



WAVES OF WELLNESS MEETINGS

A WELLNESS MENU DESIGNED TO KEEP YOUR
ATTENDEES ENGAGED AND ENERGIZED

PASÉA
HOTEL & SPA™



BREAKFAST

The Aarna Spa

Freshly Squeezed blend of Orange, Beet root, Ginger and Turmeric

Freshly Baked Whole Grain Muffins

Sliced Fruits & Berries

Low Fat Cottage Cheese

Scrambled Egg Whites, Chicken Sausage

Multigrain toast

ENHANCE YOUR BREAKFAST

Coconut Parfait

Coconut milk yogurt, House baked granola, mixed berries, Dried coconut slivers

Recharge Collagen Fuel Smoothie

Chocolate collagen fuel, Hemp seed oil, Chia seeds, Banana, Organic Bloomsdale Spinach, Organic Almond butter and Almond milk

SoCal Avocado toast

Mashed Hash avocado, Vine ripe organic tomato, hard boiled egg, lemon oil on toasted rye bread

Santa Barbara Smoked Salmon

Atlantic salmon smoked in small batches using aged Oak whiskey barrel, served with sliced red onions, Vine ripe tomatoes, capers and dill cream cheese
Choice of Bagel

Suggested Wellness Refresher

15-minute wellness activities provide the perfect kick start to the day.
Prices vary based on number of guests

Guided Meditation

Express HIIT Jump Start

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BREAKS

Trail Mix

Dried Papaya, Pineapple, Mango and Apricot
Granola Pieces, Golden Raisins, Milk Chocolate Chips
Almonds, Cashews, Macadamia Nuts

Recharge

Green Energy Smoothie: Spinach, Kale, Ginger, Apples
and Pears
Greek Yogurt and Berry Parfait
House Made Granola Bars

Go Green

Green Machine Energy Drink
Baked Vegetable Chips & Avocado Dip
Crudités and Hummus

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Stretch Break (5 different stretches designed to re-energize)

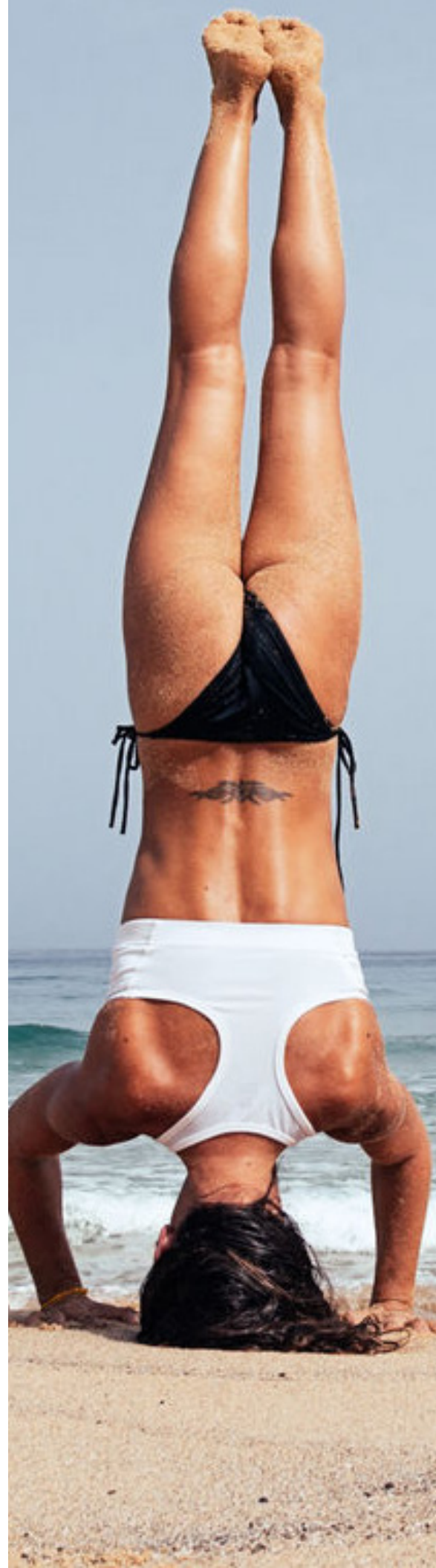
Collagen Eye Boost (5-minute spa treatment designed to wake up
tired eyes)

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LUNCH BUFFET

SALADS

Quinoa Salad

Arugula, garbanzo beans, roasted red peppers, kalamata olives, feta cheese, Herb Vinaigrette

