



WALDORF ASTORIA®  
PARK CITY

## CATERING MENU



WALDORF ASTORIA®  
PARK CITY

**BREAKFAST BUFFET**

Prices are Per Person

**EUROPEAN**

Fresh Squeezed Orange Juice  
Unfiltered Apple Juice  
Sliced Season's Best Fruit and Berries  
House Made Pastries and Breads  
*Served with*  
Sweet Butter, House Made Preserves and Mountain Wild Flower Honey  
House Blend Coffee and Hot Tea

**17**

**GOLDEN DOOR SPA BREAKFAST**

Fresh Squeezed Orange Juice  
Unfiltered Apple Juice  
Sliced Season's Best Fruit and Berries  
Organic Plain Yogurt and House Made Granola  
*Served with*  
Mountain Wild Flower Honey  
Chilled Organic Milk  
House Blend Coffee and Hot Tea

**21**

**AMERICAN BREAKFAST**

Fresh Squeezed Orange Juice  
Cranberry Juice  
Organic Scrambled Eggs  
Cottage Potatoes  
Smoked Bacon, House Cured Ham, Grilled Sausage  
Assorted Pastries, Seasonal Mini Muffins and Scones  
*Served with*  
Sweet Butter and House Made Preserves  
House Blend Coffee and Hot Tea  
Seasons Best Fresh Fruit

**23**

**MOUNTAIN BREAKFAST**

Fresh Squeezed Orange Juice  
Cranberry Juice  
Croque Monsieur with Farm Fresh Egg, Berkshire Ham & Gruyere, Bechamel  
Sliced Season's Best Fruit and Berries  
Roasted Potato Medley with Grilled Onions and Peppers  
*Served with*  
House Blend Coffee and Hot Tea

**25**

22% service charge plus applicable sales tax applied to all menu selections. \*Prices are Subject to Change\*  
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## BREAKFAST BUFFET AND BREAK ENHANCEMENTS

Prices are Per Person  
ADD ANY OF THE FOLLOWING ITEMS TO YOUR BREAKFAST BUFFET

### MACADAMIA NUT CRUSTED FRENCH TOAST

Vanilla Infused Lingonberry and Maple Anglais Mouseline  
10

### ASSORTED PASTRIES

Assorted Pastries, Seasonal Mini Muffins and Scones  
5

### CROQUE MONSIEUR

Farm Fresh Egg, Berkshire Ham & Gruyere  
8

### BUTTERMILK HOTCAKES

Golden Brown Buttermilk Pancakes  
Pure Maple Syrup  
6

### WARM IRISH OATMEAL

Slow Cooked Irish Oatmeal  
Organic Milk, Warm Preserved Fruits, Honey and Glazed Walnuts  
6

### OPEN FACED EVERYTHING BAGEL

Chive Cream Cheese, House Cured Salmon  
Grapefruit Hard Salad  
14

### GRANOLA AND YOGURT

Organic Plain Yogurt and House Made Granola  
Mountain Wild Flower Honey or Agave Syrup  
Chilled Organic Milk  
4

### SEASON'S BEST FRUIT

4

### BREADS

Sour Dough Toast and House Made English  
Muffins  
3

### BEIGNETS

Served with Two Sauces  
8

### ORGANIC SCRAMBLED EGGS

6

### SCRAMBLED EGG ENHANCEMENTS

Mushrooms

2

Sliced Scallions

2

Red and Green Peppers

2

Cheddar Cheese

2

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## A` LA CARTE BREAK SELECTIONS

### FRESH FRUIT SKEWERS

Served with Yogurt Dip  
5 Each

### WHOLE SEASONAL FRESH FRUIT

2 Each

### ENERGY AND GRANOLA BARS

5 Each

### PASTRIES AND SWEETS

*(By the Dozen)*

Assorted Just Baked Cookies

-OR-

House Made Pastries, Scones & Mini Muffins *with* Sweet Butter and House Made Preserves

36

### FRESH FRUIT PLATE

*(Serves 5)*

Seasonal Sliced Fresh Fruit

20

### HOUSE MADE POTATO CHIPS

*(Serves 5)*

14

### GOURMET SNACK MIX

*(Serves 5)*

Chefs Selection of Salted Nuts and Dried Fruit

16

### CHARCUTERIE PLATE

*(Serves 10)*

Grain Mustard, Cornichion, Crostinis

50

### ARTISANAL CHEESE PLATE

*(Serves 10)*

Honeycomb, Macerated Kumquats, Crostinis

50

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## BEVERAGES

### JUICE AND TEA

Orange  
Grapefruit  
Unfiltered Apple  
Cranberry  
Lemonade  
V8  
Brewed Ice Tea  
**16 Per Pitcher**

