



LYNNWOOD  
CONVENTION  
CENTER

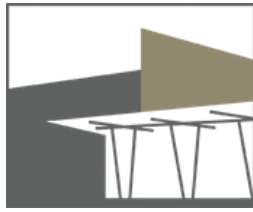
# 2020 Wellness Menu

**fresh  
local  
house-made**

Well-balanced, flavorful meals served with  
physical distancing and healthy measures.

A SPACE TO EXPERIENCE **MORE**





In accordance with Washington State's Phase 2 & 3 meeting guidelines, meal service must be self-contained and pre-packaged.

At the Lynnwood Convention Center we strongly believe that food served in this manner can still be nutritious and delicious.

Our Grab & Go Menu was created to offer our guests and attendees healthful options to nurture the body with increased service standards in place to protect you.

We have increased the number of hot and cold boxed options, served in a reusable bento box, for both breakfast and lunch.

Grab-and-go breakfast and break options feature pre-packaged, house-made items.

We continue with our commitment to providing the quality and flavor our kitchen is known for

A SPACE TO EXPERIENCE **MORE**

# BREAKFAST ENTREES

**Breakfast Entrees are available as a plated breakfast or can be served in a personal bento box.**

All selections are complemented by freshly brewed organic Rainforest Bold coffee, assorted teas & juices

10 person minimum per selection

## COLD

### Continental | \$18 person ✓

Coffee Cake, Scone, Fresh Fruit

### On-the-Go Bento | \$22 per person

Hard-boiled Egg, Yogurt,  
Breakfast Pastry, Fresh Fruit

### Keto Classic | \$24 per person

Assorted Meats and Cheeses,  
Hard-boiled Egg, Berries

## HOT

### Sunrise | \$24 per person

Scrambled Eggs ✓ GF  
Bacon  
Country Style Breakfast Potatoes ✓ GF  
Breakfast Pastry

### Breakfast Bread Pudding | \$21 per person ✓

Donut/Croissant Bread Pudding, Seasonal Fruit,  
Sausage

# GRAB & GO BREAKFAST

House-made Grab & Go items  
served individually

10 person | 1 dozen minimum per selection

### Assorted Coffee Cakes | \$42 dozen ✓

### Assorted Bagels, Cream Cheese | \$40 dozen ✓

### Assorted Scones | \$42 dozen ✓

### Assortment of Breakfast Breads | \$37 dozen ✓

### Granola Bars | \$28 dozen ✓

### Individual Flavored Yogurts | \$30 dozen ✓

### Fresh Fruit Cups | \$6 per person ✓

### Yogurt Parfait | \$8 per person ✓

Yogurt, Granola, Berries

### Hard Boiled Eggs | \$32 dozen ✓

### Quiche Assortment | \$40 dozen

4" vegetarian and non vegetarian quiches

### Hot Breakfast Sandwiches | \$45 dozen

Choice of :  
Egg, Bacon, Cheddar  
Egg, Sausage, Cheddar  
Egg, Tomato, Basil, Cheddar ✓



All selections are subject to 10.5% sales tax and a 21% administrative charge. Charges and taxes are subject to change. Administrative charge is not intended to be a gratuity, tip or service charge for the benefit of employees. Consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Please refer to the Food & Beverage Guidelines at the end of the menu.

# BENTO BREAKS

House-made items served  
in a personal bento box

10 Guest Minimum per selection

## Nutty | \$12 per person

White Chocolate Macadamia Bar  
Walnut Fudge Chunks  
Chef's Spiced Nuts, Seasonal Fresh Fruit  
Chocolate Covered Chukar Cherries

## Big Dipper | \$14 per person

Fresh Apple & Pears Wedges,  
Caramel Dip, Chocolate Sauce  
Chocolate Covered Strawberries  
Chocolate Covered Chukar Cherries

## Decadence | \$12 per person

Chocolate Covered Bacon, Fresh-baked Cookie  
Rocky Road Fudge Chunks, Praline Fudge Bar  
Chocolate Covered Chukar Cherries

## Fiesta | \$10 per person

Tortilla Chips, House-made Guacamole,  
Salsa Verde, Fresh Pico  
Chocolate Covered Chukar Cherries

