

- breakfast
- breaks
- lunch
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- beverages
- wine list
- eat & drink naturally
- general info
- audio visual



eat  
naturally

#### Eat Naturally Banquet Menu

Mission Statement: "Our aim is to create a food experience supporting locally grown products utilizing organic and sustainable farming techniques providing you with the freshest seasonal ingredients available. We are committed to do our part in contributing to a healthier planet and a healthier you."

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## Breakfast Menu

*Guest Count Must Be Submitted 5 Business Days Prior to Event Date. Minimum of 50 Guests. Subject to a \$200 Labor Charge if Less Than 50 Guests.*

### Healthy Choice Continental

Organic Juice, Local Fresh Fruit and Berries, Assorted Cereals, Organic Antibiotic Free Whole Milk  
Trans Fat Free Danish & Muffins, Fair Trade Coffee, Tea  
Butter & Preserves

### A Truly Healthy Natural Breakfast Buffet

Organic Juice, Local Fresh Fruit And Berries, Organic Eggs  
Niman Ranch Apple Smoked Dry Cured Bacon, Natural Turkey Sausage, Fingerling Potatoes  
Trans Fat Free Danish, Muffins & Natural Croissants  
Whole Wheat Bread  
Fair Trade Coffee, Tea, Butter & Preserves

### Organic Vegetable and Fiscal Farm Cheddar Cheese Omelet

Fresh Sautéed Seasonal Vegetables  
Grilled Tomatoes and Red Potatoes

### Poached Organic Eggs with Wheat Muffins

Toasted Wheat Muffin Topped with Grilled Natural Ham  
Sautéed Spinach, Poached Eggs & Béchamel Sauce

### Morning Break

Freshly Squeezed Organic Juices  
Fresh Fruit Skewers  
Assorted Trans Fat Free Muffins and Pastries  
Breakfast Cereals and Protein Bars  
Organic Yogurt with Nuts and Dried Fruit  
Free Fair Trade Coffee and Tea  
Organic Creamer and Raw Sugars  
Lemon, Oranges and Lime Wedges  
Assorted Bottled Waters



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## Lunch

*Please select your choice of appetizer, entree & dessert from appropriate sections. Each meal must be a minimum of three courses. All meals include freshly baked artisan breads, freshly brewed coffee, decaffeinated coffee, assorted herbal hot tea and iced tea. Guest Count Must Be Submitted 5 Business Days Prior to Event Date. Minimum of 50 Guests. Subject to a \$200 Labor Charge if Less Than 50 Guests.*

### SALADS

#### Organic Mixed Field Greens

With Dried Cranberries, Candied Walnuts and California Point Reyes Blue Cheese, Organic Classic Olive Oil Vinaigrette

#### Crisp Organic Romaine

Cucumbers, Cherry Tomatoes, Sonoma Valley Cheese and White Balsamic Vinaigrette

### ENTRÉES

#### Free Range Chicken Breast

Balsamic Marinated Chicken Breast, Roasted Fingerling Potatoes, Caramelized Onions, Seasonal Organic Vegetables, Jacobs Farm Thyme Au Jus

#### BBQ Tri Tip

Low & Slow BBQ Tri Tip with Ancho Chili Barbeque Sauce, Marinated Herb Potatoes, Seasonal Organic Vegetables

#### Pacific Wild Halibut

Roasted Garlic Tomato Sauce  
Natural Pasta and Seasonal Organic Vegetables

### DESSERT

#### California Baked Driscoll Farms Berry Tart

Central Valley Almond Cream Filling, Seasonal Ventura County Berries

#### Organic Peach Cheesecake

Made with the finest Horizon Dairy Products and Fresh Vanilla Bean Sauce



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## Dinner

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### SALADS

#### Heirloom Tomato Salad

Kenter Canyon Farms Premium Mesclun  
Endives, Dry Jack Cheese and Red Balsamic Vinaigrette

#### Organic Garden Caesar

Local Field Romaine Lettuce, Parmigiano Cheese  
Seasoned Bread Croutons and Organic Caesar Dressing

### ENTRÉES

#### Pan-Seared Filet of Wild Salmon

Organic Wild Rice with Seasonal Organic Vegetables

#### Petaluma Free Range Chicken Breast

Grilled Chicken Breast with Organic Spinach & Tarragon  
Sauce, Seasonal California Fresh Vegetables & Natural Pasta

#### Grass Fed Niman Ranch Filet of Beef

Grilled & Topped with Port Wine Sauce, Wild Mushrooms  
Seasonal Local Organic Vegetables & Red Skinned Mashed  
Potatoes

### DESSERT

#### Flourless Chocolate Cake

Couverture topped with Chocolate Mousse

#### Banana Bread Pudding

Fresh Organic Banana & Croissants  
Topped with Organic Honey & Roasted Peanut Syrup



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## Reception

### COLD HORS D'OEUVRES

**Roasted New Organic Potatoes**  
With California Fog Light Goat Cheese

**Wild Caught Salmon Canape**  
Wrapped on Parmesan Cheese Straw, Fresh Chives & Garnished with Lemon Cream Fraiche

**Dilled Sustainable Shrimp Canapés**  
With Lemon & Olive Oil

**Bruchetta**  
With Organic Local Tomatoes, Basil, Balsamic Vinegar & Olive Oil

**Black and Blue Ahi**  
Seared Ahi with Cucumbers & Wasabi Yogurt

### HOT HORS D'OEUVRES

**Grass Fed Beef Sate**  
Served with Organic Sate Sauce

**Free Range Chicken Sate**  
Served with Organic Sate Sauce

**Roasted Grass Fed Organic Lamb Chops**  
With Violet Mustard & Crushed Pistachios

### BREAKS

#### Afternoon Break

Whole Organic Local Seasonal Fresh Fruit  
Organic Fruit Juices, Smoothies & Fruit Drinks  
Variety of Sugar Free Candies  
Organic Granola Bars  
Variety of Bottled Waters  
Organic Coffee, Decaffeinated Coffee and Tea

#### Local Berry "Shooters"

Assorted Fresh Local Berries with Stonyfield Farms French Vanilla Yogurt

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## Drink Naturally Beverage Menu

### Coffee

Starbucks Freshly Brewed Serna Organic Blend Coffee (Medium Body)  
 Starbucks Freshly Brewed Organic Shade Grown Mexico Coffee (Light Body)

### Tea

Assorted Organic Tazo Green, Black & Herbal Blends  
 Tazo Organic Chai Tea

### Juice

Odwalla – Tangerine, Carrot Juice, PomaGrand Berry & Citrus C Monster (Smoothie Blend)  
 Bossa Nova – Acai Juice with Agave  
 Mango, Blueberry, Raspberry

### Beer

Green Valley Breweries  
 Wild Hop Lager  
 Stone Mill Pale Ale

### Butte Creek Brewing Company

Organic Ale  
 Organic Pilsner

### Wine

Benziger Sauvignon Blanc, Sonoma County  
 Benziger Chardonnay, Carneros  
 Benziger Merlot, Sonoma County  
 Benziger Cabernet Sauvignon, Sonoma County

Sonoma-Cutrer, Russian River Ranches Chardonnay

Bonterra Chardonnay, Mendocino County  
 Bonterra Merlot, Mendocino County  
 Bonterra Cabernet Sauvignon, Mendocino County

Orfila Ambassador's Reserve Chardonnay, San Pasqual Valley  
 Orfila Costal Cuvee Merlot, San Pasqual Valley

True Earth Chardonnay, Mendocino County  
 True Earth Chardonnay, Red Meritage Blend, Mendocino County



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