### BRONZE LIQUID RELIEF

Assorted bottled sodas  
Aqua Panna bottled water  
**9 Per Person**

### SILVER LIQUID RELIEF

Assorted bottled sodas  
Assorted bottled Juice  
Aqua Panna bottled water  
**11 Per Person**

### GOLD LIQUID RELIEF

Assorted bottled sodas  
Assorted bottled Juice  
Bottled Iced Tea  
Aqua Panna bottled water  
**14 Per Person**

### COFFEE AND HOT TEA

House Blend Regular and Decaffeinated Coffee and Assorted Individual Flavors of Tea  
**3 Per Person**



WALDORF ASTORIA®  
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**LITE LUNCH BUFFETS**

SERVED OUTSIDE SPRUCE  
Prices are Per Person

**THE PEAKS SOUP & SALAD BAR**

*(Choice of One)*

Mizuna Salad with Blood Orange, Jicama, Marcona Almonds and Vanilla Cumin Citrus Gastrique

Watercress Salad with Pecans and Red Wine Vinaigrette

Roasted Squash with Toasted Hazelnuts, Rocket, Feta and White Balsamic Vinaigrette

*Served with*

Aromatic Vegetable Bisque with lemon Olive Oil

Assorted Breads and Crackers

**19**

**THE WASATCH DELI**

*(Build-Your-Own)*

Smoked Turkey

Roast Beef

House Cured Ham

Farmstead Cheese Selection

Organic Greens

Vinaigrette

Warm Olives served with Citrus and Fennel

Assorted Breads and Crackers

Pickles, Mustards, Aioli and Sweet Butter

**17**

**DESSERT**

*(Choice of One)*

Spruce Beignets – served with two sauces

Bittersweet Chocolate Brownie with Chambord Raspberries

Plum Tyropita with Whip Cream & Lavender Honey

Roasted Banana Bread Pudding with Cajeta

**10**

**ADD SOUP or SALAD**

Caesar Salad

Mizuna Salad

Aromatic Vegetable Bisque

Spiced Chili

**4 Per Person**



WALDORF ASTORIA®  
PARK CITY

**PREPARED SANDWICH**

SERVED OUTSIDE SPRUCE

Prices are per sandwich

**16**

*All Sandwiches Served with House Made Potato Chips*

**BLT**

Nieman Ranch Thick Slab Bacon, Butter Lettuce,  
Blistered Cherry Tomatoes and Garlic Aioli

**TURKEY CLUB**

Tomato, Lettuce, Avocado, Bacon, Pickled Onions and Lemon Garlic Aioli

**CUBAN**

Braised Pork with Avocado Pico, Queso Fresco and Smoked Ham

**CHICKEN SALAD CROSSAINT**

Celery, Currants, Pine Nuts and Aleppo Chili

**ARTISAN CHEESE**

Firm and Sharp Artisan Cheddar Paired with Soft Ripened Cheese  
Aioli, Dijon, and Greens on Rye Bread

**ROASTED SEASONAL VEGETABLE**

Slow Roasted Vegetables, Avocado, Organic Greens  
White Cheddar with Balsamic Vinaigrette on Sour Dough Bread

**GRILLED SLICED BAVETTE STEAK** *(add 5)*

Sherry Marinated Grilled Red Onions, Greens and Horseradish Butter on Baguette

**ADD SOUP or SALAD**

Caesar Salad  
Mizuna Salad  
Aromatic Vegetable Bisque  
Spiced Chili  
**4** Per Person

**BROWN BAG LUNCHES**

*Pre-Order any of Sandwiches From Above*  
Served with House Made Chips  
*Choice of:* Whole Fruit, Cookie or Brownie  
Aqua Panna Bottled Water  
**24** Per Person

**DESSERT**

*(Choice of One)*  
Just Baked Cookies  
Chocolate Brownies  
Beignets with Seasonal Preserves and Crème Anglaise  
Mini Dessert Buffet *(See Page 14)*  
**10** Per Person

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WALDORF ASTORIA®  
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**HOT LUNCH**

BUFFET STYLE

Prices are Per Person

**36**

INCLUDES YOUR CHOICE OF  
ONE FIRST COURSE, TWO ENTRÉES *plus* ONE VEGETARIAN ENTRÉE,  
ONE ACCOMPANIMENT *and* ONE DESSERT

