

W E L L N E S S M E N U

FUEL YOUR MIND, BODY AND SOUL

Wellness isn't just about fitness, it's much more. Wellness is the "act of practicing healthy habits to attain better physical and mental health outcomes." Help your attendees thrive by incorporating wellness into your program.



HEALTHY CHOICE CONTINENTAL

Chilled orange juice and cranberry juice (vg) (gf)

Housemade infused water: Strawberry-kiwi and Lemon-blueberry (vq) (qf)

Assorted sliced breakfast breads to include banana, zucchini and cranberry, blueberry and bran muffins (v)

Overnight oats with fruit garnish (v)

Whipped butter, plant butter and fruits preserves (v)

Fresh seasonal cut fruit and berries (vg) (gf)

FORUM granola (vg) served with whole milk and oat milk (v)

Assorted low-fat, fruit and Greek-style yogurts (v)

Freshly brewed coffee, decaffeinated coffee and assorted hot tea selections

\$53 per person

THE ENERGIZER

Chilled orange juice, grapefruit juice, and cranberry juice (vg) (gf)

Fresh seasonal cut fruit and berries (vg) (gf)

FORUM granola (vg) served with skim, 2% milk, soy and almond milk (v)

Yogurt parfaits with FORUM granola, yogurt and fresh strawberries (v)

HOT ENHANCEMENT SELECTION (Select One)

BREAKFAST BURRITO

Scrambled eggs, guajillo spiced carnitas, crispy breakfast potatoes, queso fresca, poblano salsa

VEGAN WRAP

Sprouted tortilla, JUST eggs, cilantro-lime avocado purée, Spanish-style toasted farro, pickled red onions, poblano salsa (vg)

\$58 per person

AVOCADO

Sprouted bread, freshly mashed avocado, breakfast radishes, chia seeds, pea shoots, cotija cheese (v)

\$48 per person

Greek yogurt (v) (gf)

Hard-boiled eggs (2)

Ripened fruit salad

with fresh berries (vg) (gf)

Breakfast bar (v)

Granola bar (v)

\$4 per person

BREAKFAST ENHANCEMENTS

OVERNIGHT OATS STATION

Overnight oats made with almond milk, Madagascan vanilla bean and raw honey (vg) (gf)

STIR-IN CHOICES (SELECT TWO):

Fresh berries (vg) (gf)

Chia seeds (vg) (gf)

Dried fruits (vg) (gf)

Seasonal fruit preserves (v) (gf)

Assorted roasted nuts (vg) (gf)

\$10 per person



Fresh-brewed Coffee, Decaffeinated Coffee or Assorted Hot Tea Selections	\$116 per gallon	Bottled Tea Assorted flavors	\$8.50 each
Fresh-brewed Iced Coffee	\$116 per gallon	Individual Whole Milk and Oat Milk (v)	\$5.50 each
Fresh-brewed Iced Tea	\$116 per gallon	Caesars Bottled Water	\$7 each
Infused Waters Strawberry-lime-tarragon, blueberry-lemon verbena, cucumber	\$116 per gallon	Voss Bottled Water	\$8 each
cantaloupe-parsley, dragon fruit-kiwi, orange-pomegranate-basil, pineapple-mint-serrano or mango-cranberry-Meyer lemon		Assorted Bubbly Sparkling Water	\$7 each
Fresh-squeezed Lemonade	\$104 per gallon	KeVita Kombucha Assorted flavors	\$11 each
Gourmet Coffee and Tea Station	\$124 per gallon		
Freshly brewed coffee, decaffeinated coffee and assorted hot tea selections		Naked Coconut Water	\$11 each
La Colombe Bottled Cold Brew Coffees Original and chocolate	\$9.25 each		
Assorted Juices Orange, grapefruit, cranberry and tomato	\$36 per quart		
Naked Bottled Juices - Assorted	\$8.50 each		



Whole Fresh Fruit (vg)	\$84 per dozen
Fresh-sliced Fruit (vg)	\$14 per person
Assorted Fruit, Bran, Muffins (v)	\$102 per dozen
Assorted Gluten-Free Muffins (v) (gf)	\$110 per dozen
Assorted Sliced Breakfast Nut Breads (v)	\$102 per dozen
Assorted Clif and RXBAR (v)	\$92 per dozen
Yogurt Parfaits (v)	\$126 per dozen
Choose from:	
FORUM granola, yogurt and fresh berries (v) (gf)	
Greek yogurt, raw honey, toasted almonds, fresh blackberries (v) (gf)	
Cashew yogurt, toasted cashews, fresh blueberries, agave nectar, fresh mint (vg) (gf)	
Hard-Boiled Eggs Without Shell (v) (gf)	\$66 per dozen
Sea salt, cracked black pepper, fresh chives	

