**Breakfast** (all vegetarian; unless otherwise noted, does not contain nuts)

Bagels

* Everything bagels (VE)
* Blueberry bagels (VE)
* Plain bagels (VE)
* Sesame bagels (VE)
* Sprouted grain bagel
* Asiago bagel
* Plain cream cheese
* Vegan cream cheese (VE)

Fruit Bowl (VE,GF)

Steel cut oatmeal with strawberries & pecans (VE,GF, contains nuts)

Coffee (tea is also available)

**Lunch – Italian Buffet** (unless otherwise noted, does not contain nuts)

Salads

Italian Bread Salad with Cucumbers & Tomatoes (V)

Hearts of Romaine with Caesar Dressing on the side (V,GF)

Entrées

Roasted Breast of Chicken with Saltimbocca Ragoût and Porcini Cream (GF)

Pasta Primavera with Marinara, Butternut Squash, Spinach, Tomato and Garlic (V, VE, GF)

Accompaniments

Seared Italian Field Squash and Tomato Ragoût (V,VE,GF)

Hearth Baked Breads and Butter (V)

Dessert

Tiramisu (V)

Italian Custard Tart (V, Contains Nuts)

Fruit Cups (V, VE, GF)

Beverages

Iced Tea

Ice Water

**Lunch - Mediterranean Buffet** (unless otherwise noted, does not contain nuts)

Salads

Greek Salad “Niçoise Style” Dressing and cheeses to the side (V,GF)

Yellow Potato Salad with Capers & Turmeric (V,VE,GF)

Entrees:

Chicken Taouk with Sardinian Couscous & Cucumber Yogurt Sauce

Charred Beef Kebabs

Braised Lentils & Fresh Vegetables (VE)

Accompaniments:

Persian Rice with Turmeric, Currants, & Almonds (V,VE,GF)

Crispy Pita and Lavosh with Hummus & Baba Ghanoush (V,VE,GF)

Desserts:

Traditional Baklava (V/Contains nuts)

Lebanese Cookies (V/Contains nuts)

Fruit Cups (V, VE, GF)

Beverages

Iced Tea

Ice Water

**Afternoon Snack** (all vegetarian and nut free)

Coffee (tea is also available)

Mini Scones (Blueberry and Orange)

Cinnamon Crumb Coffee Cake