



BANQUET EXPERIENCES

THE 19TH HOLE

The Front 9

Baked Potato Skins

Iceberg Wedges with Blue Cheese, Bacon and Tomatoes

Seven Iron Red Cabbage Grilled Fennel Poppy Seed Coleslaw

The Back 9

Hole-in-One Beer Cheese Soup and Potato Bread

Sub Sandwiches on House-made Hoagies with Whole Dill Pickles

The Master's Peach Cobbler with Whipped Cream

\$19.25 per person

CAMP WOODLANDS TRAILHEAD

Smokin' Gun Elk Chili with Cornbread and Honey Butter

Four Seasoned Potato Salad

Oregon Trail Mix

Switch Back Jack Daniels Baked Beans

Dutch Oven Pulled Pork Sliders

Classic Coleslaw

Daypack S'mores – Graham Crackers, Chocolate Bars, Marshmallow and Peanut Butter

\$19.25 per person

SOUTH OF THE BORDER

Jicama Pineapple Salad

Corn & Smoked Chicken Chowder with Jalapeño Butter

Chipotle Corn Muffins with Cilantro Butter

Taco Salad

Rojo Enchiladas

Sopapillas and Cream with Cinnamon Sugar

\$19.25 per person

BANQUET EXPERIENCES

All Served with Portland Roasters Regular and Decaffeinated Coffee, Tea, Iced Tea and Water

Continued →

All prices are subject to a 20% service charge. Prices are subject to change. Revised 2/10.



BANQUET EXPERIENCES

HAWAIIAN LUAU

Hawaiian Sweet Rolls and Red Sea Salt Butter
Papaya Soba Noodle Salad with Shoyu
Black Forbidden Rice with Pineapple and Mango
White Hominy Pacific Seafood Stew
Sugarcane Sweet Potatoes
Banana Leaf Wrapped Kalua Pork
Dark Rum & Brown Sugar Flambéed Pineapple
\$19.25 per person

ZEN

Carrot Cabbage and Dried Fruit Salad
Adzuki Ginger Dip and Fresh Vegetables
Fresh Fruit with Agave Syrup
Blueberry Braised Kale
Barbequed Tempeh Shish Kebabs
Build Your Own Lettuce Wraps
Chilled Fruit Soup with Sorbet
\$19.25 per person

THE BIG EASY

Cornbread with Honey Jalapeño Butter
Cajun Shrimp Salad with a Creole Vinaigrette
Muffuletta Salad
Okra and Stewed Tomatoes
Louisiana Gumbo
Dirty Rice
Blackened Catfish
Chocolate Praline Bread Pudding
\$19.25 per person

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WELLNESS EXPERIENCES

THE BREATHER

Stress relief is always as close as your next slow, deep breath. This guided session can calm, refresh and improve focus through breath awareness.

MEDITATION DE-MYSTIFIED!

Learn easy techniques to develop concentration and increase self-awareness. Connect to inner peace and quiet through a guided meditative practice.

WALKING MEDITATION

Explore the refreshing effect of slow, rhythmic movement in the soothing, natural environment of Wellspring's loop or garden courtyard.

LAUGHTER PLAYSHOP

Light-hearted laughter exercises combine with deep breathing for an energizing, uplifting break. Funny-bone required.

FLOWING YOGA*

Enjoy a flowing sequence of invigorating stretches. Flowing Yoga is an overall tonic for the body, increases circulation and can help banish an afternoon slump.

CHAIR YOGA

Release tension and re-energize through a gentle sequence of stretches. Ideal for a mid-day break.

HEALING IMAGERY

A mind-body dialogue is ever present - sometimes in healing ways, sometimes in harmful ways. Imagery is a useful tool that helps to shift the mental focus towards an uplifting, inspiring focus.

DEEP RELAXATION*

Release stress from the body and mind and enjoy a refreshing rest. Let go of the day's busyness...slow down...and experience some peace and quiet.

**Comfortable attire recommended*

WELLNESS EXPERIENCES

15-minute Sessions, \$40

Continued →

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WELLNESS EXPERIENCES

MINDFUL EATING

The appreciative moment-by-moment awareness of life when applied to eating frees us from our habitual patterns and evokes healthier choices. Learn to savor aroma, taste and visual pleasures of eating.

STRESS MANAGEMENT 101

(30 minute session, \$80)

Stress significantly increases our risk of developing chronic disease. Better understand the stress response, your unique stress triggers, and the risks associated with unhealthy coping choices. Experience the relaxing effect of a short, guided practice. A regular stress management practice results in a better sense of well-being, improved sleep, and increased energy.

FITNESS EXPERIENCES

QUICK ENERGY/STRETCH BREAKS

Banish the mid morning or afternoon slump with one of our energy breaks! Even 15 minutes of stretching or moving can contribute to fitness, boost metabolisms, make us feel better and stimulate our brains! These exercises can be easily modified for all levels.

FITNESS, YOGA OR PILATES BREAKOUTS

Provide a group fitness, Pilates, yoga or movement class to help your team get or stay fit in 45-60 minute increments. We will work at the pace that your group needs. We can also often work in general leadership themes like teamwork or concentration in to the exercise experience -- just let us know what you would like your team's experience to be!

5-10 people, \$75 / 11 + people, \$140

WELLNESS EXPERIENCES

15-minute Sessions, \$40