*All Lunches Served with Slow Roasted Vegetables*

**FIRST COURSE**

*(Choice of One)*

Aromatic Vegetable Bisque with Lemon Olive Oil  
Chef's Housemade Spiced Chili *(Non-Vegetarian)*  
Mizuna Salad with Blood Orange, Jicama, Marcona Almonds *and* Vanilla Cumin Citrus Gastrique  
Watercress Salad with Pecans and Red Wine Vinaigrette  
Roasted Squash with Toasted Hazelnuts, Rocket, Feta and Balsamic Vinaigrette

**ENTREES**

*(Choice of Two)*

New Zealand Crispy Striped Bass  
Kurobuta Pork Tenderloin  
American Waygu Bavette Steak  
Organic Chicken Paillard  
Penne with Roasted Garlic Cream and Seasonal Vegetables  
Arugula Papardelle (Vegetarian)  
Vegan Chef's Choice

**ACCOMPANIMENTS**

*(Choice of One)*

Yukon Whipped Potatoes  
Roasted Fingerlings  
Baby Carrots  
Haricots Verts  
Couscous

**DESSERT**

*(Choice of One)*

Just Baked Cookies  
Chocolate Brownies  
Beignets with Seasonal Preserves and Crème Anglaise  
Mini Dessert Buffet *(See Page 14)*

*Each Additional Starter, Accompaniment or Dessert Selection 4*  
*Each Additional Entrée Selection 7*



WALDORF ASTORIA®  
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**PLATED LUNCH**

PRESELECTED ITEMS PLATED AT SPRUCE

Prices are Per Person

**40**

PRESELECTED LIMITED MENU PLATED AT SPRUCE

Prices are Per Person

**47**

PRESELECTED ITEMS PLATED IN PRESIDENTIAL SUITE

Prices are Per Person

**50**

INCLUDES YOUR CHOICE OF  
ONE FIRST COURSE, TWO ENTRÉES *plus* ONE VEGETARIAN ENTRÉE,  
ONE ACCOMPANIMENT *and* ONE DESSERT

**FIRST COURSE**

*(Choice of One)*

Aromatic Vegetable Bisque with Lemon Olive Oil  
Mizuna Salad with Blood Orange, Jicama, Marcona Almonds and Vanilla Cumin Citrus Gastrique  
Watercress Salad with Pecans and Red Wine Vinaigrette  
Roasted Squash with Toasted Hazelnuts, Rocket, Feta and Balsamic Vinaigrette  
Dungeness Crab Fritter with Citrus Broth, Avocado and Vanilla Essence *(Add 10)*

**ENTREES**

*(Choice of Two)*

Shallow Poached Blue Nose Red Grape Verjus Emulsion, Potato purée, Matchsticks  
Crispy Striped Bass Artichoke Barigoule, Smoked Tomato, Red Wine Reduction  
Roasted Barumundi Olive Tapenade, Citrus Gremolata, Basil vinaigrette, preserved lemon fingerlings  
Kurobuta Pork Tenderloin Celery & Potato purée, Spiced Apples, Mizuna, pork jus  
Wagyu Bauvette Cauliflower two ways, Bordelaise, Blue Cheese Butter *(Add 5)*  
Roasted Duck Aromatic Infused Endive, Orange Puree, Sunchokes, Duck jus natural

**DESSERT**

*(Choice of One)*

Spruce Beignets – served with two sauces  
Bittersweet Chocolate Brownie with Chambord Raspberries  
Plum Tyro pita with Whip Cream & Lavender Honey  
Roasted Banana Bread Pudding with Cajeta  
Mini Dessert Buffet *(Page 14)*

*Each Additional Starter, Accompaniment or Dessert Selection 4*

*Each Additional Entrée Selection 7*



# WALDORF ASTORIA®

PARK CITY

## DINNER

BUFFET STYLE

Prices are Per Person

**65**

INCLUDES YOUR CHOICE OF  
ONE FIRST COURSE, TWO ENTRÉES *plus* ONE VEGETARIAN ENTRÉE,  
ONE ACCOMPANIMENT *and* ONE DESSERT

*All Dinners Served with Slow Roasted Vegetables*

### FIRST COURSE

*(Choice of One)*

Aromatic Vegetable Bisque with Lemon Olive Oil  
Chef's Housemade Spiced Chili *(Non-Vegetarian)*  
Mizuna Salad with Blood Orange, Jicama, Marcona Almonds *and* Vanilla Cumin Citrus Gastrique  
Watercress Salad with Pecans and Red Wine Vinaigrette  
Roasted Squash with Toasted Hazelnuts, Rocket, Feta and Balsamic Vinaigrette

