



## **Breakout sessions**

**All break out sessions are a 12 person minimum**

### **Take 5 AM break**

Freshly Brewed Coffee and Decaffeinated Coffee  
Selection of Premium and Herbal Teas  
All day service from 6:30 am till 3:00 pm

### **Refresher AM Break**

Freshly Brewed Coffee and Decaffeinated Coffee  
Assorted Breakfast Bars, Energy Bars and Fruit

### **Second Wind Break**

Assorted Cheese and Crackers, Roasted Peanuts,  
Whole Fruit and variety bars  
Bottled Water and Assorted Soft Drinks

### **Take 10 PM Break**

Freshly Brewed Coffee and Decaffeinated Coffee  
Bottled Water and Assorted Soft Drinks  
Assorted Snack Packs and Whole Fruit

### **The Capital PM Break**

Freshly Brewed Coffee and Decaffeinated Coffee

Bottled Water and Assorted Soft Drinks

Whole Fresh Fruit Bowl

Assorted Goodies: Lemon kissed Sugar Cookies, Assorted Gourmet Cookies, Lemon Bars, Biscotti, Triple Fudge Brownies and triple fudge

Brownies

### **To Your Health PM Break**

Crudités with Herbed Dip

Seasonal Fresh Fruit with Domestic and Imported Cheese Display

Assorted Protein and Energy Bars

Bottled Water and Assorted Soft Drinks

Freshly Brewed Coffee and Decaffeinated Coffee