# HEALTHY MENU





"The Stay Well® Meetings Program integrates many individual features that will provide positive health benefits to attendees, leading to increased productivity, collaboration, and creativity."

# MIKE DOMINGUEZ

Senior Vice President Corporate Sales, MGM Resorts International Chairman, MPI International Board of Directors



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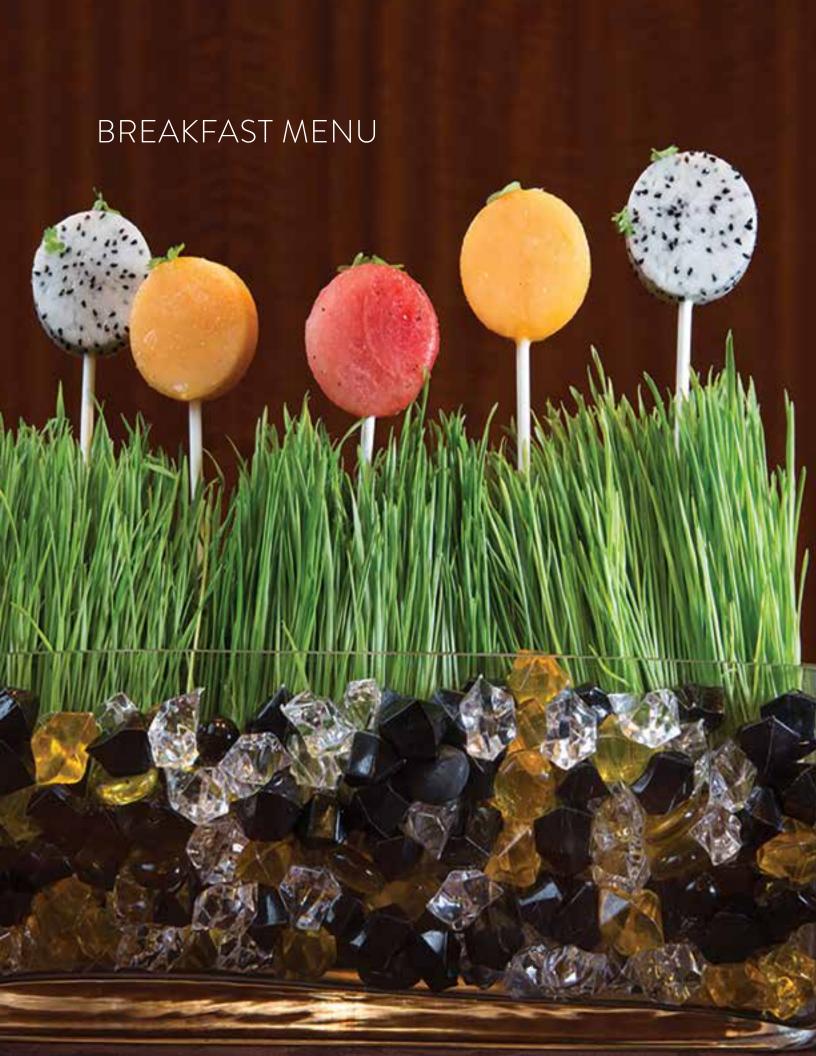












# **BREAKFAST MENU**

Breakfasts are designed for 90 minutes of service. Add \$3 per guest for an additional 30 minutes of service. Maximum two hours of service. Pastries, fruit, and juices are not transferable to refreshment breaks.

#### START YOUR DAY RIGHT

WET YOUR WHISTLE



# **Daily Squeeze**

Chef's Selection of Freshly Pressed Fruit and Vegetable Juices



# Freshly Brewed Coffees and Teas

#### Peach & Cardamom Smoothie

Almond Butter, Soy Milk, Agave Nectar

#### FIRST OF THE SEASON FRUITS



#### Seasonal Berries

Greek Yogurt, Local Honey, Almond, Mint



#### Melon Fields

Market Melons, Agave Nectar, Peruvian Clover

#### **CURED AND CHURNED**

### Morning Charcuterie

Artisanal Cured Meats (Chef's Choice), Fresh and Aged Cheeses Traditional and Unique Accompaniments

#### COMFORT



### Warm Quinoa Muesli

5 Spice Golden Raisins, Brown Sugar

#### Falls Mill Whole Wheat Griddle Cakes

Multi-grain, Seasonal Preserves, Sweet Butter

#### Frittata

Glaum Organic Egg Whites, Petite Spinach, Young Asparagus, Morel Mushrooms, Tendril and Blossom Salad