Á LA CARTE REFRESHMENT BREAKS BREAK OFFERINGS

Outshine Frozen Fruit Bars (vg)

Individual Bags of Pop Corners (v) and Terra Exotic Vegetable Chips (v)

Individual Bags of Trail Mix, Peanuts and Almonds (v)

Assorted Individual Bags of Beef Jerky (gf)

\$11 per each

Fancy Mixed Nuts (vg)

\$90 per pound

Whole Wheat Pita with Choice of Two Dips: (v)

\$160 per bowl (25 Servings)

Fire Roasted Tomato

Heirloom tomatoes, poblano chilies, onions, cilantro

Black Garlic Hummus

Chickpeas, tahini, lemon, black garlic, sea salt





CLASSIC MID-MORNING BREAK

Vine-ripened whole fruit (vg) (gf)
Fresh-baked assorted muffins (v)
\$23 per person

MIDDAY BLUES

Individual assorted Greek yogurts (v)
Bowls of trail mix (v)
Whole seasonal fresh fruit (vg) (gf)
Assorted housemade dried fruit
and whole-grain bars (v)
Assorted selection of jerky
\$31 per person

Freshly brewed coffee, decaffeinated coffee, teas, soft drinks and bottled water

Additional \$10 per person

SPA REJUVENATION BREAK (vg) (gf)

Seasonal whole fresh fruit, radishes, cucumber, baby carrots, scallions, muhammara dip, dill beetroot dip, edamame-kale dip, hummus, spiced nuts, spa infused cucumber-mint water

\$29 per person

AVOCADO TOAST BREAK (v)

Toasted breads including sprouted whole grain, crusty sourdough, walnut bread

Hand-mashed avocados enhanced with the following choices: radishes, alfalfa sprouts, roasted beets, pickled shallots, marinated heirloom tomatoes, chia seeds, toasted Marcona almonds, Fresno chiles, cotija cheese, sugar snap peas \$28 per person

MOCKTAIL BEVERAGE BREAK (SELECT TWO)

Coffee/Tea Focused

Cold brew, vanilla-scented almond milk, star anise syrup, praline dust (vg) (gf)
Matcha green tea, honey, cashew milk, frozen grape "ice cubes", "honeycomb" (v) (gf)
Cold brew, Manjari chocolate syrup, goat milk caramel, half & half (v) (gf)

Traditional

Autumn cider, smoked bitters, allspice syrup, fever-tree ginger (vg) (gf)

Cucumber juice, wildflower honey, parsley, pellegrino (vg) (gf)

Yerba mate, Meyer lemon, black pepper, syrup, anise hyssop (vg) (gf)

Blackcurrant, honey, mint, ginger beer (vg) (gf)

Coconut water, honeydew, lime, tonic, anise hyssop (vg) (gf)

Apple cider, chamomile infused maple syrup, Bitter Truth wood bitters, burnt cinammon stick, apple slice (vg) (gf)

\$28 per person



PLATED LUNCH OFFERINGS

Price includes soup or salad, entrée and dessert. All plated lunches are served with artisan rolls, freshly brewed coffee, decaffeinated coffee, assorted hot tea selections and iced tea.

SOUP (SELECT ONE)

Golden Manhattan chowder, razor clams, golden tomatoes, savory broth, arugula pesto

Purée of purple cauliflower, brick roasted chicken, chimichurri, charred heirloom tomatoes

Roasted root vegetable, short ribs, kimchi, savory broth

SALAD (SELECT ONE)

Waldorf (v) (gf)

Ambrosia apples, Red D'Anjou pears, frisée, radicchio, black walnuts, shaved celery, black grapes, Greek yogurt dressing

Little Gem Salad (v) (gf)

Beet purée, baby kale, petit chard, Cypress Grove Purple Haze goat cheese, port marinated blueberries, crushed Marcona almonds, black vinegar dressing

Caesar Salad

Baby romaine lettuces, butter-toasted croutons, black garlic purée, white anchovy and Caesar dressing

Kale and Brussels (v) (gf)

Baby kale, Brussels sprouts leaves, pickled hon shimeji mushrooms, red quinoa "salad", lemon tahini swipe, farmer's cheese, shallot-prosecco vinaigrette

Caprese (v) (gf)

