


# MORNING BREAK

*Break service is continuous for 30 minutes. A minimum of (20) guests is required.\**

## MORNING BREAK


**Mid-Morning Coffee Refresh** 10  
freshly brewed Starbucks® coffee, decaf, and Tazo® teas


**Coffee and Cocoa Bar** 13  
freshly brewed Starbucks® coffee, decaf and hot chocolate served with fresh whipped cream, shaved chocolate, cinnamon sticks, marshmallows and crystal sugar stirrers


**Beverages and a Snack**  18  
freshly brewed Starbucks® coffee, decaf, and Tazo® teas, assorted soft drinks and homemade oatmeal superfood bars

**All-Day Beverage (up to 8 hours)** 20  
freshly brewed Starbucks® coffee, decaf, and Tazo® teas, assorted soft drinks and bottled waters

**Morning Tea** 20  
assorted home baked scones, honey butter and preserves, soft banana nut bread and cucumber finger sandwiches, freshly brewed Starbucks® coffee, decaf, and Tazo® teas

**On the Healthy Side**  20  
individual greek yogurt parfait with homemade granola, honey and fresh berries, healthy start muffins served with assorted fruit smoothies, freshly brewed Starbucks® coffee, decaf, and Tazo® teas

**Uplift**  20  
open faced petite tea sandwiches with smoked salmon, avocado and chives on whole grain bread, red and green apple wedges with bee pollen yogurt dip, whole roasted almonds, served with mixed citrus smoothies of orange, mango and cranberry, freshly brewed Starbucks® coffee, decaf, and Tazo® teas

**Restore**  21  
Bittersweet 74% dark chocolate chips and popcorn 'tuttifrutti' with walnuts, almond, raisins, apricots, minted orange and green apple salad with a of cinnamon yogurt served with fresh watermelon agua fresca, freshly brewed Starbucks® coffee, decaf, and Tazo® teas

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## ENHANCEMENTS

Chilled Juices  
orange, apple, cranberry or grapefruit  
~per pitcher 30

MORNING  
BREAK  
ENHANCEMENTS

**ENHANCEMENTS, *Continued***

Homestyle Lemonade or Citrus Fruit Punch  
~per gallon 55

Assorted Individual Cartons of Milk  
~each 5

Milk  
whole, 2%, skim, almond or soy  
~per pitcher 30

Regular and Diet Soda and Bottled Waters  
~each 5

Starbucks® Bottled Frappuccino  
~each 5

Red Bull® Regular and Sugar Free  
~each 5

Gatorade®  
assorted flavors  
~each 5

Assorted Bottled Naked Juices (minimum order of 2 dozen)  
~each 6

Buttery Crumbly Coffee Cake (flavors sold by dozen)  
apple cheese, blueberry cheese, cinnamon crumb, reduced fat banana  
chocolate chip  
~per dozen 50

Gluten Free Muffins  
~per dozen 60

Sliced Tea Loaf Breakfast Breads (flavors sold by dozen)  
orange cranberry, lemon poppy seed, zucchini, date and nut, pumpkin,  
cinnamon crumb, marble, blueberry  
~per dozen 50

**SuperFoodsRx**

SuperFoods are known for being health-enhancing and rich in antioxidants and phytonutrients. "These nutritional powerhouse foods can help extend your health span - the extent of time you have to be healthy, vigorous and vital."

- Dr. Steven Pratt, author of *SuperFoods Rx: 14 Foods That Will Change Your Life*.

# AFTERNOON BREAK

*Break service is continuous for 30 minutes. A minimum of (20) guests is required.\**

## AFTERNOON BREAK

### Afternoon Refresh

freshly brewed Starbucks® coffee, decaf and Tazo® teas 10

### Coffee and Cocoa Bar

freshly brewed Starbucks® coffee, decaf and hot chocolate served with fresh whipped cream, shaved chocolate, cinnamon sticks, marshmallows and crystal sugar stirrers 13

### Afternoon Pick-Me-Up

assorted homemade cookies and Starbucks® coffee, decaf, Tazo® teas and assorted soft drinks 18

### Sweet Tooth

homemade dark chocolate bark, mini powdered donuts served with a shot of milk and Starbucks® coffee, decaf, Tazo® teas and assorted soft drinks 20

### All-Day Beverage (up to 8 hours)

freshly brewed Starbucks® coffee, decaf, and Tazo® teas, assorted soft drinks and bottled waters 20

### Tex Mex

mini chicken and beef taquitos with guacamole, sour cream, salsa, cheese mini churros, horchata and freshly brewed Starbucks® coffee, decaf, and Tazo® teas 22

### Make "Your" Trail

 SuperFoodsRx

make your own trail mix with homemade popcorn, all natural granola made with assorted dried fruits, dark chocolate pieces and roasted nuts assorted seasonings to top (cinnamon sugar, cajun spice and classic sea salt) served with mini smoothie shots, freshly brewed Starbucks® coffee, decaf, and Tazo® teas 22

### Respite

 SuperFoodsRx

petite sandwiches of natural roast turkey and edamame on whole grain bread, selected local vegetable crudites, black bean humus and garlic confit for dipping served with assorted fruit smoothies and freshly brewed Starbucks® coffee, decaf, and Tazo® teas 22

### Renew

 SuperFoodsRx

chocolate chip and pumpkin chocolate chip cookies served alongside dried apples, apricots, prunes and raisins, whole almonds, walnuts and cashews pomegranate orangeade and hot apple cider, freshly brewed Starbucks® coffee, decaf, and Tazo® teas 22

## ENHANCEMENTS

Freshly Brewed Regular and Decaffeinated Starbucks® Coffee and Tazo Teas®

~per gallon 72

Freshly Brewed Iced Tea

~per gallon 72

Homestyle Lemonade or Citrus Fruit Punch

~per gallon 55

Red Bull® Regular and Sugar Free

~each 6

Gatorade®

assorted flavors

~each 5

Regular and Diet Soda and Bottled Waters

~each 5

Assorted Bottled Naked Juices

~each 7

Starbucks® Bottled Frappuccino

~each 6

Starbucks® Double Shot Espresso

~per can 6

Homestyle Fresh Baked Cookies

chocolate chip, cinnamon oat raisin, white chocolate macadamia and peanut butter cookies

~per dozen 50

Gluten Free Cookies

~per dozen 60

Rich Chocolate Brownies and Blondies

~per dozen 50

Chocolate Dipped Coconut Macaroons

~per dozen 50

Chocolate Dipped Strawberries

~per dozen 50

Assorted Sun Chips or Kettle Chips

~each 5

## AFTERNOON BREAK ENHANCEMENTS

**THE WESTIN**  
LONG BEACH

*All food and beverage prices are subject to 14% service charge and 10.25% state sales tax (subject to change without notice).*