

Breakfast

MENUS

SAMPLE MENU

Start Strong. Begin with a healthy meal & a light activity to boost energy & focus of your attendees.

FLEX POWER

Stretch Class | Grains & Fruits

ACTIVITY

A 25-minute, instructor-led routine that focuses on posture, breathing techniques and easy stretches.

MENU

Miniature Whole-Grain Croissants
Local Jams & Preserves
Steel-Cut Oats with Seasonal Local Fruits
Spinach & Feta Croissant
Seasonal Local Whole Fruits
Spa Water—Seasonal Fruit/Herb
Bottled Electrolyte Water
Fresh-Brewed Fair Trade Coffee & Tea

SMOOTH MOVES

Fun Run/Walk | Muffins & Smoothies

ACTIVITY

A one- or two-mile, instructor-led morning fun run or power walk around the property and town.

MENU

Chef Choice: Whole-Grain & Nut Muffins—Carrot, Raisin & Bran
Chef Choice: Veggie & Fruit Smoothies—Kale, Banana & Date
Spinach & Egg White Frittata with Tomato Relish
Seasonal Local Whole Fruits
Spa Water—Seasonal Fruit/Herb
Bottled Electrolyte Water
Fresh-Brewed Fair Trade Coffee & Tea

YOGA & YOGURT

Yoga Session | Granola & Yogurt

ACTIVITY

A 50-minute, instructor-led yoga class that awakens and energizes the body and mind.

MENU

Seasonal Berry Medley Salad—Watermelon, Yuzu & Mint Salad with Citrus Basil Dressing
Seasonal-Fruit-Infused Yogurt
House-Made Granola with Nuts
Scrambled Egg Beaters with Leeks & Wild Mushrooms
Spa Water—Seasonal Fruit/Herb
Bottled Electrolyte Water
Fresh-Brewed Fair Trade Coffee & Tea

Package is priced per person and subject to gratuity, service charge and applicable taxes. Instructors are priced separately per half hour. Contact our events manager for details.

Hilton MEET WITH PURPOSE



Hilton
HONORS