



# Conference

## CUISINE

### Ingredient List



#### Thursday

#### Welcome Reception

Roasted Chicken vegetable kabob (GF, DF)

- Roasted Chicken, peppers, onions, rosemary, thyme, garlic, Extra virgin olive oil

Shrimp ceviche cups

- Shrimp, lime juice, cilantro (on the side), red onion, cucumber

Vegetable Kabob

- Squashes, mushrooms, onions, cherry tomato, Rosemary, Thyme, parsley, garlic, Extra virgin olive oil

Phyllo cups stuffed mushrooms

- GF phyllo, sauteed mushrooms, onions, garlic, parsley, extra virgin olive oil

Sliced Seasonal Vegetable Display

- Carrots, radish, cucumber, Belgian endive, broccoli, cauliflower, asparagus, baby zucchini
- Hummus (V, GF): tahini, garlic, garbanzo, Extra virgin olive oil, paprika, lemon juice, salt
- Spinach dip: Pasteurized milk and cream, salt, cheese culture, Carob bean Gum

Chocolate Chip Cookies (Vegan, GF)

- Coconut oil, Brown sugar, vanilla, non-dairy milk, Gluten-free flour, baking soda, salt, Dark Chocolate vegan chips



**Friday**

## **Brunch Buffet**

Menu Includes coffee, tea, and juice

Sliced Seasonal Fruit

Lemon Posset

- Full-fat coconut cream (not coconut milk), organic cane sugar, Lemon Juice, Lemon zest, vanilla Extract

British Bangers with sweet potatoes mash (V), and onion gravy (GF, Vegan)

- Gravy: avocado oil, onion, vegetable broth, red wine, Dijon mustard, balsamic vinegar, salt, pepper
- Sweet potato, vegan heavy cream, plant-based butter, salt pepper
- English Banger: Pork, veal, eggs, green onions, parsley, pork casing (gluten-free)

Scrambled Eggs (GF)

- Salt, butter

Pea & Cabbage Salad

- Cabbage, cucumber, peas, green onions, sunflower seeds
- Dressing: Lemon juice, champagne vinegar, mustard, garlic, shallots, brown sugar poppyseeds, extra virgin olive oil

Scrambled Tempeh Casserole with Lentils, Mushrooms and Spinach

- Onion, cremini mushroom, spinach, bell pepper, lentil, tempeh, tofu, turmeric, granulated garlic, granulated onion, tamari, vegetable broth, paprika, vegan cheddar cheese

Beet & Arugula Salad with balsamic vinaigrette

- Yellow beets, arugula, radish, sliced almonds (on the side), goat cheese (on the side), cranberries, white balsamic, Dijon mustard, extra virgin olive oil

Tournedos of Beef Bordelaise

- Beef, salt, pepper, rosemary, Thyme, parsley, basil, roasted vegetables, jus

Wild Rice

- Wild Rice, celery, carrot, onion, vegetable broth

Coconut panna cotta, passion fruit puree (V, GF)

- Coconut milk, coconut cream, brown sugar, agar-agar





## Saturday:

### Breakfast Buffet

Menu Includes coffee, tea, and juice

Tropical Fruit salad

- Watermelon, papaya, strawberries, kiwi, blueberries, mint

Mexican Chocolate with brown rice cereal

- Brown rice cereal, Almond milk, Maple Syrup, raspberry, candied walnuts, Dark chocolate, cinnamon, brown sugar

Roasted vegetable frittata with cauliflower, onion, zucchini, asparagus, eggs, fresh chives

- Cauliflower, onion, zucchini, asparagus, eggs, fresh chives, Extra virgin olive oil

Pinto Tofu Scramble, Salsa Verde (V)

- Pinto beans, tofu, tomatillo, onion, garlic, cilantro

Applewood smoked bacon

- Pork, water, salt, maple syrup, brown sugar

Sauteed greens, salt, pepper (GF)

- Onion, sauteed greens, salt, pepper, extra virgin olive oil

Bread & GF Bread

# Lunch Buffet

## Cream of asparagus

- Coconut milk, onion, garlic, asparagus, lemon juice, peas, vegetable broth, salt, pepper