### ENTREES

*(Choice of Two)*

New Zealand Crispy Striped Bass  
New Zealand Roasted Salmon  
Kurobuta Pork Tenderloin  
American Waygu Bavette Steak  
Organic Chicken Paillard  
Arugula Papardelle (vegetarian)  
Vegan Chef's Choice

### ACCOMPANIMENTS

*(Choice of One)*

Yukon Whipped Potatoes  
Roasted Fingerlings  
Penne with Roasted Garlic Cream  
Baby Carrots  
Haricots Verts  
Couscous

### DESSERT

*(Choice of One)*

Just Baked Cookies  
Chocolate Brownies  
Beignets with Seasonal Preserves and Crème Anglaise  
Mini Dessert Buffet *(See Page 14)*  
*(\$5 credit per person towards a wedding cake)*

*Each Additional Starter, Accompaniment or Dessert Selection 7*

*Each Additional Entrée Selection 10*



WALDORF ASTORIA®  
PARK CITY

**PLATED DINNERS**

PRESELECTED ITEMS PLATED AT SPRUCE

Prices are Per Person

**65**

PRESELECTED LIMITED MENU PLATED AT SPRUCE

Prices are Per Person

**75**

PRESELECTED ITEMS PLATED IN PRESIDENTIAL SUITE

Prices are Per Person

**80**

INCLUDES CHOICE OF  
ONE FIRST COURSE, TWO ENTRÉES *plus* ONE VEGETARIAN ENTRÉE,  
ACCOMPANIMENT *and* ONE DESSERT

*Each Additional Starter, Dessert or Accompaniment Selection 5*

*Each Additional Entrée Selection 10*

**FIRST COURSE**

*(Choice of One)*

Aromatic Vegetable Bisque with Lemon Olive Oil  
Mizuna Salad with Blood Orange, Jicama, Marcona Almonds and Vanilla Cumin Citrus Gastrique  
Watercress Salad with Pecans and Red Wine Vinaigrette  
Roasted Squash with Toasted Hazelnuts, Rocket, Feta and Balsamic Vinaigrette  
Dungeness Crab Fritter with Citrus Broth, Avocado and Vanilla Essence *(Add 10)*

**ENTREES**

*(Choice of Two)*

Shallow Poached Blue Nose Red Grape Verjus Emulsion, Potato purée, Matchsticks  
Crispy Striped Bass Artichoke Barigoule, Smoked Tomato, Red Wine Reduction  
Roasted Barramundi Olive Tapenade, Citrus Gremolata, Basil vinaigrette, preserved lemon fingerlings  
Kurobuta Pork Tenderloin Celery & Potato purée, Spiced Apples, Mizuna, pork jus  
Roasted Duck Aromatic Infused Endive, Orange Puree, Sunchokes, Duck jus natural *(Add 5)*  
Wagyu Bauvette Cauliflower two ways, Bordelaise, Blue Cheese Butter *(Add 5)*

**DESSERT**

*(Choice of One)*

Spruce Beignets – served with two sauces  
Bittersweet Chocolate Brownie with Chambord Raspberries  
Plum Tyro pita with Whip Cream & Lavender Honey  
Roasted Banana Bread Pudding with Cajeta  
*(\$5 credit per person towards a wedding cake)*

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## PASSED HORS D'OEUVERS

Prices are Per Dozen

### SLIDERS

Two Ounce Nieman Ranch Burgers  
**42**

### RISOTTO CROQUETTES

Cheese Filled, Breaded Risotto, Fried to Golden Brown  
**28**

### GOUGERES

Savory Pate A Choux with Gruyere Cheese  
**28**

### TUNA TARTAR

Served on a House Made Potato Chip  
**30**

### HOUSE CURED SALMON ON POTATO BLINI

Served with Dill Crème Fraiche  
**30**

### SALT COD BRANDADE

Mixed with Confit Fennel  
**30**

### MANILA CLAMS

Casino Style with Bacon and Breadcrumbs  
**30**

### HARISSA SPICED PRAWNS

Served with Tzatziki Yogurt Sauce  
**36**

### DUCK LIVER MOUSSE WITH CORNICHONS

Served with Rye Toast Points  
**33**

### WHITE BEAN CROSTINI

With Olive Tapenade on Baguette  
**28**

### BAVETTE BROCHETTES

Grilled Flap Steak with Almond Romesco  
**28**

### SEASONAL SAVORY BEIGNETS

Seasoned with Lemon and Sea Salt  
**28**

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12.20.2010



WALDORF ASTORIA®  
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## PLATED HORS D'OEUVRES

