

# HONG KONG

## ADD INSPIRATION TO YOUR GATHERING 2022 Wellness Meeting Packages

| <b>Morning Package</b>                                   | <b>Half-day Package</b>                                  | <b>Full-day Package</b>                                  |
|--|--|--|
| <b>HK\$580**</b> per person                              | <b>HK\$700**</b> per person                              | <b>HK\$800**</b> per person                              |
| <b>Use of a meeting room<br/>from 09:00 - 13:00</b>      | <b>Use of a meeting room<br/>from 09:00 - 14:30</b>      | <b>Use of a meeting room<br/>from 09:00 - 17:00</b>      |
| Welcome Juice  | Welcome Juice  | Welcome Juice  |
| Detox Water Bar  | Detox Water Bar  | Detox Water Bar  |
| Mid-morning Break<br>with selection of<br>healthy snacks | Mid-morning Break<br>with selection of<br>healthy snacks | Mid-morning Break<br>with selection of<br>healthy snacks |
|  | An executive roll-in<br>green working lunch              | An executive roll-in<br>green working lunch              |
|  |  | Afternoon Break<br>with selection of<br>healthy snacks   |

### Meeting Equipment include:

- Complimentary use of built-in LCD projector & screen
- Complimentary use of standard meeting equipment
- Complimentary WIFI access
- Free parking space for the organizer (subject to availability)
- Wellness corner with ergonomic fitness equipment

### \*\* Remarks:

- All prices are subject to 10% service charge
- Minimum guaranteed of 20 persons for each event is required

### For a good start ! Special supplement to include:

**PRIVATE WELLNESS CLASS at HK\$150 per person**  
Tai Chi / Yoga

**WORK-OUT CLASS at HK\$350 per person**  
Sound Bath Meditation / Kick Boxing / Body Stretching /  
Aroma Stretch / Funky Dance

For enquiries and reservations, please contact our Catering Sales Office at  
T (852) 2710 1803 F (852) 2385 5009 Email [events hk@eatonworkshop.com](mailto:events hk@eatonworkshop.com)



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## Morning Package Menu

### Mid-morning Break

*Yoghurt, Raspberry, Granola Cup (V)* 乳酪·紅桑子麥片杯  
*Blueberry & Acai Muffin (V)* 藍莓·巴西黑莓鬆餅  
*Turkey & Cucumber Sandwich on Whole Grain Bread* 火雞青瓜全麥麵包三文治  
*Fruit Yakitori (V) (GF) (DF)* 新鮮水果串  
*Organic Popcorn with Spirulina Seasalt (V) (DF) (GF)* 有機螺旋藻海鹽爆谷

## Half-day Package Menu

### Mid-morning Break

*Tomato, Olive, Bocconcini Tart (V)* 意式蕃茄橄欖奶酪撻  
*Coconut Cream with Mango & Pistachio (GF) (DF)* 鮮芒果椰子忌廉開心果仁杯  
*Oatmeal Cookies (V)* 燕麥曲奇餅  
*Fruit Yakitori (V) (GF) (DF)* 新鮮水果串

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### Executive Roll-in Lunch

*SMOKED TURKEY SANDWICH (DF)* 煙熏火雞三文治  
*Smoked turkey, romaine, tomato, red cabbage slaw, chipotle sauce, wholegrain bread*  
煙熏火雞配羅馬生菜，蕃茄，紅椰菜沙律，墨西哥辣椒醬，全麥麵包

Or 或

*GRILLED MEDITERANEAN VEGETABLE SANDWICH (V)*  
烤地中海式雜菜三文治  
*Eggplant, zucchini, peppers, pesto, rocket, wholegrain bread*  
烤茄子，意大利青瓜，甜椒，火箭菜，香草醬，全麥麵包

*MIXED LEAVES, GARDEN FRESH VEGETABLES (V) (GF) (DF)*  
田園蔬菜沙律

*ASSORTED FRUIT PLATE (V) (GF) (DF)*  
鮮果碟



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## Full-day Package Menu

### Mid-morning Break

*Yoghurt, Raspberry, Granola Cup (V)* 乳酪、紅桑子麥片杯  
*Blueberry & Acai Muffin (V)* 藍莓、巴西黑莓鬆餅  
*Turkey & Cucumber Sandwich on Whole Grain Bread* 火雞青瓜全麥麵包三文治  
*Fruit Yakitori (V) (GF) (DF)* 新鮮水果串

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### Executive Roll-in Lunch

*SALMON WRAP (DF)* 三文魚卷  
*Tortilla, herb baked salmon, rocket, pickles, onion, dill mayonnaise*  
墨西哥玉米薄餅，香草焗三文魚，火箭菜，酸瓜，洋蔥配蒔蘿沙律醬

Or 或

*ARTICHOKE, TOMATO & HOMOUS WRAP (V) (DF)*  
阿支竹(朝鮮薊)、蕃茄、鷹嘴豆泥卷  
*Tortilla, grilled artichokes, sun dried tomatoes, hummus*  
墨西哥玉米薄餅，烤阿支竹，蕃茄乾，鷹嘴豆泥

*MIXED LEAVES, GARDEN FRESH VEGETABLES (V) (GF) (DF)*  
田園蔬菜沙律

*BERRIES & YOGHURT (V) (GF)* 雜莓乳酪杯  
*Yoghurt mousse, mix berries compote, crisp meringue*  
乳酪慕絲，雜莓醬配蛋白脆

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### Afternoon Break

*Dark Chocolate & Nut Block (V) (DF)* 黑朱古力果仁條  
*Smoked Salmon, Avocado & Chive on Whole Grain Bread (DF)*  
煙熏三文魚、牛油果、香蔥、全麥麵包三文治  
*Vegetable Crudities with Hummus* 雜菜條伴鷹嘴豆泥

### Remarks 備註\*\*

(V) – Vegetarian 素菜 (DF) – Dairy free 無乳製品 (GF) - Gluten Free 不含麩質

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