# \$46 per Guest







# **BREAKFAST MENU**

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#### **FIRST TASTE**

WET YOUR WHISTLE



# Blueberry Macha Smoothie

Blueberry, Avocado and Green Tea



### Freshly Brewed Coffees and Teas

# Banana Chai Wake Up Smoothie

Soy, Bananas, Almond Butter and Chai Tea

FIRST OF THE SEASON FRUITS

#### Seasonal Berries

Greek Yogurt, Local Honey, Almond, Mint



### Early Spring Strawberries

Tahitian Vanilla, Citrus Laced Soy Espuma

#### **CURED AND CHURNED**

# Morning Charcuterie

Artisanal Cured Meats (Chef's Choice), Fresh and Aged Cheeses Traditional and Unique Accompaniments

#### COMFORT

### Shakshuka Eggs

Poached Glaum Organic Eggs, Roasted Treasure Chest Tomatoes, Tinker Bell Peppers, Spring Onions

# Pastrami Cured Copper River Salmon

Grilled Flat Bread, Dill Crème Fraiche, Herb Salad

## Sweet Potato Hash

Rainbow Chard, Sprouted Black-Eye Peas, Spring Squash

# \$48 per Guest







# **BREAKFAST MENU**

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### **EARLY RISE**

WET YOUR WHISTLE



# Daily Squeeze

Chef's Selection of Freshly Pressed Fruit and Vegetable Juices



# Freshly Brewed Coffees and Teas

# Pomegranate Chai Wake Up Smoothie

Soy, Pomegranate, Almond Butter and Chai Tea

FIRST OF THE SEASON FRUITS

#### Seasonal Berries

Greek Yogurt, Local Honey, Almond, Mint

### Figs and Fruits

Tasting of Figs and Spring Fruit

#### **CURED AND CHURNED**

# Morning Charcuterie

Artisanal Cured Meats (Chef's Choice), Fresh and Aged Cheeses, Traditional and Unique Accompaniments

#### COMFORT

#### Falls Mill Whole Wheat Waffles

Multi-grain, Seasonal Preserves, Sweet Butter



# Eggs Your Way (Chef Required)

Organic Egg Whites, Petite Spinach, Young Asparagus, Morel Mushrooms, Tendrils, Heirloom Tomatoes, Edamame Beans, Organic Turkey Breast



### **Breakfast Ratatouille**

Zucchini, Squash, Red Bliss Potatoes, Heirloom Tomato, Torn Thai Basil

# \$52 per Guest

Chef Fee \$200.00 Each for Two Hours. If more than 12 Chefs are Needed, Each Chef will be \$250.00









# **BREAK MENU**

Packaged breaks are designed for 30 minutes of service and a minimum of 35 guests. Packaged breaks must be ordered for the entire group.

#### **POWER UP SNACK BREAK**

DRINK

### Spritz

Vichy Catalan Sparkling Spring Water Infused with Fresh Fruits, Vegetables and Spring Herbs

# Quench

Tropical Fruit Nectar, Coconut Water

# Freshly Brewed Coffees and Teas

MUNCH



Local Honey, Chia Seeds, Royal Oats, Nut Butter, Dried Fruits

Farmers Basket

Raw, Roasted and Pickled Market Vegetables, Inspired Dips and Spreads

# \$29 per Guest









#### Crunch

Baked and Dehydrated Fruit and Vegetable Chips, Infused Sea Salts and Olive Oils

#### Nuts

Roasted and Raw





# LUNCH MENU

Lunch buffets are designed for 90 minutes of service and a minimum of 15 guests.

Items are not transferable to refreshment breaks.

### **MIDDAY BALANCE**

#### **SNACKS**



#### Whole Fruit

Season's Best Whole Organic Fruit

# Chips

Baked Vegetable Chips, Sea Salt, Olive Oil

#### ON THE SIDE

### Tomato and Watermelon

Cucumber, Red Onion, White Balsamic Vinaigrette



#### Grain

Quinoa, Farro, Spelt Berries, Tinker Bell Peppers, Green Garlic, Asparagus, Roasted Tomato, Herbed Champagne Vinaigrette

#### **SANDWICHES**



#### Chicken Lavosh

Herb and Olive Oil Grilled Chicken, Mediterranean Inspired Fatoush Salad, Sumac Laced Lebneh Cheese, Whole Grain Lavosh

# Pole Caught Tuna

Fennel, Green Olives, Olive Oil Aioli, Lemon Confit, Country Batard

#### Zucchini and Mozzarella

Basil, Parmesan, Roasted Tomatoes, Olive Ciabatta

#### SALADS

#### Market Basket

Mixed Baby Field Lettuces, Shaved Baby Vegetables, Manchego Cheese, Roasted Tomato and Basil Vinaigrette

### Greek

Baby Gem Lettuce, Roasted Peppers, Red Onions, Picholine Olive, Feta Cheese, Lemon and Olive Oil Vinaigrette, Chickpea Falafel Crouton, Dolmas



#### **Drinks**

Assorted Flavored Waters and Organic Juices Freshly Brewed Coffees and Teas

# \$ 59 per Guest







# LUNCH MENU

Lunch buffets are designed for 90 minutes of service and a minimum of 15 guests.

