

Nutrition Breaks

Morning: \$5.00 / person

1. Fresh Fruit
Yoghurt
Berries

Accompanied by fresh baking which could include one of the following:

- *Banana Bread / Coffee Cake / Scones / Muffins / Cookies*

Afternoon: \$5.00 / person

1. Crackers + Cheese
Raw Veggies + Dip
2. Crackers + Cheese
Roasted Veggies + Dip
3. Crackers and cheese
Hot artichoke dip + bread
4. Fruit Plate: *this is accompanied with one of the following desserts:*
 - *Carrot Cake*
 - *Chocolate Cake*
 - *Orange Cake*
 - *Brownies*
 - *Cookies*

All-Day Coffee Service

All day coffee service is \$4.00 per person per day. This includes regular coffee, decaffeinated coffee, coffee substitute, tea, herbal teas and juice.