



## Retreat Menus for the Rock Point Conference Center

### **Welcome to Rock Point...**

Sugarsnap Catering is the exclusive food and beverage caterer at the Rock Point Conference Center. We are proud to provide the food service at this hidden gem in Burlington and look forward to working with you to create a menu for your event. Thank you for hosting your group or event here!

### **We Are What We Eat and What We Serve...**

Sugarsnap takes pride in serving locally sourced, wholesome, made from scratch meals. We grow much of our fresh produce at our very own 3-acre farm in Burlington's Intervale, including tomatoes, cucumbers, kale, culinary herbs, and more. Nutritious and delicious food helps attract more people to your events and helps them be more productive when they are there. The food you serve also reflects on you, and we want to help you look good!

### **About this Menu**

As an experienced events and meetings caterer, including 5-years serving groups at Rock Point, we have developed this retreat menu to reflect the types of options that are often requested for one-day and multi-day events on-site. Please use these menus as a starting point but know there are many more options. We can customize as needed, and look forward to talking with you about options. We also cater weddings, memorial services, and other types of receptions that require specialized menus at Rock Point. Let us know if you'd like a special quote.

## The process

Once you have booked space at Rock Point and indicated that you would like to have all or some of the event catered, Rock Point staff will refer you to our Sugarsnap to plan your menu.

1. Begin by reviewing these menus to understand our basic options.
2. Meet or schedule a phone call with our Event Producer, Gare Reid, to discuss your event.
3. Review a proposal/contract our Event Producer creates. If you choose to work with Sugarsnap for your event, we will require a 50% non-refundable retainer and signed contract before moving forward with the planning process.
4. Work with our Event Producer to finalize the details, final menus, and guest count schedule.
5. Enjoy the Event and know we have all the details covered!
6. Final payment is required 7 days after the event. Sugarsnap will send an invoice for food only (event space is billed by Rock Point)

Rest assured that we communicate on a regular basis with Rock Point staff so nothing will be lost in translation.

## What these menus include

The pricing presented for each menu includes:

- ❖ All of the food
- ❖ Beverages
- ❖ Service Staff
- ❖ Equipment required

## What the menus don't include

- ❖ 11% rooms and meals tax, any additional special equipment needed to execute the event
- ❖ Any additional add-ons, customized menus or involved set up

## Meal Times

The pricing is based on our standard setup and meal times. Standard meal times are as follows and will be served in the room you have rented, unless otherwise indicated ahead of time. We would be happy to adjust based on the schedule for your day. Let us know if you prefer a different time. If our staff need to stay late to accommodate late arrivals, there will be an additional charge of \$15 for every 15 minutes they must stay.

- ❖ Breakfast 8-9 am
- ❖ Lunch 12-1 pm
- ❖ Dinner 5-6 pm

## Food Allergies & Preferences:

Please let us know ahead of time any special requests or dietary restrictions. We can help you choose options that will accommodate your group. We can also provide alternate meals for individuals when necessary. Depending on your needs, there may be some additional costs. We cook with a wide variety of products in our commercial kitchen, including nuts, shellfish and gluten. Please be aware that we are very careful, but we use the same cooking equipment with all of our ingredients. Use this legend to choose menu items that fit your needs:

VG: Vegetarian

GF: Gluten free

DF: Dairy free

V: Vegan

**Minimum Guest Count**

We require a minimum of 10 guests to provide meal service. Groups of less than 10 people will be charged for 10 meals.

**Final Menu Choices & Guest Count**

Please finalize your menu fourteen (14) days prior to your event. This includes provisions for those requiring special meals due to allergies or preferences. If your event is scheduled at short notice ( less than 14 days prior to the event date), menus should be finalized five (5) days after Sugarsnap first contacts you.

Please provide a tentative guest count at the time of the order, and a final minimum guest count seven (7) days prior to the event. The guest count can go up slightly after that but not down. Please provide final menu choices seven (7) days prior to your event. After that we will do our best to accommodate any requested changes.

**Venue Requirements**

Sugarsnap in collaboration with the Rock Point Center does all of the setup and breakdown of the space for your event. All logistics and billing for lodging and event spaces are handled directly with Rock Point Center.

