



See below for our Camp Essentials menu, which is included in the nightly rate. You can also choose from our upgraded Chef's choice menu and if you're interested in customizing something special please reach out to chef Danny to learn more.

Camp Essentials

***All Camp essential menus are included in the cost of your nightly rate.**

Breakfast

Each breakfast includes:

- cereal, granola, oatmeal, yogurt, & fresh fruit
- dairy & alternative milks
- coffee & tea station, whole fruit, chef's choice of juice

Each breakfast option comes with **fresh scrambled eggs**, and your choice of:

- fried tater tots, roasted breakfast potatoes, hash browns, hash brown patties

Camp Essentials Breakfast Options:

1. Cinnamon French Toast | with warm fruit topping
2. Buttermilk Pancakes | with warm fruit topping
3. Belgian Waffles | with warm fruit topping
4. Breakfast Burritos | build your own on flour tortillas
5. Assorted Bagels & Cream Cheese | with tomatoes, onions, cucumbers
6. Coffee Cake & Cinnamon Rolls | with cream cheese icing
7. Cheese Blintzes | with berry topping



Lunch

Each lunch option includes:

- full fresh salad bar
- sunflower butter & jelly sandwich station
- coffee & tea station, whole fruit, choice of lemonade or iced tea

Camp Essentials Lunch Options:

1. Grilled Cheese Sandwiches | with tomato soup & oyster crackers
2. Cheese Quesadillas | with rice, refried beans, tortilla chips , & full toppings bar
3. Chicken Tenders | with waffle fries
4. Grilled Chicken Tacos | with peppers & onions, & a full toppings bar
5. Cold Sandwich Bar | with turkey, roast beef, veggies, tuna salad, & egg salad
6. Chicken Patty Sandwiches | with lettuce, tomato, onion, & pickles
7. Macaroni + Cheese | with roasted broccoli or broccoli salad
8. Vegetarian Chili | with honey cornbread, sour cream, & shredded cheese
9. Cheese Pizza Bagels | with veggie sticks & ranch dressing
10. Turkey Corn Dogs | with sweet potato fries & baked beans



Dinner

Each dinner option includes:

- full fresh salad bar, chef's choice dessert
- sunflower butter & jelly sandwich station
- coffee & tea station, whole fruit, choice of lemonade or iced tea

Camp Essentials Dinner Options:

1. Herb Roasted Chicken | with rice pilaf, green beans, and eggplant tofu marinara
2. Grilled Chicken Shawarma | with sumac onions, za'atar dusted french fries, israeli salad, hummus, & pita bread
3. Spaghetti and Meatballs | with seasonal roasted vegetables & warm breadsticks
4. Orange Chicken | with steamed jasmine rice & stir fried vegetables
5. Cheese Enchiladas | with rice, refried beans, tortilla chips, & full toppings bar
6. Chicken/Beef Tacos | with tortilla chips, peppers & onions, & a toppings bar
7. Cheese Lasagna | with garlic bread & caesar salad
8. Hamburgers and Hot Dogs | with red potato salad
9. Cheese Tortellini | with steamed seasonal vegetables, marinara, alfredo, & pesto
10. Homemade Meatloaf | with mashed potatoes, gravy, & corn on the cob



Chef's Choice

*available for an additional charge per person

Breakfast

All breakfasts include:

- cereal, granola, oatmeal, yogurt, fresh fruit
- dairy & alternative milks
- coffee & tea station, chef's choice of juice

Each breakfast options comes with **fresh scrambled eggs**, and your choice of:

- fried tater tots, breakfast potatoes, hash browns, hash brown patties

Chef's Choice Breakfast Options:

1. NY Style Bagel Bar \$6.00/person
 - smoked salmon platter with onion, dill, & pickles
 - plain & scallion cream cheese
2. Build Your Own Smoothie Bowls \$5.00/person
 - choice of: mango, strawberry banana
 - fresh fruits, pumpkin seeds, toasted coconut, maple syrup, agave
3. Classic Israeli Shakshuka \$4.00/person
 - mediterranean spices & farm fresh eggs
 - crusty sourdough bread & whole wheat pita
4. Challah French Toast \$3.00/person
 - local Irving's Premium challah with cinnamon & vanilla
 - real maple syrup, warm blueberry syrup & powdered sugar
5. Croissant Breakfast Sandwiches \$5.00/person
 - choice of: egg, cheese, vegan sausage, house special sauce



