



"Inspired by many cultures and traditions, and in collaboration with the University of Arizona's Center for Integrative Medicine, these delicious meals promote the nourishing and healing effects of whole foods on the body, mind and spirit. Our food is thoughtfully sourced and skillfully prepared by the Westward Look Resort Culinary Team."

***Each Buffet meal will be served by Westward Look Staff*

Opening Dinner Mediterranean Buffet
Thursday 10/21

Organic South of France Salad
Organic English Cucumber, Tomatoes, French Green Beans & Scallions
Lime-Lavender Vinaigrette *(Vegan, GF)*

Organic Baby Greens Salad
Organic Grape Tomatoes, Roasted Red Peppers, Red Onion, & Kalamata Olives *(Vegan, GF)*
On the Side: Feta Cheese, Lemon & Lime Slices
Citrus Vinaigrette *(Vegan, GF)*

Organic Hummus *(Vegan, GF)*
Whole Wheat Pita Triangles & Lavosh

Grilled Black Beauty Organic Eggplant Steaks
with Organic Tomatoes and Olives *(Vegan, GF)*

Balsamic Glazed Organic Chicken Breast
with Caramelized Organic Onions & Oven Roasted Organic Tomatoes
Drizzled with Aged Balsamic Glaze *(GF)*

Tzatziki
Organic Cucumbers & Organic Greek Yogurt *(Vegetarian, GF)*

Fresh Herb Quinoa
with Toasted Almonds, Apricots & Turmeric *(Vegan, GF)*

Grilled Organic Asparagus *(Vegan, GF)*

Dessert: Traditional Baklava *(Vegetarian)*
Starbucks Regular & Decaffeinated Coffees
Assorted Tazo Hot Teas & Iced Tea

Breakfast Buffet

Friday 10/22 & Saturday 10/23

Farm Fresh Scrambled Eggs (*Vegetarian, GF*)

Accompaniments on the Side: Chopped Ham, Cheddar Cheese,
House-made Salsa Fresca (*Vegan, GF*)

Seasoned Scrambled Tofu (*Vegan, GF*)

Breakfast Potatoes with Peppers & Onions (*Vegan, GF*)

Crispy Applewood Smoked Bacon

Assorted Flavored Yogurts

With House-made Nut & Grain Granola (*Vegan, GF*)

Fresh Seasonal Fruit & Berries (*Vegan*)

Fresh Baked Breakfast Pastries, Muffins & Banana Bread
with Creamy Butter & Preserves

Beverage Station

Chilled Orange Juice & Ruby Red Grapefruit Juice

Starbucks Regular & Decaffeinated Coffees

Assorted Tazo Hot Teas

Grab & Go Lunch

Friday 10/22 & Saturday 10/23

**All Boxed Lunches include Vegetarian Pasta Salad, Whole Fruit, Potato Chips,
Sweet Treat and Bottled Water or a Soft Drink

Option #1 - Veggie Wrap

OR

Option #2 - Roasted Turkey Breast and Pepper Jack Cheese
on A Buttered Croissant with Herb Mayonnaise

OR

Option #3 - Cobb Salad with Grilled Chicken – Chipotle Ranch Dressing

Dessert:

Friday 10/22 – Lemon Bars

Saturday 10/23 – Chocolate Chip Cookies

Farm to Fork Dinner Buffet

Friday 10/22

Starters

House Stretched Burrata – Chefs Harvested Tomatoes, Sweet Basil from the Garden
Prosciutto & Melon Salad, Natural Honey, Freshly Picked Herbs
Queen Creek Farms Roasted Olives – Marinated with Citrus Zest

Salad with Fixins

Harvest and Locally Grown Greens with Cucumber, Olives, Tomatoes.
Toppings: Sunflower Seeds, Crusty Bread Croutons and Basil Butter Milk Ranch.

Entrees

White Fish – Wrapped & Grilled in Banana Leaves
Free Range Butcher Cut Chicken – Chermoula Sauce
Seasonal Vegetables – Farmers Market Fresh, Sea Salt Herbs & Extra Virgin Olive Oil

Sweet Endings

Salted Carmel Butter Scotch Pudding
Key Lime Pie Parfaits – Picked Raspberries, Butter Sugar Crunch

Southwestern Dinner Buffet

Saturday 10/23

Organic Chicken Tortilla Soup *(GF)*

On the Side: Diced Avocado & Crispy Tortilla Strips

Organic Sonoran Salad

Organic Romaine Lettuce, Grape Tomatoes, Carrots,
Jicama, & Charred Corn *(Vegan & GF)*, Cilantro Lime Vinaigrette *(Vegan, GF)*
Prickly Pear Vinaigrette *(Vegan, GF)*

Sizzling Fajitas

Warm Whole Wheat Flour and Corn Tortillas *(GF)*

Fajita Style Organic Chicken Strips with Organic
Peppers & Onions *(GF)*

Navajo Spiced Organic Butternut Squash Sticks with Organic Peppers
& Onions *(Vegan & GF)*

Pineapple Mole Poached Wild Salmon in Banana Leaves *(GF)*

On the Side: Shredded Cheese, Hand Torn Cilantro, Lime Wedges, Shredded Cabbage,
Sliced Radishes, Sour Cream

Sweet Corn and Green Chile Tamales *(Vegetarian, GF)*

Vegetarian Arroz Mexicano

Rice Flavored with Oaxaca Spices, Organic Charred-Corn, Garden Peas,
& Garden Tomatoes *(Vegan, GF)*

Calabacitas con Queso

Slow-Cooked Organic Squash with Organic Sweet Onions, Peppers,
Cilantro & Cheese *(Vegetarian, GF)*

Vegan Black Beans

With Garlic, Organic Peppers, Celery, Onions & Diced Scallions *(Vegan, GF)*

Chef Jesse's House Made Organic Salsa *(Vegan, GF)*

with Tortilla Chips *(GF)*

Chocolate Cinnamon Nachos *(Flour)*
With Chocolate Mousse and Berries *(Mousse - GF)*

Starbucks Regular & Decaffeinated Coffees
Assorted Tazo Hot Teas & Iced Tea

Westward Look Custom Brunch

Sunday 10/24

Made to Order Omelet & Egg Station
Eggs, Egg Whites & Tofu Made to Order - Toppings to
Include: Ham, Onions, Mushrooms, Spinach, Swiss,
Cheddar and Pepper Jack Cheeses, Roasted Peppers,
Bacon & Jalapenos

Belgian Waffle Station
Toppings to include: Chantilly Cream, Sliced Fresh
Strawberries, Blueberries, Bananas, Chocolate Chips,
Powder Sugar, Butter and Maple Syrup

Mediterranean Station
Grilled Artichokes, Asparagus, Carrots, Roasted Red
Peppers, Variety of Olives, Hummus and Eggplant Spreads
Tomatoes, Fresh Basil and Garlic Bruschetta
Crispy Pita Triangles and Crostini

Smoked Salmon Station:
Sliced Tomatoes, Red Onions, Eggs and Capers
Assorted Bagels with Cream Cheese

Crispy Applewood-Smoked Bacon *(GF)*

Breakfast Potatoes with Peppers & Onions *(Vegan, GF)*

Imported and Domestic Cheese Display
with Dried Fruits and Assorted Crackers

Sliced Seasonal Fresh Fruit and Berries *(Vegan)*

Assorted Pastries, Croissants and Muffins

Selection of Miniature Pastries, Tarts and Truffles

Beverage Station
Chilled Orange Juice & Ruby Red Grapefruit Juice
Starbucks Regular and Decaffeinated Coffees
Tazo Teas, Assorted Flavors