



TEAM BUILDING CLASSES

Italian

Spring/Summer

Vegetarian or Light Meat

- Spicy Eggplant with Bruschetta
- Ribollita - Tuscan Summer Vegetable Stew
- Asparagus with Eggs & Parmesan
- Risotto & Mushrooms (Optional White Fish)
- Tiramisu OR Chocolate Chip Pistachio Cannoli
- Italian Cream Soda OR Virgin Peach Bellinis

High Altitude Baking

3 hour class

- Cinnamon Rolls
- Whole Wheat Bread with Honey
- Homemade Pita Bread
- Chocolate Savoy Cake
- Beet Leaf Pesto
- Beet Hummus

South Indian

Vegetarian

- Dosas with Aloo Masala (filling) – Potato with Vegetables & Spices
- Idlis
- Tamarind Mint Chutney & Red Chili Coconut Chutney
- Raita
- Spicy Egg or Tofu Curry
- Mysore Pak (Dessert with ghee and chickpea flour)
- Mango Lassis

French Alpine

Fall/Winter Menu

- Goat Cheese, Honey & Walnut Toasts
- Endive, Walnut & Green Apple Salad with French Vinaigrette
- Winter Squash Soup
- Tartiflette (Potatoes with Cheese & Bacon)
- Savoie Cake with Blood Orange Compote
- Ginger Apple Fizz

Mexican Brunch

- Jalapeno Cheddar Corncakes
- Tropical Fruit Salad with Honey Lime Dressing
- Huevos Rancheros with either Slow Cooked Pork OR Slow Cooked Chicken. Served on tortillas with mushrooms, Cotija cheese and homemade Ranchero Sauce (Vegetarian option with sautéed mushrooms and onion available.)
- Homemade Guacamole
- Mexican Wedding Cookies
- Watermelon & Mint Agua Fresca OR Homemade Horchata

Healthy Meal Prep

Fall/Winter Menu

- Warm Winter Greens with Roasted Beets & Walnuts
- Butternut Squash or Sweet Potato Soup with Garam Masala & Lime
- Almond Raisin Couscous
- Chicken Tagine with Preserved Lemons & Olives
- Avocado Chocolate Mousse with Walnuts
- Apple Ginger Fizz

Thai

- Fried Tofu with Thai Peanut Sauce
- Thai Cucumber Salad
- Tom Yum Soup
- Thai Red Curry with Chicken
- Mango Sticky Rice
- Iced Tea Drink (Black, Green or Mint)

Healthy Meal Prep

Spring/Summer Menu

- Roasted Red Bell Pepper Hummus
- Authentic Greek Salad with Homemade Vinaigrette
- Roasted Asparagus & Pea Soup
- Pan Seared White Fish with Mushrooms & Greens over Polenta with Roasted Tomato Sauce
- Strawberry Almond Skillet Cake
- Sparkling Lemonade with Seasonal Fruit

Italian Winter Menu

- Vegetable Frito Misto
- Caesar Salad with Garlic Croutons
- Italian Wedding Soup with Beef (Vegetarian Option)
- Homemade Pasta with Marinara Sauce
- Tiramisu OR Chocolate Chip Pistachio Cannoli
- Italian Cream Soda OR Virgin Orange Bellinis