Lunch

Each lunch option includes:

- full fresh salad bar
- sunflower butter & jelly sandwich station
- coffee & tea station, whole fruit, choice of lemonade or iced tea

Chef's Choice Lunch Options:

1. Build Your Own Paninis (groups under 75) \$4.00/person
 - cheddar, swiss, provolone, gruyere, etc.
 - wheat, sourdough, sweet roll, marble rye
 - pesto aioli, balsamic, sriracha mayo & more!
 - grilled seasonal vegetables
2. Japanese Style Rice Bowls \$6.00/person
 - teriyaki chicken or teriyaki salmon
 - white sticky rice or organic brown rice
 - pickled veggies & roasted seasonal vegetables
3. Seasonal Veggie Pasta \$4.00/person
 - options include: Linguine with Pesto, Ricotta Lemon Rigatoni, Tuscan Tomato Penne, Brown Butter Squash Ravioli
 - roasted lemony asparagus
 - garlic knots + marinara
4. Steak Carne Asada or Grilled Fish Tacos \$5.00/person
 - soft flour & corn tortillas
 - zesty black beans, latin yellow rice



Dinner

Each dinner option includes:

- full fresh salad bar, chef's choice dessert
- sunflower butter & jelly sandwich station
- coffee & tea station, whole fruit, choice of lemonade or iced tea

Chef's Choice Dinner Options:

1. Red Wine Braised Brisket \$7.00/person
 - pull apart tender, slow cooked with carrots & sweet onions
 - toasted pearl couscous pilaf, roasted broccolini
2. Southern Fried Chicken \$7.00/person
 - roasted spiced sweet potatoes, corn on the cob
3. Miso Sesame Salmon \$8.00/person
 - sesame seeds & green onions
 - sautéed gingery bok choy & brown rice
4. California Garden Curry \$5.00/person
 - packed with seasonal vegetables
 - fresh herb + cucumber salad, sticky white rice
5. Grilled Kebabs \$7.00/person
 - chicken or ground beef + veggie kebabs
 - fresh herb chimichurri sauce
 - lemon orzo chicken soup, greek chopped salad
6. Outdoor Barbecue
 - chipotle grilled chicken
 - grilled chimichurri salmon
 - seasonal roasted vegetables, corn on the cob
 - seasonal picnic salads



Snacks

Included in the nightly rate is one snack per day as well as one classic s'mores setup during your stay. choose one snack per day. Upgraded options are available with the upcharge shown below.

1. Hummus & Pita Chips
2. Tortilla Chips & Salsa
3. Fresh Fruit Plate
4. Carrots & Celery with Ranch Dip
5. Cheese & Crackers
6. Assorted Chips (Kettle, Cheetos, Lay's, etc.)
7. Curated Cheese Boards \$6.00/person
 - o Includes chef selected cheeses, house made crostini, fruit preserves, pickles
8. Trail Mix Bar \$5.00/person
 - o Build your own customized mix with an assortment of sunflower seeds, pepitas, chocoalte covered raisons, assorted dried fruit, yogurt covered pretzels, M&Ms and dark chocolate covered blueberries.
9. S'mores Bar \$4.00/person
 - o Create a unique s'more with so many options! Start with a vegan or regular marshmallow, then add one of our assorted chocolates (both milk & dark). Drizzle chocolate or caramel sauce on top and sandwich everything between a graham cracker, Oreo, or shortbread cookie. Top it off with a little flaky sea salt and voila!
10. Afternoon Fiesta \$4.00/person
 - o House fried tortilla chips with an assortment of dips including roasted tomato salsa, pico de gallo, freshly made guacamole, and salsa verde.
11. Mediterranean Crudite & Dips \$4.00/person
 - o Fresh seasonal veggies and pita with multiple dip options including roasted garlic hummus, herby green goddess dip, housemade buttermilk ranch dip and muhammara (red bell pepper spread).



Retreat Day 1			
Meal	Meal Choice	Time	Notes
Breakfast			
Lunch			
Dinner			
Snack			
Retreat Day 2			
Meal	Meal Choice	Time	Notes
Breakfast			
Lunch			
Dinner			
Snack			
Retreat Day 3			
Meal	Meal Choice	Time	Notes
Breakfast			
Lunch			
Dinner			
Snack			

Dietary Restrictions: Please list any dietary restrictions for your participants.
