POWER MOVE BREAKFAST

COCONUT YOGURT PARFAIT
WITH GLUTEN FREE GRANOLA AND BERRIES

OVERNIGHT OATS
WITH DRIED CHERRIES, BERRIES, PUMPKIN SEEDS, PUMPKIN
SEEDS, CHIA SEEDS, MAPLE SYRUP

APPLE SPICED OAT BAR

WHOLE FRUITS: BANANAS, APPLES AND ORANGES

### COMPLETE MINI BREAKFAST

MINIATURE PANCAKE SHORT STACK
WITH HASH BROWNS AND CHICKEN SAUSAGE LINKS
MAPLE SYRUP PACK

FRENCH TOAST STICKS
WITH HASH BROWNS AND TURKEY BACON
MAPLE SYRUP PACK

EGG BITES
WITH HASH BROWNS AND CHICKEN SAUSAGE LINKS





## LUNCH STATIONS

### GRAB + GO GYRO PITAS

CHICKEN, LETTUCE, TOMATO, WHITE SAUCE

BEEF, LETTUCE, TOMATO, WHITE SAUCE

FALAFEL, LETTUCE, TOMATO, WHITE SAUCE

(GF PITAS AVAILABLE UPON REQUEST)

ON THE SIDE 'RED SAUCE'

### NYC DELI SANDWICHES

TURKEY, SWISS, SLAW, RUSSIAN DRESSING ON SOUR DOUGH

PASTRAMI, SWISS, SLAW, RUSSIAN DRESSING ON RYE

BREADED EGGPLANT, FRESH MOZZARELLA, SUNDRIED TOMATOES AND BALSAMIC

GRILLED CHICKEN, MOZZARELLA CHEESE, SHREDDED LETTUCE, TOMATO, RED ONION AND ITALIAN DRESSING

HALF SOUR PICKLES AND CHIPS ON THE SIDE