**Our Rock Point Center Specialist, Gare Reid, is ready to help**

[gare@thesnapvt.com](mailto:gare@thesnapvt.com)

802- 861-2951



# Retreat Menu

## Breakfast

### Continental Breakfast

\$11 per person

- ❖ Breakfast breads (such as coffee cake and banana bread)
- ❖ Hard boiled eggs
- ❖ English muffins with butter, jelly, peanut butter (myo toast)
- ❖ Whole Fruit
- ❖ Coffee & tea service
- ❖ Water station

### Sugarsnap Breakfast

\$18 per person

- ❖ Scrambled eggs (GF, VG, DF)
- ❖ Oven baked home fries (GF, DF, V)
- ❖ Breakfast sausage (DF, GF)
- ❖ English muffins with butter, jelly, peanut butter (myo toast)
- ❖ Whole fruit
- ❖ Coffee & tea service
- ❖ Water station

### Vermont Breakfast

\$18 per person

- ❖ Waffles with Vermont maple syrup
- ❖ Hard boiled eggs
- ❖ Bacon
- ❖ Fruit salad
- ❖ Coffee & tea service
- ❖ Water station

### Round out your Breakfast with these optional add-ons:

- ❖ Orange Juice bottles
  - \$2.50 / 8 oz per person
- ❖ Buttermilk & Brown Sugar Steel Cut Oats with Seasonal Fruit Compote (VG)
  - \$1.50 / 6 oz per person
- ❖ Mini Muffins (VG)
  - \$2.00 / mini muffin
- ❖ Mini Scones (VG)
  - \$2.00 / mini scone
- ❖ Applewood Smoked Bacon (DF, GF)
  - \$1.75 / 2 pieces bacon
- ❖ Breakfast Sausage (DF, GF)
  - \$2.50 / 2 pieces sausage link
- ❖ Greek Yogurt Cups (GF, VG)
  - \$2.00 / cup
- ❖ Housemade Granola & Yogurt (VG, GF)
  - \$2.50 / cup
- ❖ Fresh Bagels & Cream Cheese (VG)
  - \$3.00 / bagel with cream cheese
- ❖ Fruit Salad (GF, DF, V)
  - \$2.75/ 3 oz salad
- ❖ Gluten Free Bread
  - \$2.00 extra for 2 slices
- ❖ Gluten Free Baked good
  - \$2.00 extra for 1 Baked Good

# Lunch

**Bagged Lunch** \* Drop off service only; groups under 20  
\$13 per person

- ❖ Whole Sandwich (choose from list)
- ❖ Whole Fruit OR Chips OR Prepared Salad (Choose 1 for entire order)
- ❖ Assorted Cookie

**Make Your Own Sandwich, cup of soup, garden salad**  
\$18 per person

- ❖ Make your own sandwich bar
- ❖ House made soup (1 choice)
- ❖ Garden salad with one house made dressing
- ❖ Assorted Cookies
- ❖ Iced Tea or Lemonade
- ❖ Water

**Salad Sampler, garden salad, grilled chicken**  
\$20 per person

- ❖ 2 prepared salads (choose from list),
- ❖ grilled chicken
- ❖ garden salad with house-made dressing
- ❖ house made focaccia & butter
- ❖ assorted cookies
- ❖ Iced Tea or Lemonade
- ❖ Water

**One Dish Meal**  
\$20 per person

- ❖ Pick 1 casserole
- ❖ Bread & Butter
- ❖ Garden Salad with House-made Dressing
- ❖ Assorted Cookies
- ❖ Iced Tea or Lemonade
- ❖ Water

## Round out your Lunch with these optional add-ons:

- ❖ Beverage Choices:
  - Bottled Water \$2.00
  - Spindrift Seltzers \$2.00
  - Coke Product Sodas \$2.00
  - Nantucket Nectars \$2.00
- ❖ Deep River kettle chips, assorted flavors
  - \$2.50 / bag
- ❖ One prepared salad from the list below
  - \$2.00 / 3-4 oz portion
- ❖ Bread & Butter
  - \$1.50 / per slice per person
- ❖ Seasonal House Made Cup of Soup
  - \$3.95 / 8 oz cup
- ❖ Gluten Free Bread
  - \$2.00 extra for 2 slices
- ❖ Gluten Free Cookie
  - \$2.00 extra for 1 cookie

### \*\*\*Sandwich Options

- ❖ **Turkey Gobbler**
  - Provolone, pesto, cranberry compote, arugula, house sourdough
- ❖ **Harvest Ham**
  - Apple compote, cheddar, lettuce, house wheat
- ❖ **Hummus Wrap (v)**
  - With seasonal vegetables and greens

