Cleveland Clinic dietitians and wellness experts developed Go! Foods® – to give you the green light so you can make the healthiest food selections. All Go! Foods® meet these nutritional criteria:

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- Less than or equal to 4g of added sugar
- 600 mg or less of sodium
- 0g trans fat
- 100 percent whole grains
“The Stay Well® Meetings Program integrates many individual features that will provide positive health benefits to attendees, leading to increased productivity, collaboration, and creativity.”

MIKE DOMINGUEZ  
Senior Vice President Corporate Sales,  
MGM Resorts International Chairman,  
MPI International Board of Directors
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BREAKFAST MENU

Breakfasts are designed for 90 minutes of service. Add $3 per guest for an additional 30 minutes of service. Maximum two hours of service. Pastries, fruit, and juices are not transferable to refreshment breaks.

EARLY RISE

WET YOUR WHISTLE

- Daily Squeeze
  Chef’s Selection of Freshly Pressed Fruit and Vegetable Juices

- Freshly Brewed Coffees and Teas
  Pomegranate Chai Wake Up Smoothie
  Soy, Pomegranate, Almond Butter and Chai Tea

FIRST OF THE SEASON FRUITS

- Seasonal Berries
  Greek Yogurt, Local Honey, Almond, Mint

- Figs and Fruits
  Tasting of Figs and Spring Fruit

CURED AND CHURNED

- Morning Charcuterie
  Artisanal Cured Meats (Chef’s Choice), Fresh and Aged Cheeses, Traditional and Unique Accompaniments

COMFORT

- Falls Mill Whole Wheat Waffles
  Multi-grain, Seasonal Preserves, Sweet Butter

- Eggs Your Way (Chef Required)
  Organic Egg Whites, Petite Spinach, Young Asparagus, Morel Mushrooms, Tendrils, Heirloom Tomatoes, Edamame Beans, Organic Turkey Breast

- Breakfast Ratatouille
  Zucchini, Squash, Red Bliss Potatoes, Heirloom Tomato, Torn Thai Basil

$ 52 per Guest

Chef Fee $200.00 Each for Two Hours. If more than 12 Chefs are Needed, Each Chef will be $250.00

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BREAK MENU

Packaged breaks are designed for 30 minutes of service and a minimum of 35 guests.
Packaged breaks must be ordered for the entire group.

POWER UP SNACK BREAK

DRINK

Spritz
Vichy Catalan Sparkling Spring Water Infused with Fresh Fruits, Vegetables and Spring Herbs

Quench
Tropical Fruit Nectar, Coconut Water

Freshly Brewed Coffees and Teas

Crunch
Baked and Dehydrated Fruit and Vegetable Chips, Infused Sea Salts and Olive Oils

Nuts
Roasted and Raw

MUNCH

Honey Chia Muesli Bars
Local Honey, Chia Seeds, Royal Oats, Nut Butter, Dried Fruits

Farmers Basket
Raw, Roasted and Pickled Market Vegetables, Inspired Dips and Spreads

$ 29 per Guest

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LUNCH MENU

Lunch buffets are designed for 90 minutes of service and a minimum of 15 guests. Items are not transferable to refreshment breaks.

MIDDAY BALANCE

SNACKS

Whole Fruit
Season’s Best Whole Organic Fruit

Chips
Baked Vegetable Chips, Sea Salt, Olive Oil

ON THE SIDE

Tomato and Watermelon
Cucumber, Red Onion, White Balsamic Vinaigrette

Grain
Quinoa, Farro, Spelt Berries, Tinker Bell Peppers, Green Garlic, Asparagus, Roasted Tomato, Herbed Champagne Vinaigrette

SANDWICHES

Chicken Lavosh
Herb and Olive Oil Grilled Chicken, Mediterranean Inspired Fatoush Salad, Sumac Laced Lebneh Cheese, Whole Grain Lavosh

Pole Caught Tuna
Fennel, Green Olives, Olive Oil Aioli, Lemon Confit, Country Batard

Zucchini and Mozzarella
Basil, Parmesan, Roasted Tomatoes, Olive Ciabatta

SALADS

Market Basket
Mixed Baby Field Lettuces, Shaved Baby Vegetables, Manchego Cheese, Roasted Tomato and Basil Vinaigrette

Greek
Baby Gem Lettuce, Roasted Peppers, Red Onions, Picholine Olive, Feta Cheese, Lemon and Olive Oil Vinaigrette, Chickpea Falafel Crouton, Dolmas

Drinks
Assorted Flavored Waters and Organic Juices, Freshly Brewed Coffees and Teas

$ 59 per Guest

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LUNCH MENU

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AFTERNOON ENERGIZER

SNACKS

**Vegetable Dip**
Fresh Raw Seasonal Vegetables, Spiced Hummus Dip

**Granola Bars**
House Made Multi-grain Granola, Nut Butter, Preserves

ON THE SIDE

**Fruit**
Seasonal Best Fruit, Minted Yogurt, Hazelnut Granola

**Nuts**
Roasted and Raw

HOT

**Olive Oil Poached Salmon**
Shaved Fennel, Lemon Vinaigrette

**Organic Roasted Chicken**
Wilted Tangled Vegetables

**Warm Quinoa Salad**
Fresh Lime Juice, Heirloom Tomatoes, Arugula, Black Eyed Peas

SALADS

**Japanese Garden**
Chilled Buckwheat Soba, Mizuna, Shiso, Savoy Cabbage, Carrots, Daikon, Edamame, Adzuki Beans, Apple Ponzu Vinaigrette, Kabocha Chips

**Market Basket**
Mixed Baby Field Lettuces, Shaved Baby Vegetables, Low Fat Cheese, Roasted Tomato and Basil Vinaigrette

**Drinks**
Assorted Flavored Waters and Organic Juices, Freshly Brewed Coffees and Teas

$ 62 per Guest
PLATED LUNCH

Served with your choice of salad, entrée, and dessert,
Freshly brewed coffees, iced and hot teas.

