



The Vital Gathering IV – Conference Menu

Oct 3, 2019: Social Gathering @6 pm

- Fresh fruit kebabs with yogurt dip
- Vegetable crudites with hummus
- Imported and domestic cheese with crackers
- Bruschetta with red pepper, tomato goat cheese
- Smoked salmon and cream cheese canapes
- Tomato and goat cheese bruschetta on herb crostini
- Shrimp spring rolls with wasabi aioli
- Vegetarian spring rolls

Oct 4-6: Conference Fare

8 AM: Hot Morning Buffet - All Days

- Nuts and Oatmeal
- Fresh eggs, scrambled and hard boiled
- Bacon & Sausage
- Breakfast potatoes
- Fruit salad
- Selection of pastries and baked goods (gluten free options available)
- Chilled fruit juice
- Fresh brewed coffee, regular and decaffeinated
- Assorted Tazo teas, regular and herbal

Day 1 Lunch Buffet

- Hard taco shells and soft corn tortillas (lettuce leaves available)
- Tortilla soup (gf)
- Grilled tofu
- Fajita chicken
- Shredded lettuce, diced tomatoes, diced onion, cilantro, Shredded cheddar, sour cream, guacamole
- Rice and beans
- Hummus
- Unsweetened Iced Tea
- Lemonade

THE VITAL GATHERING IV

MIND BODY CONNECTION



NUTRITION - MINDFULNESS
PHYSICAL MEDICINE

OCT 3-6th | 2019 Dallas, TX

Day 2 Lunch Buffet

- Salad bar
- Gluten Free bread
- Vegetarian soup
- Mixed Greens - Squash, beets, tomatoes, lentils, diced egg, onion, oil/vinegar
- Kale and quinoa salad
- Grilled salmon
- Grilled tempeh
- Unsweetened Iced Tea
- Lemonade

12 PM: Day 3 Lunch Buffet

- Lentil soup
- Grilled citrus chicken
- Mixed Greens, diced eggs, pumpkin seeds, onion, vinaigrette, oil/vinegar
- Grilled spring vegetables, roasted corn, cooked beans

3 PM: Conference Breaks

- Trail mix with dried fruit
- Coffee and tea set up

October 4 - Movie Night @6 PM

- Pretzel bowl
- Popcorn
- Assorted granola bars
- Vegetable crudites with hummus

October 5: Saturday Evening Banquet

- Mixed green salad with cucumbers, carrots, tomatoes, with gluten and dairy free dressings
- Freshly baked rolls gluten-free
- Achiote & orange-marinated Salmon with red pepper coulis
- Grilled herb-marinated chicken breast with chimichurri sauce
- Tofu Stir Fry
- Quinoa
- Roast potatoes
- Sautéed Swiss Chard
- Gluten Free Dessert Chef's Choice
- Cash bar