## Popped | \$11 per person

Personal assortment of freshly popped Popcorn flavored  
with Butter, Sea Salt and Caramel, Cajun Spices, and  
Parmesan Popcorn  
Chocolate Covered Chukar Cherries

## Charcuterie | \$16 per person

Selection of Local, Domestic, Imported Cheeses,  
Cured Meats, Crispy Flatbreads, Crackers, Dried Fruit  
Chocolate Covered Chukar Cherries



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# GRAB & GO BREAKS

House-made Grab & Go items  
served individually packaged

\*1 dozen minimum per selection

## MORNING

**Assorted Coffee Cakes | \$42 dozen**

**Assortment of Breakfast Breads | \$37 dozen**

**Mocha Bars | \$39 dozen**

**Raspberry Oatmeal Bars | \$39 dozen**

**Assorted Bagels, Cream Cheese | \$40 dozen**

**Granola Bars | \$28 dozen**

**Individual Flavored Yogurts | \$30 dozen**

**Fresh Fruit Cups | \$6 per person**

## AFTERNOON

**Bags of Popcorn | \$23 dozen**

**Bags of Tim's Cascade Chips | \$22 dozen**

**Chocolate Walnut Toffee Bars | \$39 dozen**

**Strawberry Lemon Bars | \$39 dozen**

**Assorted Fresh Baked Cookies | \$33 dozen**

**Garden Vegetable Crudité | \$8 per person**  
with Ranch Dip

**House-made Trail Mix | \$48 dozen**  
2oz packets

**Chef's Blend of Candied Spiced Nuts | \$48 dozen**  
2oz packets

**Assorted Candy Bars | \$40 dozen**

# BEVERAGES

## Coffee and Tea Service | \$48 gallon

Includes organic Rainforest Bold  
(regular and decaf coffee and hot tea)  
*Available in 1.5 gallons, 3 gallons increments*

## Premium Coffee Service | \$55 gallon

Includes Hazelnut Syrup, Vanilla  
Syrup, Sugar Free Vanilla Syrup,  
Chocolate Sauce, Caramel Sauce,  
Chocolate Shavings, Cinnamon,  
Nutmeg, Vanilla Powder,  
House-made Whipped Cream  
*Available in 1.5 gallons, 3 gallons increments*

## Espresso Bar | prices vary

## Assorted Soda | \$3.50 each

## Sparkling Water | \$3.50 each

## Bottled Water | 12oz. | \$3 each

## Bottled Juices | \$4 each

## Starbucks Iced Frappuccino | \$5 each

## Bottled Iced Tea | \$4 each

## Fruit & Herb Infused Water | \$30 gallon



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# LUNCH BENTOS

Bento options complemented by fresh chef's salad, chips, and assorted sodas, sparkling waters and bottled iced tea.  
The Lynnwood Convention Center is proud to serve house roasted meats.

10 Guest Minimum per selection

## COLD SANDWICHES | \$25 per person

Thinly Sliced Roast Beef, Rondele Cheese, Roasted Red Onion, Arugula

Turkey, Chipotle Mayo, Jack Cheese, Romaine, Tomato

Rosemary Ham, Pimiento Cheese Spread, Pickles, Lettuce

Roasted Tomato, Fresh Mozzarella, Sundried Tomato Pesto, Arugula ✓

## SALADS | \$25 per person

**Mediterranean** ✓ **GF**

Roasted Eggplant, Marinated Artichokes, Sun Dried Tomatoes, Roasted Peppers, Pecorino, Mixed Greens, Marinated Chickpeas

**Herbed Chicken** **GF**

Roasted Herb Marinated Chicken, Mixed Greens, Feta Cheese, Olives, Cucumber, Mama Lil's Peppers

## HOT SANDWICHES | \$25 per person

**Cuban Sandwich**

Roast Pork Shoulder, Ham, Pickles, Swiss, Dijon

**Turkey, Brie, Arugula, Pesto**

**Southwest Chicken**

Chicken Asado, Jack Cheese, Piquillo Peppers, Avocado Spread

**Roasted Portobello, Roasted Pepper-Artichoke Salad, Wilted Arugula, Ricotta-Parmesan Spread** ✓



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# PLATED LUNCH

All selections complemented by fresh roll, chef's choice dessert, and assorted sodas, sparkling waters and bottled iced tea.