Heirloom tomatoes, burrata cheese, fresh basil, extra-virgin olive oil, balsamic reduction and fleur de sel

additional \$6 per person

CHILLED ENTRÉES (SELECT ONE)

Grilled Chicken and Quinoa Salad (gf)

Grilled chicken breast, artisan lettuces, quinoa, pickled peppers, feta cheese, shaved baby carrots, creamy vinaigrette

\$72 per person

Tamari Seared Salmon Salad (gf)

Steelhead salmon, shaved black radish, artisan lettuces, yellow chives, cashews, marinated heirloom tomatoes, miso vinaigrette

\$72 per person

Braised Chicken and Kale Salad (gf)

Braised chicken thigh, baby kale, frisée, pomegranate seeds, shaved pecorino romano, red onion, Marcona almonds, Meyer lemon vinaigrette

\$72 per person

Thai Steak Salad (gf)

Grilled marinated tri-tip steak, artisan lettuces, shaved asparagus, watermelon radishes, shaved baby carrots, red cabbage, scallions, daikon sprouts, baby tomatoes, Thai peanut dressing

\$74 per person



HOT ENTRÉES (SELECT ONE)

Seared Jidori Chicken Breast (gf)

Cassoulet of adzuki beans, roasted baby turnips, pickled leeks, natural reduction with viognier

\$76 per person

Citrus-Mirin Marinated Whitefish

Grilled shishito, Jasmine rice, soy-ginger marinated eggplant, garlic long beans, burnt orange, chile oil

\$76 per person

Guajillo-Honey Marinated Salmon (gf)

Braised rattlesnake beans, spicy green rice, heirloom salsa cruda, charred Fresno chile, sweet and spicy drizzle

\$78 per person

Grilled Butternut Squash Steak (vg) (gf)

Chimichurri marinade, edamame, farro pilaf, chickpea salsa

\$74 per person

Roasted Cauliflower (v)

Galangal, mushroom soy sauce, lime leaf, eggplant, charred peppers, jasmine rice, chile oil

\$74 per person

Heart of Palm Cake (vg) (gf)

Furikake, Old Bay seasoning, smashed peewee potatoes, piquillo pepper-vegan aioli, shaved asparagus

\$76 per person

Roasted Romanesco (vg) (df) (gf)

Lentil dahl purée, spicy eggplant, shaved fennel-citrus salad, Baharat spiced almonds, chive oil

\$76 per person

Root and Mushroom (vg) (df) (gf)

Kohlrabi purée, garlic and EVOO roasted portabello mushrooms, pickled hon-shimeji, heirloom carrots, pink peppercorns, honey-eiswein vinegar reduction

\$78 per person



All lunches served with freshly brewed coffee, decaffeinated coffee, hot tea selections and iced tea.

MEDITERRANEAN COLD BUFFET

Mediterranean Chopped Salad (v) (gf)

Romaine lettuce, radicchio, feta, red onion, cucumber, Castelvetrano olives, pepperoncini, parsley, heirloom tomatoes, choice of oregano vinaigrette or dill créme fraiche dressing

Assorted Dips (vg) (gf)

Hummus, Turkish nut and yogurt dip, beetroot hummus with chevre and gremolata

Farro Tabbouleh Salad (vg)

Farro, freekeh grains, heirloom tomatoes, cucumbers, red onions, Italian parsley, mint, lemon vinaigrette

Roasted Cauliflower and Sun-Dried Cherry Salad (vg)

Grilled squash, heirloom cherry tomatoes, pepperoncini, green onions with red wine vinaigrette

Chilled Harrisa-Crusted Tri Tip of Beef (gf)

Yogurt, tahini, pomegranate seeds, pine nuts

Chilled Sliced Grilled Breast of Shawarma Chicken (gf)

Red onion, fragrant spices, flat-leaf parsley, baby heirloom tomatoes

Naan bread, olive oil with za'atar spice

DESSERTS

Assorted fresh berries with Greek yogurt \$76 per person



Buffet lunches are designed for 90 minutes maximum and priced based on minimum of 25 guests. Additional \$10.00 per person for group service under 25 guests. All prices subject to state sales tax and a service charge (currently 8.375% and 25%). Menus subject to change, valid through December 31, 2024.



All lunches served with freshly brewed coffee, decaffeinated coffee, hot tea selections and iced tea.