### \*\*\*Prepared Salad Options

- ❖ Fruit Salad (DF, GF, V)
- ❖ Southwest Black Bean Salad (DF, GF, V)
- ❖ Beet & Chevre (vg, gf)
- ❖ Apple Celeriac Slaw (vg, gf,df)
- ❖ Sweet Potato & Lentil (v, df, gf)
- ❖ Brussels & Walnut (vg, gf)
- ❖ Winter Quinoa Salad (DF, GF, V)

### \*\*\*Soup Options

- ❖ Broccoli Cheddar Ale (VG)
- ❖ Sweet Potato Chipotle (GF, VG)
- ❖ Tomato Quinoa (GF, VG)
- ❖ Coconut Carrot Ginger (GF, V)
- ❖ Creamy Butternut (VG, GF)
- ❖ Hungarian Mushroom (VG)
- ❖ Sausage White Bean and Kale (GF, DF)
- ❖ Chicken & Wild Rice (DF, GF)

### \*\*\*One Dish Meals Choices

- ❖ Vegetable Curry with Chickpeas and Rice (DF, GF, V)
- ❖ Macaroni & Cheese with Caramelized Onions & Herbs (VG)
- ❖ Shepherd's Pie (GF)
- ❖ Cajun Jambalaya (GF, DF)
- ❖ Chicken and Broccoli
- ❖ Farm Vegetable Bake (V, GF, DF)
- ❖ Sweet Potato Enchilada
- ❖ Root Veggie Lasagna (V)
- ❖ Meat Lasagna
- ❖ Herb and Spinach Pie (V)

# Dinner

## One Dish Meal

\$20 per person

- ❖ Pick 1 casserole
- ❖ bread & butter
- ❖ garden salad with house-made dressing
- ❖ Assorted cookies
- ❖ Iced Tea or Lemonade
- ❖ Water

## Customize your Dinner Menu

\$27 per person

### Proteins \* Pick 1

- ❖ Slow cooked pork with Cider Sauce
- ❖ Pan roasted Chicken with Herbed Gravy
- ❖ Braised Beef with Rosemary Red Wine Sauce

### Vegetarian \* Pick 1

- ❖ Cauliflower Cakes with Pea Almond Sauce
- ❖ Stuffed winter squash with four grain pilaf with lemon, pepitas & cranberries with Buttercup sauce
- ❖ Black Lentil & Feta Stuffed Pepper
- ❖ Mushroom Wellington with cider sauce
- ❖ Cabbage Bundles with Smoked Tomato Sauce

### Starch & Vegetable \* Pick 2

- ❖ Lemon Herb Roasted Roots (V, GF)
- ❖ Garlic Kale (V, GF)
- ❖ Parsnip Mashed Potatoes (VG, GF)
- ❖ Four Grain Pilaf (V, GF)
- ❖ Rice Pilaf with Cranberries and Pepitas (V, GF)
- ❖ Roasted Potatoes with Herbs (V, GF)
- ❖ Maple Roasted Carrots (V, GF)
- ❖ Roasted Cauliflower & Broccoli (V, GF)

### All meals come with:

- ❖ Iced Tea
- ❖ Water
- ❖ Dinner Rolls & Butter
- ❖ Chef's Choice Dessert (cookies, bars etc.)

### \*\*\*One Dish Meals Choices

- ❖ Vegetable Curry with Chickpeas and Rice (DF, GF, V)
- ❖ Macaroni & Cheese with Caramelized Onions & Herbs (VG)
- ❖ Shepherd's Pie (GF)
- ❖ Cajun Jambalaya (GF, DF)
- ❖ Chicken and Broccoli
- ❖ Farm Vegetable Bake (V, GF, DF)
- ❖ Sweet Potato Enchilada (VG, GF)
- ❖ Root Veggie Lasagna (V)
- ❖ Meat Lasagna
- ❖ Herb and Spinach Pie (V)

### Round out your dinner with these optional add-ons

- ❖ Beverage Choices:
  - Bottled Water \$2.00
  - Spindrift Seltzers \$2.00
  - Coke Product Sodas \$2.00
- ❖ One prepared salad from the list below
  - Various pricing based on salad--see Event Producer for details
- ❖ Seasonal House Made Cup of Soup
  - \$3.95 / 8 oz cup
- ❖ Gluten Free Bread
  - \$2.00 extra for 2 slices
- ❖ Gluten Free Cookie
  - \$2.00 extra for 1 cookie