10 Guest Minimum per selection

## HOT

### **Teriyaki Chicken Salad** **GF**

Teriyaki Roasted Chicken Breast,  
Rice Noodles, Fresh Vegetables

### **Spiced Steak Salad** **GF**

Chili Rubbed Culotte Steak, Mixed Greens,  
Cherry Tomatoes, Balsamic Vinaigrette

## COLD

### **Herb Roasted Chicken** **GF**

Parsley-Parmesan Risotto, White Wine,  
Pancetta, Pearl Onion Ragout

### **Teriyaki Beef Skewer** **GF DF**

Vegetable Stir Fry, Steamed Calrose Rice

### **Mushroom Spinach Crepes** **V**

Portabello Mushroom, Spinach, Béchamel Sauce

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# FOOD & BEVERAGE GUIDELINES

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## About Us

Catering services are proudly operated by the Lynnwood Convention Center where the goal is to offer the highest quality products and services while helping to create truly memorable experiences. The Executive Chef and his team of culinary experts take great pride in delivering fresh, unique, and flavorful dishes with a focus on local produce and northwest wines.

## Exclusive Caterer

Lynnwood Convention Center is the exclusive food and beverage provider. Outside food and beverage is prohibited.

## Menu Selection

Lynnwood Convention Center offers a wide assortment of menu selections and options sure to satisfy any palate. Event Managers can also assist in custom, themed or ethnic cuisine elements for any event. The Lynnwood Convention Center culinary team welcomes the opportunity to customize menus and services to create unique and thematic events.

## Timeline and Guarantee

As the menus are seasonal, Lynnwood Convention Center suggests that clients make the initial menu selection no more than four months prior to an event. To make a determination on menus prior to this, please contact the Event Manager for assistance. Initial menu selection and estimated attendance are required 30 days prior to the scheduled event. Any major changes must be made two weeks prior to the event date. A final guaranteed number of attendees ("final guarantee") is required three business days prior to the event. A business day is defined as Monday-Friday and does not include holidays. For example, an event on Wednesday must be confirmed on the previous Thursday by 5:00pm, (Pacific Time). If the final guarantee is not received within three business days prior to the day of the scheduled event, the estimated attendance number specified on the License Agreement will be designated as the final guarantee. Once determined, the final guarantee is not subject to decreases. If an increase is requested by the client and Lynnwood Convention Center is able to accommodate, a 25% overage fee will be added to any additional entrées. Vegetarian options are available with all plated entrées. Vegetarian counts are to be specified by client at time of final guarantee. The Lynnwood Convention Center customarily prepares vegetarian meals based on Chef's choice and the main entrées selected. If any attendees require special dietary restrictions, please also notify Event Manager as soon as possible. Final charges will be based upon the final guarantee or the actual meal count, whichever is greater.

## Pricing

Due to market fluctuations, menu prices are subject to change. Pricing for the event will be fixed within 60 days of the event. Catered functions require a minimum purchase of \$150 in food and beverage, before administrative charge and tax. Should the total food and beverage purchase, before administrative charge and tax, not meet the minimum, the balance will be invoiced to the client. All buffet pricing is based on one hour service time. Additional labor fees may apply for service time in excess of two hours. A 21% administrative charge will be applied to all food and beverage sales (including alcohol). Administrative charge is not intended to be a gratuity, tip or service charge for the benefit of employees. A 10.5% sales tax will be applied to all food, beverage (including alcohol), labor, additional services and administrative charges.

## Alcohol Safety

The Lynnwood Convention Center sets alcohol service policies to abide within Washington State Liquor & Cannabis Board (WSLCB) regulations and to ensure the safety of all guests. These policies include: - Bar services are not to exceed six (6) hours for any one event. - All alcoholic beverage service must end at least thirty (30) minutes prior to the scheduled event end time and no later than 12:00am (midnight). - Alcohol will not be served to underage or apparently intoxicated guests. - Alcoholic beverages may not be removed from the premises. - No outside alcohol is permitted inside the building without prior written consent of the Lynnwood Convention Center. The Lynnwood Convention Center reserves the right to cease alcohol service at any time during the event for violation of these policies or any other WSLCB regulation.

