



Conference Cuisine

healcon 2026

Thursday: Welcome Reception

- **Steak Churrasco Skewer, Smoked Honey Chipotle Drizzle-** *onion, peppers, garlic, beef, smoked salt, pepper, honey, chipotle in adobo sauce, olive oil (GF, DF)*
- **White Bean Puree & Red Pepper Salsa in Endive Lettuce Cup with Micro Salad, Basil Oil-** *giant white beans, red wine vinegar, onions, green pepper, red pepper, sea salt, parsley, black pepper, endive lettuce, roasted red pepper, parsley, shallots, S&P, olive oil (Vn)*
- **Tuscan Stuffed Mushrooms-** *mushrooms, roasted red bell peppers, green olives, Pecorino Romano cheese, scallions, extra virgin olive oil, basil leaves, S&P (Vn) (contains dairy)*
- **Pacific Northwest Smoked Salmon, Lemon-Dill Crème Fraiche, Fried Capers, Micro Arugula, on Toasted Baguette or Cucumber Wheel-** *Salmon, sea salt, brown sugar, celery powder, hardwood smoke, crème fraiche, lemon juice, dill, S&P, cucumber wheel and/or toasted baguette (on the side) (contains dairy)*
- **Vegetable Platter-** *Baby carrots, celery sticks, baby sweet peppers, fresh broccoli, cauliflower, cherry tomatoes, roasted garlic hummus dip, herbed yogurt dip, roasted garlic, tahini, garbanzo beans, olive oil, S&P, mixed herbs, plain yogurt, lemon juice, S&P (contains dairy)*

Friday: Breakfast Buffet

- **Seasonally Inspired Sliced Fruit (Vn)**
- **Gluten-free Bread & Sourdough Bread**
- **House-Made Granola with Zoi Honey Greek Yogurt & Milk-** *granola: rolled oats, walnuts, almonds, olive oil, honey, maple syrup, salt (V)*
- **Pork Sausage Patties-** *fresh ground pork, maple syrup, S&P*
- **Sautéed Seasonal Greens-** *sautéed spinach, baby kale, & seasonal zucchini Olive oil, S&P (Vegan)*
- **Cage-Free Scrambled Eggs with Fresh Roasted Heirloom Baby Tomatoes-** *eggs, whole cream, butter, S&P (contains dairy) (V)*
- **Red Potato, Yellow Squash & Baby Arugula Hash-** *olive oil, S&P (Vn)*
- **Tofu Scramble-** *tofu, turmeric, Olive oil, S&P (Vn)*
- **Selection of Chilled Juices**
- **Fresh Coffee & Hot Tea Selection:** *regular, decaf*

Friday: Lunch Buffet

- **Roasted Tomato Soup**- *tomato diced, tomato paste, onions, garlic, carrots, agave, S&P (Vn)*
- **Roasted Broccoli Salad with Chopped Bacon, Shaved Fennel, Roasted Red Onions, Toasted Pistachios & White Balsamic Vinaigrette**- *white balsamic vinegar, shallots, garlic, Dijon mustard, agave, olive oil, S&P (GF, DF)*
- **Baby Iceberg, Crumbled Blue Cheese, Baby Heirloom Tomatoes, Diced Bacon, & Chopped Egg**- *classic blue cheese dressing; avocado mayonnaise, sour cream, blue cheese crumbles, dry mustard, black pepper, GF worchester sauce (GF) (contains dairy)*
- **All Grass Fed Angus Beef Burger**- *Montreal steak seasoning, S&P*
- **Beyond Burger (GF, DF)**
- **Lemon Herb Chicken Burger**- *GF breadcrumbs, avocado mayo, liquid egg, salt, pepper, garlic powder, onion powder, lemon juice, olive oil (GF, DF)*
- **Burger Buns (regular & GF)** *regular buns & gluten-free buns -Macrina potato bun squares (Vn) (available upon request)*
- **Condiments for Burgers**- *lettuce, heirloom tomatoes, shaved red onions, house pickles, cheddar and swiss cheese, ketchup, Dijon mustard, & mayonnaise*
- **Oven-roasted Potato Wedges** *potatoes, herbs, olive oil, S&P (Vn, GF)*
- **Vanilla Bean Pots de Crème with Pear Compote & Slivered Almonds**- *coconut sugar, salt, vanilla bean, arrowroot, coconut milk (Vn)*





