

Teambuilding With The Brain

Morning Break

No coffee at the break.

Fresh Sliced Fruit with Blueberries, Strawberries & Cherries
Whole Apples, Pears, & Plums
Low Fat Yogurts
Skim Milk & Soy Milk
Loose Leaf Teas & Hot Water
Dried Fruits
Whole Wheat English Muffins, Organic Butter
Bottled Water & Fruit Juices (No Orange)

Additional Options

Low Fat Bran Muffins & Low Fat Blueberry Muffins
Hot Oatmeal in a Chaffer
Whole Wheat Zucchini Bread
Spinach & Mushroom Oven Omelet
Oat Bran Breakfast Bar
Buck Wheat Pancakes

Afternoon Break

No soda on the break.

Cheese Display with Fresh Berries
Assortment of Raw Nuts (Pumpkin, Walnuts, Almonds)
Dried Fruits
Bottled Water and Fruit Juices (NO Orange)
Peanut M & M's
Whole Apples, Pears, & Plums
Loose Leaf Teas & Hot Water
Fresh Vegetable Display with Tahini

Additional Options

Digestive Biscuits
Whole Wheat Pitas with Avocado Pulp
Sponge Cake with Dried Berries & Low Fat Yogurt
Raw Juice Bar with Assorted Brans
Oatmeal Raisin Cookies
Quinoa Salad & Bean Dip with Rye Crisps