



Business Conference Breakfast & Lunch

*YOGURT BAR, not yogurt bar

Trickling Springs Creamery whole milk yogurt and South Mountain Creamery 2% yogurt

*FIXINS'

^Marshmiller & Son's soon to be famous walnut granola

^Cybee honey

^Apple ginger compote

^Pear compote

^S & S Maple camp maple syrup

^sesame and honey toasted pecans

*Autumn apple and pear salad with lemon mint and honey dressing, dried cranberries and almonds

*BREADS, MUFFIN AND SCONES

^apple bran muffins

^zucchini bread

^banana bread with dark chocolate

^carrot bread with walnuts

^apple cheddar and bacon scones

^herb and Cedar Hill Meadow cheese scone

*LUNCHY LUNCH

^Thai green curry with beef and mushroom, broccoli and thai basil(stew-like)

^Indian butternut and Hubbard squash curry with baby parsnips ,kale and chickpeas(stew-like)

^Chipotle roasted chicken tacos with pickled garlic scapes(mild garlic tops) ,salsa pepito(roasted tomato and pumkin seed salsa)

All will be served with jasmine rice ,condiments and STUFF

***SALAD**

^mixed greens salad with watermelon radishes ,apple vinaigrette and Everona Piedmont(sharp sheeps milk cheese from Southern Virginia)

** While using proteins ,we are showing that most cultures use much smaller amounts than Americans are used to and how much flavor and substance less can provide

***LUNCHY LUNCH DESSERT**

^almond macaroons

^coconut macaroons dipped in dark chocolate

***COCKTAIL TIME!**

*Deviled eggs with house cured ham and mustard

*Deviled eggs with garam masala

*Chesapeake boudin with cocktail sauce

*Chicken pate with sour cherries and Boordy port

*roasted veggie caponata on crostini