



**Hilton**  
SAN DIEGO RESORT & SPA

---

# BREAK OPTIONS

---

---

## BREAK PACKAGES

---

Each package will include (3) 30-minute breaks.

### Hydration / 38 per person

#### Early Morning

vitamin water, assorted mineral waters, spring water, freshly brewed coffee, decaffeinated coffee and teas

#### Mid Morning

vitamin water, naked super food juice, soft drinks, Arizona iced teas, assorted spring and sparkling bottled water, freshly brewed coffee, decaffeinated coffee and teas

#### Mid Afternoon

vitamin water, naked super food juice, soft drinks, Arizona iced teas, assorted spring and sparkling bottled water, freshly brewed coffee, decaffeinated coffee and teas

### Afternoon Snack / 48 per person

#### Early Morning

vitamin water, assorted mineral waters, spring water, freshly brewed coffee, decaffeinated coffee and teas

#### Mid Morning

freshly brewed coffee, decaffeinated coffee and tea  
assorted soft drinks and mineral waters

#### Mid Afternoon

homemade brownies, individual bags of popcorn, sun chips, bbq chips, or plain chips, freshly brewed coffee, decaffeinated coffee and select teas, assorted soft drinks and mineral waters

### Break Time / 43 per person

#### Early Morning

vitamin water, assorted mineral waters, spring water, freshly brewed coffee, decaffeinated coffee and teas

#### Mid Morning

freshly brewed coffee, decaffeinated coffee and tea  
assorted soft drinks and mineral waters

#### Mid Afternoon

selection of homemade cookies, freshly brewed coffee, decaffeinated coffee and select teas, assorted soft drinks and mineral waters

### Sweet & Savory / 53 per person

#### Early Morning

vitamin water, assorted mineral waters, spring water, freshly brewed coffee, decaffeinated coffee and teas

#### Mid Morning

individual yogurts, cliff bars, power bars, or balance bars, freshly brewed coffee, decaffeinated coffee and tea  
assorted soft drinks and mineral waters

#### Mid Afternoon

assorted scones, fruit kebabs with chocolate sauce  
imported and domestic cheese platter, freshly brewed coffee, decaffeinated coffee and select teas, assorted soft drinks and mineral waters

\*\*For an additional \$40, add boxed lunches and soft drinks to the all day break menu.\*\*

---

## SPECIALTY BREAK OPTIONS

---

### Ice Cream Break / 18 per person

individually-wrapped ice cream bars served on bed of ice, assorted Haagen-dazs and dove bars including frozen non-fat fruit, yogurt, ice cream bars, served with assorted soft drinks, mineral waters and Starbucks frappucino

### Trick & Treat / 19 per person

Hershey bars, Reese's peanut butter cups, M&M's, Snickers, Baby Ruth, Butterfingers, Kit Kats, brownies and cookies, assorted soft drinks and iced tea with lemon

### South of the Border / 22 per person

tortilla chips, pico de gallo, fruit salsa, guacamole, chile con queso, warm churros, non alcoholic margarita punch, freshly brewed coffee, brewed decaffeinated coffee and assorted herbal teas

### Power Up / 22 per person

variety of energy bars including granola, Clif, Atkins protein and Balance bars, assorted whole seasonal fresh fruit, vitamin water, bottled water, Red Bull, freshly brewed coffee, decaffeinated coffee and assorted herbal teas

### Dips, Dips & Chips / 22 per person

hummus and pita chips, guacamole, salsa, sour cream and corn tortilla chips, spinach and artichoke dip with bagel chips, assorted soft drinks and spring water

### 7th Inning Stretch / 22 per person

jumbo pretzels with assorted mustards, cracker jacks, peanuts and popcorn, assorted soft drinks, Red Bull and iced tea

### Salt & Sugar / 20 per person

deluxe mixed nuts, white cheddar popcorn, decadent strawberries, banana and pineapple wedges with chocolate fondue dipping station, assorted soft drinks and spring water

### Say Cheese / 22 per person

assorted cheese sliced and diced, served with grapes, apples, dried fruit, crackers and bottled spring water

### Gourmet Coffee Break / 22 per person

assorted biscotti, tea breads, chocolate covered graham crackers, assorted flavors of Starbucks "frappuccino," chocolate stir sticks, chocolate shavings, mocha whipped cream, cinnamon sticks, freshly brewed coffee, decaffeinated coffee and tea