FLAVORS OF ASIA

Chopped Salad (v) (gf)

Artisan lettuces, baby kale, shaved baby carrots, bell peppers, cilantro, scallions, cashews, garlic-sesame dressing or shallot vinaigrette

Cucumber Salad (v) (gf)

Cucumbers, red onions, chile peppers, lime juice, cilantro, peanuts

Grilled Chicken (gf)

Red curry sauce, bamboo shoots, tinkerbell peppers, water chestnuts, cilantro

Whitefish

Miso, mirin, chive, wakame salad garnish

Spicy Vegetables (v) (gf)

Grilled eggplant, baby bok choy, tinkerbell peppers, savory sauce, chile oil

Steamed Jasmine Rice (v)

DESSERTS

Mango

\$86 per person





COLD HORS D'OEUVRES

Mini Sprouted Garden Vegetables (gf) (vg)

Root vegetables in edamame dip

\$11 per piece

Char-Grilled Rustic Toast Point with Vegan "Pate" (vg) (gf)

Roasted eggplant, marcona almonds, white kidney beans, black garlic, EVOO, roasted carrot, pepitas

\$11 per piece

Tuscan White Bean Bruschetta (vg) (gf) (df)

Multigrain baguette, chopped white beans, roasted garlic, Calabrian chiles, fresh thyme, shallot, sea salt

\$11 per piece

Spinach and Artichoke Bottoms (vg) (df) (gf)

Marinated artichoke bottom, roasted garlic, steamed potato, spinach, fried shiitake mushroom, fried basil

\$11 per piece

Seared Ahi Tuna (df)

Cucumber, pickled shallot, cilantro, toasted peanuts, chili crunch \$12.50 per piece

Hamachi Crudo (qf) (df)

Amberjack, sriracha, serrano, Marcona almond dust, EVOO

\$12.50 per piece

Cucumber Tzatziki (vg) (df) (gf) (nf)

English cucumber disk, tofu purée, lemon, dill, bloomed garlic, charred baby tomato

\$11 per piece

Cauliflower Ceviche (vg)

Yuzu juice, serrano chile, shallot, heirloom tomato

\$11 per piece

Watermelon Cube (v) (gf)

Feta cheese, gastrique, micro mint

\$11 per piece

Summer Roll (vg)

Avocado, carrots, red cabbage, lettuce, radish, sweet chili sauce

\$11 per person

HOT HORS D'OEUVRES

Stuffed Mushrooms (v) (nf)

Roasted shiitake mushrooms, potato-porcini pesto purée, garlic breadcrumbs, fried rosemary

\$12.50 per piece

Stuffed Tinkerbell Pepper (vg) (df) (gf) (nf)

Impossible meat, jasmine rice, roasted tomato, shiitake mushrooms

\$12.50 per piece

Vegan Crab Cakes (vg) (gf) (df)

Hearts of palm, furikake, Old Bay seasoning, vegan aioli

\$11 per piece

Roasted Baby Carrot "Pigs in Blankets" (v)

Heirloom baby carrots, puff pastry, harrisa, chives

\$11 per piece

Potato "Skin" (vg) (df) (nf) (gf)

Peewee potato coin, black garlic braised mushroom purée, scallions, baby tomato, tofu

\$11 per piece



FARMERS MARKET STATIONS

Choice of three:

\$34 per person (Based on 2.5 items per person)

Spinach and Fresh Berry Salad (v) (gf) Spinach, mizuna, red Belgian endive, fresh berries, Marcona almonds, raisins, berry vinaigrette

Caesar Salad

Baby romaine lettuces, butter-toasted croutons, and black garlic Caesar dressing

Farro Tabbouleh Salad (vg)

Farro, freekeh grains, heirloom tomatoes, cucumbers, red onions, Italian parsley, mint, lemon vinaigrette

Marinated Tomato and Mozzarella Salad (v) (gf)

Heirloom tomatoes, fresh mozzarella, fresh basil, EVOO, balsamic vinegar reduction, sea salt

Chinese Chicken Salad

Mushroom soy marinated chicken, Napa cabbage, mizuna, purple cabbage, baby rainbow carrots, scallions, daikon sprouts, toasted cashews, sesame seeds, fresh cilantro and sesame dressing

Micro Fruit Plates (v) (gf)

Golden pineapple, cantaloupe, berries, pomegranate, Madagascan vanilla bean syrup

Thai Beef Salad Box (gf)

Marinated tri-tip steak, red onion, heirloom tomatoes, scallions, cucumber, green papaya, shaved rainbow carrots, toasted peanuts, fresh cilantro and Thai peanut dressing

Roasted Cauliflower and Sun-Dried Cherry Salad (vg)

Roasted cauliflower, dried cherries, pistachios, parsley, red quinoa, pumpkin seeds, pomegranate molasses vinaigrette

