

# BREAK MENU

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## SUNRISE MEETING BREAK PACKAGE

### CONTINENTAL BREAKFAST

Orange, Apple, and Cranberry Juice, Sliced Fresh Fruit, Fruit-Filled Danishes, Muffins, and Croissants, Bagels with Cream Cheese, Butter and Fruit Preserves, Freshly Brewed Regular and Decaffeinated Coffee, Herbal Teas, Infused Water

### Choice of Hot Breakfast Sandwich

*Choice of 2*

Croissant Sandwich with Portabella, Goat Cheese, Arugula and Tomato Jam

Biscuit or Croissant Sandwich with Scrambled Egg, Country Ham and Swiss Cheese

Biscuit or Croissant Sandwich with Scrambled Egg and Canadian Bacon and Swiss Cheese

Biscuit or Croissant Sandwich with Scrambled Egg and Sausage Patty and Cheddar Cheese

Biscuit or Croissant Sandwich with Scrambled Egg, Bacon and Cheddar Cheese

*\$30 per guest*

### ALL DAY BEVERAGE BREAK

Freshly Brewed Regular and Decaffeinated Coffee, Herbal Teas, Infused Water, Soft Drinks (Coke, Diet Coke, Sprite)

*\$20 per guest*

### MID-AFTERNOON BREAK

Cookies and Chocolate Brownies

Hot Pretzels with Cheese Sauce and Spicy Mustard

*\$10 per guest*

***\$50 per guest if all three breaks are purchased***

## BEVERAGE BREAKS

### ALL DAY BEVERAGE BREAK

*(refreshed for 8 hours)*

Freshly Brewed Regular and Decaffeinated Coffee, Herbal Teas, Infused Water, Soft Drinks (Coke, Diet Coke, Sprite)

*\$20 per guest*

### HALF-DAY DAY BEVERAGE BREAK

*(refreshed for 4 hours)*

Freshly Brewed Regular and Decaffeinated Coffee, Herbal Teas, Infused Water, Soft Drinks (Coke, Diet Coke, Sprite)

*\$10 per guest*



# BREAKS

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## ONE-HOUR SPECIALTY THEME BREAKS

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### ICE-CREAM BARS

*(Minimum 25 guests)*

Novelty Ice Cream Bars  
Freshly Brewed Regular and Decaffeinated Coffee, Herbal Teas, Soft Drinks and Bottled Water

*\$16 per guest*

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### CUPCAKE STATION

*(Minimum 25 guests)*

Chocolate with Chocolate Ganache Icing  
Red Velvet with Cream Cheese Frosting  
Lemon Drop Cupcake, Chocolate with Peanut Butter Frosting  
Freshly Brewed Regular and Decaffeinated Coffee, Herbal Teas, Soft Drinks and Bottled Water

*\$16 per guest*

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### STADIUM BREAK

*(Minimum 25 guests)*

Hot Pretzels with Mustard and Cheese Sauce  
Nachos with Cheese Sauce, Jalapenos, Salsa and Sour Cream  
Roasted Peanuts, Assorted Popcorn  
Freshly Brewed Regular and Decaffeinated Coffee, Herbal Teas, Soft Drinks and Bottled Water

*\$17 per guest*

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### HEALTH & HAPPINESS

*(Minimum 10 guests)*

Sliced Fresh Fruit, Hummus and Pita Bread, Vegetable Crudité, Flavored Yogurts, Granola Bars  
Freshly Brewed Regular and Decaffeinated Coffee, Herbal Teas, Soft Drinks and Bottled Water

*\$14 per guest*

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### SWEET & SALTY

*(Minimum 15 guests)*

Cookies and Chocolate Brownies  
Hot Pretzels with Cheese Sauce and Spicy Mustard  
Freshly Brewed Regular and Decaffeinated Coffee, Herbal Teas, Soft Drinks and Bottled Water

*\$14 per guest*

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### A LA CARTE HOT DIPS

*(One Quart serves approximately 15 guests)*

Crab and Spinach  
Spinach and Artichoke  
Queso Cheese and Chili

Served with Corn Tortillas and Toasted Pita Chips

*\$50 per quart*

### A LA CARTE COLD DIPS

Dill Dip  
French Onion Dip  
Chickpea Hummus

Served with House-Made Chips and Crudité

*\$42 per quart*

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# BREAK MENU

## A LA CARTE BEVERAGES

**Freshly Brewed Regular and Decaffeinated Coffee**

*\$48 per gallon*

*Add (3) Specialty Flavored Syrups, Oat Milk and Almond Milk*

*\$4 per person*

**Iced Tea**

*\$4.50 Each / \$36 per gallon*

**Soft Drinks**

*\$4 Each*

**Bottled Water**

*\$3 Each*

**Bottled Fiji Water**

*\$6 Each*

**Lemonade**

*\$5 Each / \$36 per gallon*

**Individual Bottled Fruit Juice**

*\$5 Each*

**Powerade**

*\$6.50 Each*

**Red Bull - Regular and Sugar Free**

*\$5.50 Each*

**Herbal Teas**

*\$4.50 each*

## A LA CARTE SNACKS

**Candy Bars and M&M's**

*\$5 Each*

**Novelty Ice Cream Bars**

*\$5.50 Each*

**Frozen Fruit Bars**

*\$4.50 Each*

**Jumbo Cookies**

Chocolate Chip, Oatmeal Raisin, Goopy Butter

*\$33 per Dozen*

**Hot Soft Pretzels with Beer Cheese and Mustard**

*\$6.50 Each*

**Assorted Cereals and Granola**

Served with Low Fat and Skim Milk

*\$6 Each*

**Individual Fruit-Flavored Yogurt**

*\$5 Each*

**Whole Fresh Fruit**

Bananas, Apples and Seasonal Varieties

*\$4.50 Each*

**Fruit-Filled Danishes, Muffins and Croissants**

*\$35 per Dozen*

**Sliced Bagels with Cream Cheese**

*\$33 per Dozen*

**Specialty Breads**

Zucchini Bread, Banana Nut, Coffee Cake

*\$33 per Dozen*

**Assorted Popcorn**

*\$5 Each*

**Granola Bars**

*\$5 Each*

**Power Bars**

*\$6.50 Each*

**Assorted Chips**

*\$5 Each*

**Individual Pretzel Bags**

*\$5 Each*

**Mixed Nuts / Trail Mix**

*\$6.50 Each*



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— ST. LOUIS, MO —