### California Tea / 24 per person

cucumber and crab salad on petite croissants, fresh strawberries with hazelnut whipped cream, zucchini nut tea breads, assorted Arizona iced teas, freshly brewed coffee, decaffeinated coffee & select teas

---

## THEMED BREAKS

---

### Morning Fitness / 19 per person

Strawberry-Banana &  
Mango Raspberry Smoothies

Dried Fruits & Nuts

Martini Glass of Fruit Parisienne  
berries and passion fruit coulis

Individual Assorted Yogurts

Granola Bars

---

### Afternoon Fitness Break / 22 per person

Granola & Energy Bars

Seasonal Sliced Fruit & Berries

Assorted Cheeses

Vegetable Crudite with Poblano Ranch Dip

Flavored Bottled Teas

Red Bull Energy Drinks

Freshly Squeezed Lemonade

---

### Afternoon High "T" / 26 per person

Assorted Tea Finger Sandwiches

Grilled Chicken Salad on Whole Wheat  
with egg and watercress

Cucumber, Pesto & Boursin on Sourdough

Hot Smoked Salmon Rilette  
with micro arugula on mini rolls

Smoked Turkey  
with truffled mayonnaise on nine grain bread

Freshly Brewed Coffee,  
Decaffeinated Coffee & Select Teas

---

### South of Here / 21 per person

Cinnamon Churros  
served with sour cream and chocolate dip

Sopapillas  
with powdered sugar

Vanilla & Lime Cookies

Chilled Almond Horchata

Iced Pineapple-Jamaica Tea

---

### Spring Break / 21 per person

Lemon Tea Cake

Strawberry-Rhubarb Tartlet

Citrus Yogurt Cup  
with lemon honey

Almond Brioche

Iced Tea with Lemon

Lemonade

---

### Make Your Own Trail Mix Bar / 12 per person

Baked Oats, Cashews, Almonds, Sunflower Seeds,  
Raisins, Cranberries, Dried Pineapple, Yogurt Covered  
Raisins, M&Ms

---

### Make Your Own Parfait Bar / 12 per person

Plain and Strawberry Yogurt, Homemade Granola,  
Sliced Strawberries, Blueberries, Blackberries,  
Chocolate Chips, Almonds, Shredded Coconut

---

---

## À LA CARTE BREAK ITEMS

---

### Beverages

- Starbucks Coffee / 108 per gallon
- Award Winning Zoka Freshly Brewed Coffee,  
Decaffeinated Coffee / 98 per gallon
- Hot Cocoa, Select Tea & Hot Apple Cider / 98 per gallon
- Lemonade, Brewed Iced Tea  
or Tropical Fruit Punch / 98 per gallon
- Orange or Grapefruit Juice / 98 per gallon
- Assorted Soft Drinks, Fruit Juice,  
Assorted Spring & Sparkling Bottled Water / 6 each\*
- Naked Super Food Juice / 8 each\*
- Red Bull, Arizona Flavored Teas / 7 each\*
- Starbucks Frappuccino / 7 each\*

---

### Snack Bar

- Individual Yogurts / 5 each\*
- Granola Bars / 4 each\*
- Clif Bars, Power Bars or Balance Bars / 5 each\*
- Individual Bags of Popcorn, Sun Chips, BBQ Chips or  
Plain Chips / 4 each\*
- Assorted Candy Bars or Ice Cream Bars / 5.5 each\*
- Guacamole, Blue Cheese & Salsa / 13 per person  
served with tortilla chips
- Popcorn Machine / 7 per person  
\$200 required rental
- Deluxe Mixed Nuts / 6 per person

### From The Bakery

- Assorted Croissants, Muffins, Danishes,  
& Scones / 60 per dozen
- Sliced Assorted Breakfast Breads / 60 per dozen
- Fresh Bagels / 64 per dozen  
served with sweet butter, cream cheese,  
peanut butter and fruit preserves
- Home Baked Cookies / 60 per dozen
- Fudge Brownies or Blondies / 60 per dozen
- Assorted Tea Cookies / 60 per dozen  
petite eclairs, macaroons, or lemon meringue tartlets
- Assorted Colorful Petit Fours / 60 per dozen
- Jumbo Warm Soft Pretzels / 65 per dozen

---

### Fruit

- Assorted Whole Fruit / 5 per piece\*
- Seasonal Sliced Fruit Platter / 12 per person
- Fruit Kebabs with Chocolate Sauce / 14 per kebab\*
- Chocolate Covered Strawberries / 7 each

*\* charged on consumption*