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Saturday: Brunch Buffet

- **Butter Lettuce & Frisee Salad-** with *marinated artichokes, Kalamata olives, chickpeas, Marcona almonds, orange sherry vinaigrette- fresh orange juice, sherry vinegar, shallots, garlic, Dijon mustard, olive oil, agave, S&P (Vn, GF)*
- **Baby Spinach and Arugula Salad-** with *spiced garbanzo beans, pickled sweet peppers, shaved red onions, crumbled Beecher's Marco Polo cheese, pecans & Granny Smith apple cider vinaigrette-chickpeas, olive oil, lemon juice, dill, sea salt, cumin, garlic, citric acid, apple cider vinegar, water, agave, pickling spice, green apple puree, shallots, garlic, Dijon mustard, agave, olive oil, S&P*
- **Farro & Giant White Bean Salad in Portabella Mushroom Tri-color Heirloom Tomatoes, Kalamata Olives, Tri-color Kale with Chive Vinaigrette-** *giant white beans, olive oil, red wine vinegar, onions, green pepper, red pepper, sea salt, parsley, black pepper, apple cider vinegar, fresh chives, shallots, garlic, Dijon mustard, agave, olive oil, S&P (Vn,)*
- **Lemon Ginger Chicken with Pineapple Mango Salsa-** *Marinade: ginger, garlic, onion, olive oil. Salsa: pineapple, mango, shallot, garlic, olive oil, S&P, parsley (GF, DF)*
- **Tarragon and Lemon Marinated Steelhead with Tomato Basil Relish-** *tarragon, lemon juice, olive oil, tomatoes, basil, garlic, shallot, S&P, parsley (GF, DF)*
- **Wild Rice Pilaf with Caramelized Fennel, Asparagus Spears, & Spring Peas-** *onion, carrot, celery, S&P, olive oil, water (Vn, DF, GF)*
- **Creamy Pesto Polenta with Divina Tomato Garnish-** *water, basil, garlic, shallot, tomato, parsley, heavy cream, parmesan, S&P, brown sugar, lemon juice (GF) (contains dairy)*
- **Maple Glazed Tri-Color Baby Carrots-** *maple syrup, salt, pepper, olive oil*
- **Assorted French Macarons-** *almond flour, egg whites, powdered sugar, milk, vanilla, heavy cream, butter, white and dark chocolate, raspberry jam, coffee powder, pistachio paste, almonds, coconut sugar, cashew, vanilla beans, & eggs (contains dairy)*
- **Trail Mix Bar-** *Mini semi-sweet vegan dark chocolate chips (organic cane sugar, organic chocolate liquor, organic cocoa butter), yogurt-covered raisins, banana chips, dried cherries, toasted almonds, toasted pecans, pepitas, & gluten-free granola*



Saturday: Dinner Buffet

- **Spring Carrots & Ginger Soup-** *carrots, onion, ginger, garlic, pumpkin puree, brown sugar, bay leaf, S&P (Vn, DF, GF)*
- **Baby Romaine Hearts, Shaved Fennel, Grapefruit Segments, Feta Cheese, Pistachio with a Roasted Sherry-Shallot Vinaigrette-** *feta on the side, sherry vinegar, roasted shallots, garlic, Dijon mustard, agave, olive oil, S&P (GF)*
- **Baby Rainbow Potatoes with Olives, Grape Tomatoes, Watermelon Radish, Shaved Red Onion, Herb & Red Wine Dressing-** *red wine vinegar, chopped herbs, shallots, garlic, Dijon mustard, agave, olive oil, S&P (GF, DF, VN)*
- **Soy Honey Glazed Cod, Mixed Sesame Seeds, Green Onion-** *GF soy sauce (tamari), honey, ginger, garlic, onion, orange juice, S&P, olive oil, & rice wine vinegar (DF, GF)*
- **Grilled Flat Iron Steak with Chimichurri-** *herb olive oil, rosemary, thyme, garlic, shallot, water, parsley, cilantro, olive oil, red wine vinegar, lemon & lime juice, S&P, agave (GF, DF)*
- **Parmesan Risotto Foraged Mushrooms-** *fresh herbs, parmesan, heavy cream, parsley, chive, rosemary, thyme, S&P, water, chefs' mix mushrooms, brown sugar (GF) (contains dairy)*
- **Crispy Sweet Chili Cauliflower with Sautéed Baby Carrots, Brown Rice & Roasted Red Pepper Sauce-** *herb olive oil, roasted red peppers, olive oil, S&P (Vn, GF)*
- **Caramel Macchiato Verrine-** *coconut sugar, cream, salt, vanilla paste, egg yolks, gelatin, espresso powder, whole milk (GF) (contains dairy)*
- **Pineapple Upside Down Cake-** *pineapple, brown sugar, kosher salt, coconut butter, GF flour, oat milk, baking powder, baking soda, eggs (GF)*



Sunday: Breakfast Buffet

- **Seasonally Inspired Sliced Fruit** (Vn)
- **Uli's Chicken Applewood Smoked Bacon**- pork, water, salt, turbinado sugar, cultured celery powder, & sea salt (GF, DF)
- **Herb roasted Tofu & Root Vegetable Hash**- tofu, yams, potatoes, carrots, parsnip, turnips, herb olive oil, S&P (Vn)
- **Cage-Free Scrambled Eggs with Chives**- eggs, heavy cream, butter, S&P (V) (contains dairy)
- **Marbled Potatoes with Fresh Herbs**- potatoes, herbs, olive oil, S&P (Vn)
- **Smashed Avocado Toast Bar**- (gluten-free and sourdough bread, smashed avocado, fried eggs, roasted Divina tomatoes, micro salad, fresh lemon juice, S&P (Vn)
- **Almond Biscotti**- coconut oil, coconut sugar, flax meal, almond extract, water, pastry flour, baking powder, salt, chopped almonds (Vn)
- **Selection of Chilled Juices**
- **Fresh Coffee and Hot Tea Selection:** regular & decaf