Items are not transferable to refreshment breaks.

#### **AFTERNOON ENERGIZER**

**SNACKS** 

### Vegetable Dip

Fresh Raw Seasonal Vegetables, Spiced Hummus Dip

#### Granola Bars

House Made Multi-grain Granola, Nut Butter, Preserves



ON THE SIDE

#### Fruit

Seasonal Best Fruit, Minted Yogurt, Hazelnut Granola

#### Nuts

Roasted and Raw

HOT

### Olive Oil Poached Salmon

Shaved Fennel, Lemon Vinaigrette

# \$62 per Guest



# Organic Roasted Chicken

Wilted Tangled Vegetables



# Warm Quinoa Salad

Fresh Lime Juice, Heirloom Tomatoes, Arugula, Black Eyed Peas

**SALADS** 

### Japanese Garden

Chilled Buckwheat Soba, Mizuna, Shiso, Savoy Cabbage, Carrots, Daikon, Edamame, Adzuki Beans, Apple Ponzu Vinaigrette, Kabocha Chips

#### Market Basket

Mixed Baby Field Lettuces, Shaved Baby Vegetables, Low Fat Cheese, Roasted Tomato and Basil Vinaigrette



#### **Drinks**

Assorted Flavored Waters and Organic Juices Freshly Brewed Coffees and Teas







# PLATED LUNCH

Served with your choice of salad, entrée, and dessert, Freshly brewed coffees, iced and hot teas.

#### **NUTRIENT PLATES**

SALADS (PLEASE SELECT ONE)

#### Farmers Market

Sweet Gem Lettuce, Lola Rosa, Sweet Peruvian Peppers, Shaved Electric Carrots, Pickled Radishes Sherry Emulsion



#### Hand Picked

Hydroponic Watercress, Yellow Frisee, Organic Pea Tendrils, Tiny Red Pearl Onions, Brandy Wine Heirloom Tomatoes, Fresh Chick Peas, Whipped Lebneh Cheese, Lemon and Olive Oil Vinaigrette

ENTRÉES (PLEASE SELECT ONE)

### Bell and Evans Farms Free Ranch Chicken

First Pressed Olive Oil Yukon Gold Potato Puree Lemon Dressed Arugula, Roasted Field Vegetables Shallot Jus

\$50 per Guest

#### Citrus Poached Halibut

Harvest Lentils Agrodolce, Shaved Crispy Asparagus Sunburst Pepper Emulsion

\$50 per Guest

#### Grass Fed Roasted Bison Loin

Braised and Seared Endive, Five Grain "Hash" Spelt Berries, Buckwheat, Amaranth, Barley Farro, French Beans

\$55 per Guest

#### Variations of the Farmers Garden

(Vegetarian)
Shaved Electric Carrots, Field Potatoes,
Crispy Cauliflower Crumble, Nasturtium Puree
and Chamomile Emulsion

\$46 per Guest

DESSERTS (PLEASE SELECT ONE)