Apple and Endive Salad (v) (gf) Crisp apples, red Belgium endive, frisée, Medjool dates, farmer's cheese, pistachios, balsamic vinaigrette

Tex-Mex Chopped Salad (v)

Baby romaine, mizuna, red oak, red onions, peppers, heirloom tomatoes, cilantro, avocado, chipotle ranch dressing and avocado vinaigrette

Crudite Jars (v) (gf)

Individual jars of heirloom baby carrots, celery, radish and cucumber, with dip on the bottom

Choice of one dip: Meyer lemon hummus, green goddess, buttermilk ranch, roasted garlic and chive Greek yogurt

Petit Grilled Vegetable Plates (v) (gf)

Small plates of composed grilled zucchini, baby carrots, yellow squash, roasted tomatoes, asparagus, pesto and balsamic reduction

All stations are prepared based on the total guarantee of guests. Stations require minimum guarantee of 50 guests. Stations are designed to be a "dinner" when five or more are selected. Unless specified, all serving sizes are 4 ounces per person. All reception stations are designed to be a maximum of 2 hours of service. Additional surcharge will apply for extended service. All prices subject to state sales tax and a service charge (currently 8.375% and 25%). Menus subject to change, valid through December 31, 2024.

COLD RECEPTION DISPLAYS

Seasonal Vegetable Crudité Display (vg) (gf)

Rainbow carrots, celery hearts, breakfast radishes, watermelon radish, heirloom tomatoes, rainbow cauliflower, broccolini, cucumber and sweet peppers

Accompanied by creamy tomato ranch (gf) (v) and caramelized onion dip (gf)

\$640 serves 40, \$1,050 serves 75

Displayed in individual containers Additional \$4 per person

Grilled Vegetable Display (v) (gf)

Pesto marinated asparagus, cipollini onions, eggplant, zucchini, squash, portabella mushrooms, artichokes and roasted tomatoes glazed with balsamic reduction

\$680 serves 40, \$1,125 serves 75

Mediterranean Display (v)

Roasted garlic hummus, farro tabbouleh, tzatziki, Turkish nut and yogurt dip with pine nuts and fresh dill, assorted stuffed olives, grilled vegetables, marinated roasted peppers, served with naan bread and pita chips

\$760 serves 40, \$1,275 serves 75

Sushi, Nigiri and Sashimi \$15 per each

(minimum 100 pieces per item)

Served with seaweed salad, soy sauce, pickled ginger, and wasabi Sushi chef available at \$500 chef fee, 4-hour maximum

Maki Rolls

Spicy tuna, California roll, tako (octopus), crab and spicy tuna, tiger roll (spicy shrimp and tuna), dynamite roll (shrimp)

Nigiri

Ebi (shrimp), hamachi (yellowtail), sake (salmon), tombo (albacore), unagi (eel), tako (octopus), tamago (egg)

Sashimi \$15 per each

Hamachi (yellowtail), sake (salmon), tombo (albacore)

Coned \$15 per each

Spicy tuna, salmon skin, spicy shrimp





MADE TO ORDER POKE

Attendant Required

Ahi tuna, Atlantic salmon and tofu

Condiment choices:

Scallions, cucumber, red onion, avocado, serrano chili, cilantro, kukui nuts, macadamia nuts, shaved radishes, masago, seaweed, sesame seeds, shoyu, spicy mayo, eel sauce, taro chips, sweet potato chips \$40 per person



Price includes soup or salad, entrée and dessert.

All plated dinners are served with artisan rolls, freshly brewed coffee, decaffeinated coffee and assorted hot tea selections.

GREAT BEGINNINGS APPETIZERS COURSE

Scallop Crudo (gf)

Watermelon radish and red onion kimchi, baby cucumber, chili oil, green apple cilantro salad

\$26 per person

SOUP

Golden Manhattan Chowder

Razor clams, golden tomatoes, savory broth, arugula pesto

Purée of Purple Cauliflower (gf)

Brick roasted chicken, chimichurri, charred heirloom tomatoes

Roasted Root Vegetable Soup (gf)

Short ribs, kimchi, savory broth

SALADS

Beets and Artisan Greens (v) (gf)

Toasted hazelnut mascarpone, artisan lettuces, ricotta salata, red baby beets, pickled radishes, shaved carrots, scallion vinaigrette

Baby Greens (v) (gf)

Artisan lettuces, heirloom tomatoes, shaved purple carrots, English cucumbers, housemade green goddess dressing

Market Heirloom Tomato Salad (gf)