## Mixed baby greens

- Onion, Roasted beets, grated carrots, almonds & goat cheese (on the side)
- Honey thyme dressing: Honey, champagne vinegar, thyme, Dijon mustard, garlic, shallots, brown sugar, salt, extra virgin olive oil

## Romaine and Radicchio Salad (GF)

- Olives, tomatoes, pickled peppers, red onions
- Garlic dressing: Garlic, Champagne Vinegar, Dijon mustard, garlic, shallot, brown sugar, salt, extra virgin olive oil

## Oven Roasted salmon (GF)

- Lemon butter sauce, grilled scallions

## Grilled flank Steak (GF, DF)

- Flank steak, Red Wine Jus (veal stock, Port wines, arrowroot, roasted zucchini, roasted yellow squash)

## Market vegetables (GF, DF, VEGAN)

- Infused extra virgin olive oil, salt, herbs

## Quinoa (GF, DF, VEGAN)

- Salt, vegetable stock

## Portobello mushrooms stuffed with tempeh/lentils

- Tempeh, lentil, portobello mushroom, spinach, carrots, onion, garlic, shallots, tomato, basil, vegan cheddar, salt, pepper, extra virgin olive oil

## Sliced seasonal fruit display

## Build your own trail mix

- Plain peanuts, sunflower seeds, dried fruits, pepitas, cashews, pistachio, almonds, vegan dark chocolate chips, GF granola



## Dinner Buffet

Menu Includes coffee, decaf, and hot tea

White bean soup with kale (GF, DF)

- White beans, Herbs, carrot, onion, celery, kale

Tomato Caprese salad (GF)

- Cherry tomato, fresh mozzarella cheese (on the side), garlic, basil, extra virgin olive oil

Italian mix green salad (deconstructed) (GF)

- Baby greens, radicchio, red onion, cherry tomato, chickpeas, provolone cheese, pepperoncini
- Lemon Oregano Vinaigrette: Lemon, oregano, garlic, shallots, Dijon mustard, red wine vinegar, brown sugar, salt

Grilled vegetables (GF, DF, VEGAN)

- Asparagus, zucchini, squash, red onion, basil oil, balsamic reduction, mushroom, carrot

Lentil Bolognese with GF spaghetti

- Mushrooms, lentils, carrot, onion, celery, tomato paste, diced tomato, thyme, parsley, tamari, red wine, garlic, shallots, miso, Extra Virgin Olive Oil

Creamy mushroom Risotto (GF)

- Butter, mushroom, stock, garlic, shallots, mushrooms, parmesan cheese

Herb/Lemon Chicken Thighs

- Basil, rosemary, parsley, cumin, pepper, paprika, garlic, shallot, apple cider vinegar, lemon juice, extra virgin olive oil, salt, pepper

Grilled rosemary lamb chops (GF, DF)

- Rosemary, oregano, mint, extra virgin olive oil, salt, pepper, zucchini, pearl onions, carrots

Cupcakes

- Vanilla: Coconut oil, Brown sugar, baking powder, Vanilla paste, Salt, GF flour, Almond Milk, Eggs, Almond flour
- Chocolate: Coconut oil, Brown sugar, baking powder, Vanilla paste, Salt, GF flour, Almond Milk, Eggs, Almond flour, Cocoa Powder
- Frosting: Vegan Heavy cream, Brown sugar, Vanilla paste





## Sunday

### Breakfast Buffet

Menu Includes coffee, tea, and juice

Seasonal Sliced fruit and berries

- Cantaloupe, pineapple, honeydew, berries

Assorted sliced breads and mini bagels include GF BREAD

- Cream cheese, peanut butter

Scrambled eggs with fresh chives

- Butter, salt, eggs, chives

Tofu Scramble with vegan cheese (V)

- Tofu, turmeric, broccoli, garlic, shallots, salt, pepper, vegan cheese chops, extra virgin olive oil

Pork Sausage (GF, DF)

- Pork, water, salt, sugar, collagen casing, citric acid

Sweet potato hash (V, GF)

- Sweet potatoes, Onions, garlic, salt, extra virgin olive oil

Sauteed Swiss Chard, mushrooms, onions

- Swiss chard, Mushroom, onions, garlic, shallots, white wine, salt, pepper, extra virgin olive oil