### Flavor and Textures of Fruit

Shaved and Twisted Melons, Cilantro Syrup Honey Soaked Berries



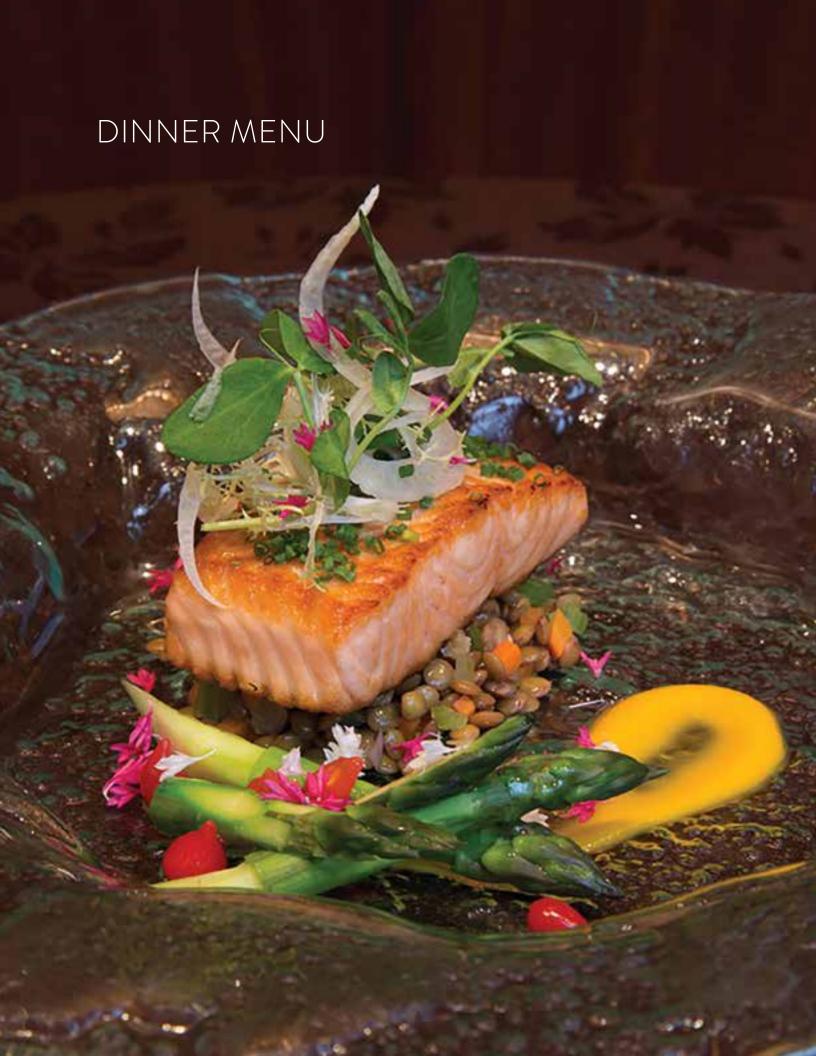
#### From the Vine

Cantaloupe, Honeydew, Watermelon, Pineapple, Assorted Berries, Agave Nectar Greek Raspberry Emulsion, Mint









# **DINNER MENU**

Dinner buffets are designed for 90 minutes of service and a minimum of 50 guests.

Desserts are not transferable to refreshment breaks.

#### STRONG FINISH

#### **FIELDS**

#### Roasted Fruit Salad

Hawaiian Gold Pineapples, Asian Pears, Granny Smith Apples, Toasted Almonds, Hydroponic Arugula, Dehydrated Grapes, Honey Soy Emulsion



# Summer Heirloom Tomato Salad

Toy Box Heirloom Tomatoes, Persian Cucumbers, Pickled Vidalia Onions, Pesto Vinaigrette



### Hearts of Romaine

Hand Torn Romaine Leaves, Crispy Soy Nuts, Golden Pea Tendrils, Lemon Anchovy Vinaigrette

FARM AND SEA



# Pan Roasted Hand Harvest Scallops

Pea Tendrils, Soy Peas, Sweetie Drop Peppers, Yuzu Tangelo Broth



# Patagonia Moon Fish

Champagne and Lavender Braised Celery and Leeks, Steamed Peruvian Potatoes

# Island Spiced Roti Chicken

Herbed Barley "Risotto" Pickled Vegetable, Chow Chow

**DESSERT** 

Gluten Free Chocolate Truffle

Sugar Free Crème Brulee Fresh Fruit

Pistachio Financier Chocolate Ganache and Crunchy Pearl



Freshly Brewed Coffees and Teas

# \$ 92 per Guest







# **DINNER MENU**

Dinner buffets are designed for 90 minutes of service and a minimum of 50 guests.

Desserts are not transferable to refreshment breaks.

#### **HEALTHY LAST DECISION**

**HEALTHY LEAVES** 



# Citrus Spinach Salad

Shaved Red Onion, Citrus Supremes, Wild Baby Spinach, Crumbled Feta, Lemon Thyme Vinaigrette



#### California Cobb

Hearts of Iceberg, Diced Tofu, Sunburst Yellow Tomatoes, Crumbled Hard Cooked Organic Eggs, Pickled Watermelon Radishes, Pulled Smoked Turkey Breast, Hass Avocado Ranch Emulsion

SMART SATAYS AND HEALTHY SIDES

#### Chimichurri Beef

Mojo Braised Yucca

#### Prickly Pear Glazed Chicken

Grape Seed Oil Roasted Sweet Potatoes



#### Herb Roasted Vegetables

Persian Cucumbers Tzatziki Sauce

# \$ 99 per Guest



3 Melon Habanero Relish

#### Fisherman's Block

Togarashi Dusted Yellow Fin Tuna, Buckwheat Tortillas, Sweet and Sour Cucumbers, Golden Pea Sprouts

**DESSERT** 

**Exotic Fruit Pops with Mint Dip** 

Sugar Free Blueberry Cheesecake

Tiramisu Cappuccino Glass

Raspberry Panna Cotta



Freshly Brewed Coffees and Teas