Heirloom tomatoes, artisan lettuces, burrata cheese, crispy pancetta, chickpea purée, brioche dust, aged sherry vinaigrette

Caesar Salad

Baby romaine lettuces, butter-parmigiano croutons, black garlic purée, white anchovy and Caesar dressing

Baby Spinach and Red Oak Salad (v) (gf)

Baby spinach, red oak lettuce, pistachio hummus, fresh berries, shaved mauri fontina, red zinfandel-cherry vinaigrette

Baby Kale Salad (v) (gf)

Beet purée, baby kale, petit chard, Cypress Grove Purple Haze goat cheese, port marinated blueberries, crushed Marcona almonds, black vinegar dressing

Roasted Salmon Salad (gf)

Fennel pollen spiced salmon, arugula, artisan lettuces, roasted peewee potatoes, grilled long beans, charred tomatoes, pepperoncini vinaigrette *Additional \$10 per person*



ENTRÉE SELECTIONS

Roasted Free Range Chicken (gf)

Black truffle under the skin roasted Jidori half chicken, Brussels sprouts, white truffle chicken jus

\$122 per person

Manuka Honey Roasted Salmon

Lap cheong and mirin braised baby bok choy, jasmine rice, dark soy roasted cipollini onions, five-spice baby carrots, charred pineapple glaze

\$126 per person

Dill Pollen Seared Whitefish

Wild mushrooms, Jerusalem artichokes, spinach, toasted Israeli couscous, shallots, chardonnay

\$124 per person

DESSERT COURSES

Watermelon and Mint in a Glass

Sliced Mango

Fresh Strawberries and Blueberries





SUPER CHARGE YOUR WELLBEING

Incorporate health and fitness into your program.





Classes

Yoga Class (1 hour)

Unite your breath with your body offering a variety of poses. Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived.

Tai Chi Class (1 hour)

A practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China.

Can be practiced in business attire.

Vibration Class (1 hour)

A form of exercise that has been shown to have an important role in increasing neuromuscular performance, improving muscular strength, balance, gait mechanics, and quality of life. The technique involves standing and holding positions, or performing prescribed exercises.

Tai Chi

Tai chi is known for its health benefits; by combining gentle physical exercise and stretching with mindfulness, this ancient practice creates an overall sense of wellbeing.

Nutrition for Mental Health

Learn how our mental health and wellness are directly related to the food we eat. Gain knowledge and tools to make better choices and live with more vitality.

Laughter is Medicine - Comedy Show

Laughter enhances your intake of oxygen-rich air and stimulates your heart, lungs and muscles. This experience will increase endorphins and relieve the stress response.

Guided Outdoor Hikes

Let our experienced hike leader take your group through the beauty of Red Rock. Breathe in fresh air to revitalize your cells as we improve heart health, strengthen bones, build muscle and improve your mental state of mind.

Organized Walks/Runs

Our team of professionals will organize a walk or run event as a team building opportunity, fundraiser or friendly competition.

Wellness Challenge by Heka Health

Promote healthy fun through own custom-tailored Wellness Challenge that gamifies engagement in a range of wellness activities for the mind (e.g., gratitude journaling, meditation), body (e.g., activity tracking, on-demand workout classes), and soul (e.g., teams, social connections, fundraising). Challenges include a custom-branded app, leaderboard, overview webpage, and turnkey program management and support.

EFT Tapping

Emotion Freedom Techniques tapping is a mind-body method of tapping acupuncture points (acupoints) on the hands, face, and body with your fingertips while focusing on an issue or feeling you're hoping to resolve. This method may reduce stress and anxiety, improve performance, and help resolve fears.

Private Sessions

Aura Reading (10 min)

Check your current mind, body, spirit balance

Chakra Reading (15 min)

Check each chakra's condition and receive guidance how to improve.



Animal Therapy

Petting Zoo

Spending time with animals can reduce stress, anxiety, depression, ease loneliness and encourage playfulness.

Goat Yoga

Goats provide hilarious interaction as they climb and cuddle during yoga poses.

Puppy Lounge

Playing with puppies, need we say more? We provide a fully contained and controlled environment for feel-good emotions.

Massages

10-Minute Mini-Massages

Massage helps to increase the oxygenation of cells through improved blood flow, promoting better circulation and increased flexibility.

IV Treatment - Shot Bar or Full Station

Providing your body with vitamins, minerals, and amino acids to give a boost and balance the natural detoxification process.

Paint Therapy

"Draw what Brings you Joy".