Prices are Per Plate  
Serves 16

### PRINCE EDWARD ISLAND MUSSELS

Served with Pernod and Garlic Crostone

**160**

### ARTISAN CHEESE SELECTION

Domestic and European Display of Cheddar, Goat, Sheep, Cow and Bleu Cheeses

**180**

### ENGLISH PEA RAVIOLI

Served with Herb Nage

**180**

### CHARCUTERIE SELECTION

House Cured Items Served with Traditional Garnish and Country Toast

**180**

### SEASONAL FRESH VEGETABLE CRUDITE

Tzaziki and Buttermilk Dressing

**140**

### CHILLED HARISSA PRAWNS

House Made Cocktail Sauce and Lemon

**190**

## LUXURY SPRUCE STYLE

### FOIE GRAS TOURCHON WITH SEASONAL GARNISH AND BRIOHE

**100** (8oz)

### PREMIUM GRADE BLUE FIN TUNA BELLY

**100** (8oz)

### AMERICAN OSETRA CAVIAR BAR

**800** (8oz)

### SCALLOPS ON THE HALF SHELL WITH SEVRUGA CAVIAR

**160** (Per Dozen)

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**MINI DESSERT BUFFET**

Prices are Per Dozen

**42**

**Mini Cheese Cakes**

Bite Sized New York Style Cheesecakes with  
Graham Cracker Base, Seasonal Fruit

**Coffee Chocolate Layer Cake**

Almond Sponge, Chocolate Ganache and  
Coffee Butter Cream

**Mini Pecan Pies**

Mini Version of the Classic Favorite with a Flaky  
Pastry Crust

**Brownie or Blondie Pops**

Small Cubes of Brownies or Blondies Dipped in  
Dark, White or Milk Chocolate

**Macaroon Cookie Sandwiches**

Flavored French Almond Cookies Filled with  
butter Cream. Choice of Pistachio, Berry, or  
Praline

**Mini Fruit Tart**

Tart Shell Filled with Vanilla Custard or Fruit Cream  
and Topped with Fresh Seasonal Fruit.

**Mini Éclairs**

Cream Puff Shells Filled with Flavored Custard  
Choice of Dark Chocolate or Vanilla

**Mini Crème Brulee**

Individual Crocs of Custard with a Crunchy  
Caramel Crust, Seasonal Flavors or Vanilla.

**WEDDING CAKES**

Minimum 20 People

*Prices based upon consuming top tier*

*Please add 10 to your count if you choose to save your top tier*

**BONNET CREEK**

Butter Cream with Basic Decoration One Cake Flavor and One Filling  
**10** per person

**FROSTWOOD**

Butter Cream or Fondant with Moderate Decoration, Two Cake Flavors  
And Two Filling Flavors  
**12** per person

**PARK AVENUE**

Elaborate Butter Cream or Fondant Covered with Custom Decoration  
Up to Three Cake Flavors and Three Filling Flavors  
**15** per person

**Cake Shapes**

Oval, Round or Square

**Cake Flavors**

Carrot, Lemon, Vanilla, Devil's Food, Poppy Seed or Spice

**Filling Flavors**

Cream Cheese, Chocolate Ganache, Lemon Curd, Seasonal Preserves, Mascarpone or Butter  
Cream (Vanilla, Hazelnut, Chocolate, Coffee or Pistachio)

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**BAR**

**PREMIUM SPIRITS**

Absolut Vodka, Beefeater Gin, Bacardi Superior Rum  
Herradura Blanco Tequila, Dewar's White Label Scotch  
Jack Daniel's Whisky, Canadian Club Whiskey  
Bushmills Irish Whiskey, Hennessy VSOP, Kahlua, Bailey's  
**9** Each

**TOP-SHELF SPIRITS**

Kettle One Vodka, Bombay Sapphire Gin  
Mount Gay Eclipse Rum, Don Julio Reposado, Johnny Walker Black  
Glenlivet 12 year Scotch, High West Rendezvous Rye  
Crown Royal Whiskey, Jameson Irish Whiskey, Remy Martin VSOP  
**11** Each