NUTRIENT PLATES

**SALADS (PLEASE SELECT ONE)**

**Farmers Market**
Sweet Gem Lettuce, Lola Rosa,
Sweet Peruvian Peppers, Shaved Electric Carrots,
Pickled Radishes Sherry Emulsion

**Hand Picked**
Hydroponic Watercress, Yellow Frisee, Organic
Pea Tendrils, Tiny Red Pearl Onions, Brandy Wine
Heirloom Tomatoes, Fresh Chick Peas, Whipped Lebneh Cheese, Lemon and Olive Oil Vinaigrette

**ENTRÉES (PLEASE SELECT ONE)**

**Bell and Evans Farms Free Ranch Chicken**
First Pressed Olive Oil Yukon Gold Potato Puree
Lemon Dressed Arugula, Roasted Field Vegetables
Shallot Jus
$50 per Guest

**Citrus Poached Halibut**
Harvest Lentils Agrodolce, Shaved Crispy Asparagus
Sunburst Pepper Emulsion
$50 per Guest

**Grass Fed Roasted Bison Loin**
Braised and Seared Endive,
Five Grain “Hash” Spelt Berries, Buckwheat,
Amaranth, Barley Farro, French Beans
$55 per Guest

**Variations of the Farmers Garden**
(Vegetarian)
Shaved Electric Carrots, Field Potatoes,
Crispy Cauliflower Crumble, Nasturtium Puree
and Chamomile Emulsion
$46 per Guest

**DESSERTS (PLEASE SELECT ONE)**

**Flavor and Textures of Fruit**
Shaved and Twisted Melons, Cilantro Syrup
Honey Soaked Berries

**From the Vine**
Cantaloupe, Honeydew, Watermelon,
Pineapple, Assorted Berries, Agave Nectar
Greek Raspberry Emulsion, Mint

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DINNER MENU
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Dinner buffets are designed for 90 minutes of service and a minimum of 50 guests. Desserts are not transferable to refreshment breaks.

STRONG FINISH

FIELDS

Roasted Fruit Salad
Hawaiian Gold Pineapples, Asian Pears, Granny Smith Apples, Toasted Almonds, Hydroponic Arugula, Dehydrated Grapes, Honey Soy Emulsion

Summer Heirloom Tomato Salad
Toy Box Heirloom Tomatoes, Persian Cucumbers, Pickled Vidalia Onions, Pesto Vinaigrette

Hearts of Romaine
Hand Torn Romaine Leaves, Crispy Soy Nuts, Golden Pea Tendrils, Lemon Anchovy Vinaigrette

FARM AND SEA

Pan Roasted Hand Harvest Scallops
Pea Tendrils, Soy Peas, Sweetie Drop Peppers, Yuzu Tangelo Broth

Patagonia Moon Fish
Champagne and Lavender Braised Celery and Leeks, Steamed Peruvian Potatoes

Island Spiced Roti Chicken
Herbed Barley “Risotto” Pickled Vegetable, Chow Chow

DESSERT

Gluten Free Chocolate Truffle
Sugar Free Crème Brûlée Fresh Fruit
Pistachio Financier Chocolate Ganache and Crunchy Pearl

Freshly Brewed Coffees and Teas

$ 92 per Guest

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DINNER MENU

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HEALTHY LAST DECISION

HEALTHY LEAVES

Citrus Spinach Salad
Shaved Red Onion, Citrus Supremes, Wild Baby Spinach, Crumbled Feta, Lemon Thyme Vinaigrette

California Cobb
Hearts of Iceberg, Diced Tofu, Sunburst Yellow Tomatoes, Crumbled Hard Cooked Organic Eggs, Pickled Watermelon Radishes, Pulled Smoked Turkey Breast, Hass Avocado Ranch Emulsion

SMART SATAYS AND HEALTHY SIDES

Chimichurri Beef
Mojo Braised Yucca

Prickly Pear Glazed Chicken
Grape Seed Oil Roasted Sweet Potatoes

Herb Roasted Vegetables
Persian Cucumbers Tzatziki Sauce

Florida Gulf Shrimp
3 Melon Habanero Relish

Fisherman’s Block
Togarashi Dusted Yellow Fin Tuna, Buckwheat Tortillas, Sweet and Sour Cucumbers, Golden Pea Sprouts

DESSERT

Exotic Fruit Pops with Mint Dip

Sugar Free Blueberry Cheesecake

Tiramisu Cappuccino Glass

Raspberry Panna Cotta

Freshly Brewed Coffees and Teas

$99 per Guest

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