Creating art helps with emotion regulation, which in turn can help lower anxiety, help express more freely and improve their mental health. Includes all Art Supplies, Instruction and Canvas. Attendees create a work of art to be hung in the workplace post event or to be used as a take away.

Scentscaping

Our full-service solution includes scent strategy, fragrance consultation, and on-site installation. For the duration of the event, our Fragrance Technicians ensure every one of your guests has a perfectly moderated scent experience that transforms and complements the environment.

Personalized Scent Gifting Experience

Our walk-up Interactive Station is great for reception style events from breakfasts to cocktail hour. It is the perfect addition to any event as an activity and gifting opportunity. For this experience, our Fragrance Technicians will guide guests to choose from a curated selection of top, middle, and base notes to create their own unique fragrance. Our team will then assist in the blending process, and at the end of the event, each participant will leave with a custom reed diffuser they helped design themselves.



Janice Cardinale - Writer and Speaker



Smart Meetings Hall of Fame, BizBash 15 over 50, Smart Meetings Entrepreneur, IWD Woman to Watch, Reimagine A Powerful Woman in Business. Founder of Event Minds Matter and Cardinale Creative, Heart-Centric Entrepreneur.

Janice has stood up to mental health and wellness as an industry advocate and leader.

Her community called Event Minds Matter is a testament to her commitment and dedication to change the conversations that we are having

about mental health and wellness in safe spaces that drive a healthy and caring culture. Her own journey with mental health has made her champion the struggles faced by the crisis that exists in the meeting, event, hospitality and travel industries. Her passion to share stories from leaders who have experienced a mental journey is unprecedented, authentic and human. Listen to Janice talk about what it means to be human today and what we can all be doing to normalize the conversation.

Visit: https://www.linkedin.com/in/janice-cardinale/

Pandit Dasa - Speaker and Author



Pandit Dasa is a workplace culture, mindful leadership and well-being expert who is trusted by the world's top-tier organizations, such as Google, NASA, Citi, London Stock Exchange, The Federal Reserve Bank, The World Government Summit and hundreds more, to speak at their conferences and events. He is a former monk of 15 years, an author of two books and has been mentioned in Forbes, Entrepreneur, WSJ, Bloomberg, USA Today and many others.

His latest book, Mindfulness for the Wandering Mind, is filled with life-changing tools for managing stress and improving mental health in work and in life. Learn more about Pandit, his speech topics and books

Visit: https://www.panditdasa.com/

Nolan Nichols - Speaker and Author



Nolan Nichols is the founder of A Million Dreams, which specializes in interactive, engaging keynotes and workshops that focuses on increasing workplace belonging and personal and professional wellbeing.

As a Fortune 500 speaker, and a seasoned team leader and storyteller for prominent brands, Nolan has mastered the art of storytelling to move teams forward in creating a sense of belonging and connection in the workplace under a shared vision while embracing our diversity of differences.

Nolan has honed his ability to develop innovative and thought-provoking content that is practical, informative, and leaves a lasting impression on the audience.

Visit: https://www.amilliondreams.info/

Tiffany Goodyear - Speaker



When it comes to understanding and leveraging the power of scent Tiffany Rose Goodyear is the expert. Her groundbreaking approach to using fragrance to enhance experiences has led to collaborations with corporate clients and event planners across the nation. The result? Unparalleled engagement and brand lift in the eyes of guests who enjoy learning about fully immersive, and customized sensory-based events. Using scent is a way to include all bodies, of all ages and all abilities.

Visit: https://scent-ex.com/

Dami Kim - Speaker and Energy Expert



Dami is a Tao Guide with nearly twenty 25 years of experience managing Body & Brain Yoga & TaiChi studios and a senior trainer of various mind-body workshops and programs. She also is a Brain Education trainer and consultant, which is a comprehensive system of mind-body training for developing the brain's capacity to create physical, emotional and mental health. Dami is a Certified Life Coach and Certified Brain Management Consultant who has coached entrepreneurs and educators, medical professionals, members of congress, as well as CEOs and celebrities.

Visit: https://www.goodbitters.com/coaches/dami-kim



CATERING POLICIES AND INFORMATION



Pricing Tax and Service Charge

Prices herein are firm for 90 days only; beyond that time, prices are subject to reconfirmation. All prices are quoted exclusive of 8.375% state sales tax and 25% service charge.

Outside Food and Beverage

Outside food or beverage may not be brought into any facility without expressed written permission. Should the hotel grant permission, corkage fees will apply.