**MARTINI**

**13** Each

**DOMESTIC BEER**

Sam Adams Light, Budweiser, Wasatch White Ale  
Sierra Nevada Pale Ale, O'Douls (n.a.)  
**7** Each

**IMPORTED BEER**

Amstel Light, Stella Artois, Kostritzer Black Lager  
**9** Each

**BAR SET-UP**

*Minimum 3 hours*  
*(1 Bar Required for every 75 Guests)*  
**300**

**BARTENDER**

*Minimum 4 Hours*  
1 Bartender Required for every 75 Guests  
**50** Per Hour

**CASHIER**

*(Required for Cash Bar)*  
*Minimum 4 hours*  
1 Cashier required per Bar  
**50** Per Hour



WALDORF ASTORIA®  
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## WINE SELECTION

*Select the Price Point and Style of wine from any of the following categories:*

### **Price Points**

- A). Bronze Category Pricing = \$38-\$55
- B). Silver Category Pricing = \$55-\$70
- C). Gold Category Pricing = \$70 +

## CATEGORIES

### **Sparkling Wine**

Bubbles from Spain, Italy and the New World \$38-55, \$55-\$70

True Champagne \$70+

### **White Wine**

Crisp, Light and Refreshing (New World Sauvignon Blanc, Pinot Grigio, etc...) A,B,C

Dry to Off-Dry, Fruit Driven (German Riesling, Alsace and Oregon Pinot Gris, etc...) A,B,C

Minerally, Intense and Complex (Loire Valley, White Burgundy, etc...) A,B,C

Oaky, Rich and Giving (California Chardonnay etc...) B,C

Classic, Refined and Age-Worthy (World Class Whites from Napa Valley, Puligny-Montrachet, etc...) B,C

### **Red Wine**

Light to Medium Bodied, Fruit Driven (Some California Pinot Noirs, Spanish Grenache, Gamay, etc...) A,B,C

Exuberant, Fleshy, Spicy (Zinfandel, Modern Spanish, Modern Rhone, etc...) A,B,C

Earthy, Elegant and Old School (Some Burgundy, Bordeaux, Italian, etc...) A,B,C

Flashy, Full Bodied, Intense (California Cabernet, Merlot and Syrah, Super Tuscans, Rioja, etc...) B,C

Classic, Refined and Age-Worthy (World Class Reds from Napa Valley, Pauillac, Vosne-Romanee, etc...) B,C



WALDORF ASTORIA®  
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**GROUP NUTRITIONAL AND WELLNESS BREAKS**

Optimizing Health and Wellness

**well · ness**

*-noun*

1. The quality or state of being healthy in body and mind, esp. as the result of deliberate effort.
2. An approach to healthcare that emphasizes preventing illness and prolonging life.

**The Golden Door Spa at the Waldorf Astoria Park City can help your organization lower healthcare costs, improve morale and maximize performance through health and fitness management services that show employees you care about their well-being.**

**Office Yoga:** This yoga break is designed to teach several wellness techniques through breathe, movement, balance and organization, moving toward a more balanced body, mind and work space. No need to change clothes. Take a breath, and let these simple movements, poses and stretches restore you through your day. You'll be more productive and centered for all that work throws your way. **\$50 /20 minutes**

**Nutrition inclusive:** You will be treated to a fabulous, yet nutritious meal created by our Executive Chef. Dr. Cates, our Naturopathic Physician and Nutrition and Wellness Coordinator will discuss the healthy meal prepared and what aspects make it nutritious. She will then give tips for selecting and enjoying healthier meal choices at home. *Custom Pricing*

**Nutrition exclusive:** Dr. Cates, our Naturopathic Physician / Nutrition Wellness Coordinator will discuss foods and nutrients that support health and wellness. Her easy-to-follow tips and up to date information will dispel common myths and encourage guests to embrace healthier habits. **\$87 / 30 minutes**

**A la Carte:** Choose one of the below topics for a more directed discussion: **\$87 / 30 minutes**

- Stress Management
- Hormone Balance
- Women's Health
- Men's Health
- Enhance Sports Performance and Endurance
- Weight Loss
- Heart Health
- Brain Foods
- Anti- Aging and Disease Prevention
- Fight Fatigue and Enhance Prevention

**One of our most requested group packages include:** 50-minute Swedish massage (\$145), 50-minute Golden Door Facial (\$155) and Manicure/Pedicure combination (\$130)

20% gratuity plus applicable sales tax applied to all packages \* Prices and Package options are subject to change

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