

Morning Break

Uplift

- Arugula, Pine Nut, Tomato, Bacon, Apple Salad
- Whole Grain Bread, Avocado, Boiled Egg
- Quinoa Bircher Muesli
- Mango chili yoghurt smoothie
- Freshly brewed regular or decaffeinated coffee hot tea and herbal tea

Energize

- Baobab Grapefruit Spice, Overnight Oats
- Grilled Pineapple Skewers
- Yogurt and granola parfait
- Triple berry smoothie
- Freshly brewed regular or decaffeinated coffee hot tea and herbal tea

Thrive

- Whole Grain Bread, Avocado, Boiled Egg
- Spirulina & Quinoa Bread
- Fresh fruit and cream tarts
- Orange dream creamsicle smoothie
- Freshly brewed regular or decaffeinated coffee hot tea and herbal tea

Vitalize

- Salmon Apple Sandwich
- Quinoa Bircher Muesli
- Mini ham and cheese croissant
- Pomegranate-berry smoothie
- Freshly brewed regular or decaffeinated coffee hot tea and herbal tea

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Afternoon Break

Respite

- Italian Amaretto Cookies
- Mortadella Panini, Onions, Provolone Cheese
- Chocolate brownies
- Kiwi-strawberry smoothie
- Freshly brewed regular or decaffeinated coffee hot tea and herbal tea

Renew

- Grape Salad, Fig Syrup, Basil, Pine Nuts
- Belgian Raspberry Frangipane
- Fruit skewer with honey yogurt sauce
- Apple-ginger smoothie
- Freshly brewed regular or decaffeinated coffee hot tea and herbal tea

Recharge

- Caramelized Fruit Tart, Lavender Honey, Thyme
- Grilled Cantaloupe, Citrus & Basil
- Truffle chicken salad sandwich
- Peanut Butter-Banana smoothie
- Freshly brewed regular or decaffeinated coffee hot tea and herbal tea

Restore

- Meringue Tart, Pavlova, Strawberry, Chocolate
- Mini seafood vol au vent
- Mint and cucumber sandwich
- Watermelon smoothie
- Freshly brewed regular or decaffeinated coffee hot tea and herbal tea

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