

The Spa Meeting Senses

each element of Meeting Senses aims to stimulate the five senses: sight, smell, sound, taste and touch while positively influencing your delegates to achieve maximum participation and concentration

Meeting Senses is designed for groups of 60 or less at \$30 per person

breakfast

seasonal fresh fruits and berries
sugar free granola, low fat yogurt
whole, 2% percent, skim or organic soy milk
mango nectar
steel cut Irish oatmeal, clove honey, muscatels
cholesterol free scrambled eggs with chives
home baked whole grain breads and
apple butter
lemon-verbena banana smoothie
artisan silken pouch aromatic teas including
chamomile, citron, Mandarin rose petal

morning break

super protein raspberry vanilla smoothie
granola and whole grain power bars
Belize papaya, Florida key limes,
mini chantaraise melons
morning tea – fresh mint, herbal tea

lunch menu

ginger tea shots, frisee with shaved bamboo,
hearts of palm, fennel vinaigrette
sumac tuna tomato terrine,
hazelnut tofu vinaigrette

steamed chicken breast, white ginseng extract
Chinese brown rice and Hong Kong kai lan

grilled gindara fillet, melted green leeks,
lemon cardamom sauce

grapefruit honey yogurt shooter
fresh pineapple spring rolls
jasmine tea tapioca

afternoon break

avocado shrimp
peppered watermelon and green tomato
rice less sushi roll, ginger wasabi, soya sauce
organic vegetable crudités, black sesame puree
wheatgrass juice shooters, beet-apple juice
artisan silken pouch aromatic teas
chamomile, citron, Mandarin rose petal

all the above prices are subject to 21% gratuity and 10% DC tax