Menu Selection

Client must provide hotel with detailed food and beverage menu choices, or a request for proposal with budget per event no later than 30 days prior to first function or a 10% price increase will be assessed on all menus. Banquet event orders must be signed and returned to facility 14 days prior to first function.

Guarantees

Client must provide hotel with detailed food and beverage menu choices, or a request of proposal with budget per event, no later than 30 days prior to the first function or a 10% price increase will be assessed on all menus. Banquet Event Orders [BEOs] must be signed and returned to hotel [14] business days prior to the first function. The expected number of guests for each scheduled event must be provided. This expected number of guests cannot be reduced by more than ten percent [10%] at the time the final guarantee is given to the hotel.

Guaranteed attendance for all functions must be received by the catering office by 11:00 am three business days [72 hours] prior to the scheduled function for up to 2,499 guests.

Guarantees for functions of 2,500 up to 3,999 guests; shall be due no later than 11:00 am, five business days prior to the scheduled function.

Guarantees for functions more than 4,000 guests; shall be due no later than 11:00 am, seven business days prior to the scheduled function.

This guaranteed attendance, or the number of guests actually served, whichever is greater, will be the amount for which you are charged. If no guarantee is received, the number of guests indicated on the banquet event order will be the guaranteed attendance. The final guarantee numbers provided are not subject to reduction, and charges will be applied accordingly. In some instances, more advance notice may be required due to menu complexity, holidays, delivery or other constraints.

All prices subject to state sales tax and a service charge (currently 8.375% and 25%). Menus subject to change, valid through December 31, 2024.

Last Minute Requests

Any food and beverage ordered within three business days (72 hours) prior to the event will be considered a last-minute request, subject to availability and a 15% price increase will be charged on all food and beverage items. Catered events added within a seventy-two (72) hour period may be subject to special menu selections.

Guarantee increases received within 72 business hours prior to the event that exceed the 3% overset shall incur a 15% price increase. This excludes coffee, decaffeinated coffee, tea, soft drinks and mineral waters ordered on a consumption basis.

Example: 72-hour GTD is given for 500 guests for a lunch menu priced at \$70.00 The overset provided by the hotel for this GTD is 515

72 hours prior to the event: a request for an increase to 550 is received 515 lunches (original GTD plus 3%) will be priced at \$70.00 per person 35 lunches will be priced at \$80.50 (the original price plus 15%) per person

Overset and Set Maximums

In order to better service your event, the facility is prepared to service groups that exceed their guarantee as follows:

Groups of 99 guests or less - the guarantee will equal the set

Groups of 100-750 guests - 5% overset of guarantee | 3% in food

Groups of 750 or more - maximum of 50 guest overset of guarantee | 3% in food

Menu Minimums

Food functions [full breakfast, lunch or dinner] of 25 guests or less will be assessed a \$50.00 service charge, plus applicable taxes. In most instances, buffet menus indicating minimums of 25, 50 or 100 guests may be tailored to accommodate smaller groups with a minimal surcharge per guest. Please consult your catering contact for price quotes.

Dietary Needs

Vegetarian and special dietary needs must be received at a minimum of 5 business days prior to any event. Additional charges may apply for special requests.

Key codes for menus: gf=Gluten-Free vg=Vegan v=Vegetarian

Kosher and Halal meals available upon request and require a minimum of 5-day notice. Please arrange with your Catering Convention Services manager for pricing and availability.

Organic food and wines are available. Please consult your Catering Convention Services Manager for pricing and availability.

Alcoholic Beverages and Services

The legal age for the sale and consumption of alcoholic beverages is 21. Proof of age is required as necessary. In compliance with Nevada Liquor Laws, CAESARS FORUM and Host Properties are the only authorized licensee able to sell and serve liquor, beer and wine on premises.

Bartenders are required whenever alcoholic beverages are served in the function space for 30 guests or more or when hard liquor is served.

In the event you wish to order special alcoholic beverages that are not in the facilities inventory, these items must be ordered by the case. Please be aware that these items may not be returned and must be paid for in their entirety. Unused cases may not be sent to guestrooms or leave the properties' premises.

Labor Fees

Facility reserves the right to apply meeting room rental and room set up labor charges.

A service charge of \$500.00 may be assessed for receptions in which the food revenue does not exceed \$1,500.00 exclusive of state sales tax and service charge.

Applicable Labor Fees:

A \$350.00 labor fee will apply for the following positions for the first 4 hours of service. Additional fees apply for extended service.

Bartender for cash or hosted bar service.

Server for tray passed food and beverage functions.

Chef Attendant for action stations.

Cashier/Attendant for food and beverage concession sales.