Artisan Caesar

Red and Green Hearts of romaine, mixed olive tapenade, torn croutons, shaved parmesan, Caesar Dressing

Thai salad

Red cabbage, Napa cabbage, carrot, red pepper, green onions, bean sprouts, edamame, cilantro, Peanut dressing

MAIN COURSE

Saffron Jidori Chicken

Oven roasted tomatoes and onion, fresh herbs

Marinated local Sea Bass

Mediterranean vegetable salad

Mediterranean Rice

Long grain basmati, sliced almonds, golden raisins

Marinated Seasonal Vegetables

DESSERTS

Raspberry and lime Chia seed pudding,

Whole grain carrot cake

Seasonal Berries & dry fruits

LUNCH ENHANCEMENTS

Vegan Greek Wrap

Marinated tomatoes, roasted onion, kalamata olives, pepperoncini, cucumber, lettuce, oregano vinaigrette in Flour tortilla

Smoked Turkey Sandwich

lettuce, Tomato, Avocado, garlic aioli on Multigrain bread

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Oxygen inhalation station

5-minute Chair Massage

30-minute Power Pier Walk

DINNER

FARM TO TABLE

White Bean and Kale Soup

SALADS

Vegan Grain Salad

White and Red Quinoa, Farro, Garbanzo Beans,
mixed greens, heirloom tomatoes, cucumber, Citrus
Vinaigrette

Super Food Salad

Kale, edamame, blueberry, red grapes, dried cranberry,
feta cheese, sunflower seeds, walnuts, Lemon yogurt
Dressing

MAIN COURSE

Basil Pistou Roasted Jidori Chicken Breast
Fresh Cannellini Bean Ragout

Grilled Atlantic salmon,
Edamame Succotash, Lemon wedges

Mashed Sweet potato

DESSERTS

Berry Panna Cotta
Lemon Meringue
Seasonal Fresh Fruits and berries

DINNER ENHANCEMENTS

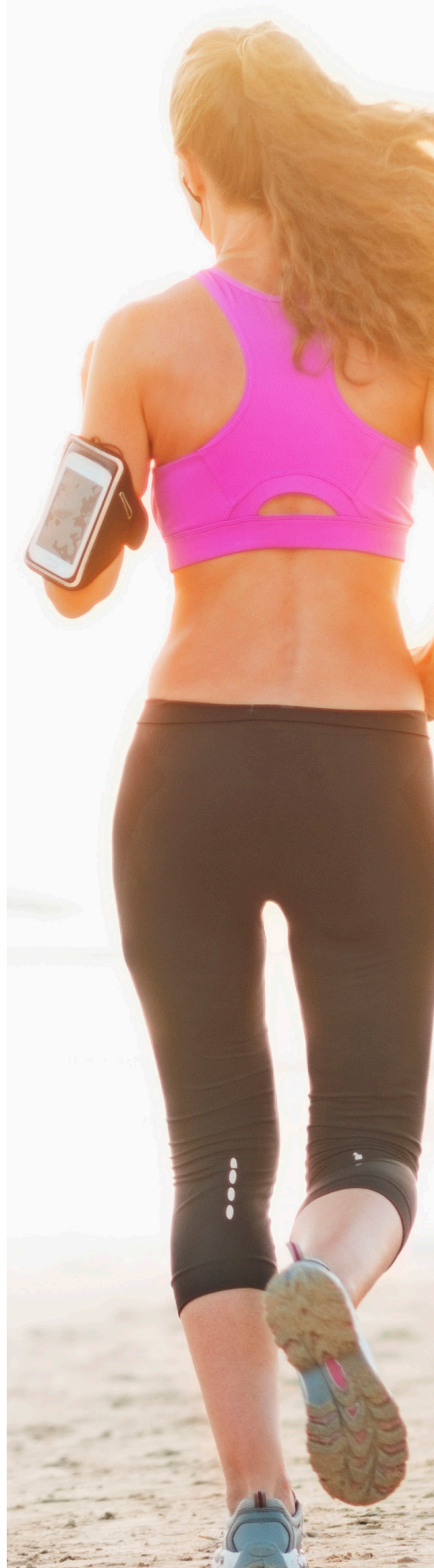
Seafood Display
Chilled jumbo prawns and snow crab claws
Cocktail sauce and Lemon wedges
5 pieces per person Minimum

Assorted sushi and Nigiri
California roll, spicy tuna roll
Yellow tail and salmon Nigiri
Wasabi, pickled ginger and low sodium soy
4 pieces per person

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