## Concession Cart Service

Hosted and Non-Hosted Concession Cart services are available exclusively through Lynnwood Convention Center. Espresso, Drip Coffee, Pastries, Sandwiches, Salads and Assorted Snacks.

Hosted and Non-Hosted Concession Sales: \$500 for a four (4) hour minimum service. Hours may be extended at a rate of \$125 per hour. All Concession Cart Services will be determined at the sole discretion of Lynnwood Convention Center management.





# FOOD & BEVERAGE GUIDELINES

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## Food Service

To preserve freshness, food quality, ensure food safety and reduce food waste, buffet menu packages are designed to be displayed to guests for one (1) hour. Break packages are designed to be displayed for thirty (30) minutes.

## Payment

Lynnwood Convention Center accepts all major credit cards, cash, business checks, cashier's checks and money orders. A signed Credit Card Authorization Form, which can be provided by Lynnwood Convention Center, is required for all credit card payments. Lynnwood Convention Center requires a License Fee payment, per section 4 of License Agreement, at time of contract due date. The remaining balance (catering, audiovisual, electrical, etc.) is due three business days prior to event. Any adjustments made after this date will be reconciled for final invoicing. Any variance to this standard policy will be detailed in the License Agreement. The Lynnwood Convention Center does not extend direct billing without prior approval and consideration is on a case by case basis. To apply for direct billing, a Credit Application must be submitted no less than 45 days prior to the contracted event date.

## Excess Food

Lynnwood Convention Center adheres to state and local health guidelines which dictate that food items may not be taken off the premises. Accordingly, all food and beverage prepared and provided by Lynnwood Convention Center must be consumed during the specific event and may not be taken off property. To minimize potential waste, excess prepared food is composted or donated under regulated conditions to agencies feeding the underprivileged.

## Dessert Dashes

Designed exclusively for our Auction and Fundraising Gala events, the Lynnwood Convention Center offers three levels of service for your Dessert Dash. Your Event Manager will be happy to discuss which option would be best suited for your event.

### Option A:

Complimentary Service Client places marker indicating winning table number at the dessert display. At the appointed time, a Lynnwood Convention Center server delivers the dessert to the winning table with utensils and plates for self service.

### Option B:

Enhanced Service \$250 Client places marker indicating winning table number at the dessert display. Lynnwood Convention Center servers collect desserts, and slice them back of house. At the appointed time, the sliced desserts are delivered to each winning table. Dessert Dash must be done prior to Entrée service to allow for adequate dessert service time.

### Option C:

Premium Service \$500 Client places marker indicating winning table number at the dessert display. Lynnwood Convention Center servers collect desserts, slice, and immediately serve the sliced desserts to each winning table. Dessert Dash may be done at any time during the event.

## Decorations

Floral and Entertainment In an effort to provide a one-stop-shopping option, the Event Manager is available to assist you with a variety of services including fresh flowers, thematic decorations, specialty linens, centerpieces, DJ services and live entertainment to enhance events.

## Cancellation Policy

The cancellation of any food and beverage services must be received in writing. Should the event License Agreement be based on a minimum food and beverage purchase (F&B Minimum), which is included as part of the license fee, then the cancellation policies stipulated in the License Agreement will prevail. Should the event License Agreement NOT be based on a minimum food and beverage purchase (F&B Minimum), the following cancellation fees apply:

### Notification of Cancellation

Notification of Cancellation Prior to Scheduled Event	Cancellation Fee % of Estimated Lost Food & Beverage Revenue
0 - 7 Days	100%
8 - 30 Days	75%
31 - 60 Days	50%
61 - 90 Days	25%

## Agreement

By signing the master License Agreement for your event, Licensee (client) agrees to abide by all of the policies and procedures of the Lynnwood Convention Center, including these Food & Beverage Guidelines.

