



Spring/Summer 2016 Group Meal Information

Here at Seyon Lodge State Park we aim to serve the freshest, most delicious food that our hearts and hands can prepare; the number one ingredient in our kitchen is love. We do our best to support our local farmers and businesses by purchasing high-quality locally grown/raised meats and produce as well as serving food grown in our own garden. Our menu options will vary based on what our farm partners are providing and what our garden is producing. **Please respond with your meal choices and any food allergies your group may have no later than one week before your reservation to ensure that you are included in our meal counts.**

BREAKFAST

Served from 8:00 am-10:00 am

Lodge Continental (complimentary)

Coffee, tea, homemade yogurt, homemade granola, cold cereals, fruit, toast, a baked treat, and juice.

The items below can be added for the entire group or for individuals for an additional price (\$2-\$6):

- Eggs- Maple Meadow Farm Eggs
- Pancakes/French Toast – Served with Headwaters Farm VT pure maple syrup
- Sausage or Bacon – Local VT Smoke and Cure
- Quiche (groups only; meat, vegetarian option, and gluten free options available)
- Hot cereals (oatmeal, porridge, cream of rice/wheat, etc.)

LUNCH

Served at 12:30pm

All lunches \$12/pp and served with fresh baked cookies for dessert.

Choose **one** of the following:

- Seasonal Soup w/homemade bread. Options include lentil, butternut squash, beef stew, veggie stew and chili (*Choose 1 soup option*) **OR** Sandwich Platter. Options include tuna, chicken salad, BLT, veggie, egg salad, turkey or ham (*Choose up to 2 sandwich options*)

AND

Choose **one** of the following:

- Hummus with veggies and chips **OR** Fresh Seasonal Salad

DINNER

Served at 6:30pm

All entrées are served with a starter salad, homemade bread, seasonal side item and a dessert.

Choose up to two entrées for your group from the options below.

Meat - \$25/pp

Lemon Pepper Chicken
Roasted Red Pepper Chicken
Meatloaf
Wood Fired Pizzas (seasonal)
Stir Fry
Tacos
Meat Lasagna
Biryani (Curried Chicken Rice)

Fish - \$25/pp

Parmesan Crusted Haddock
Maple Glazed Salmon
Lemon Pepper Haddock
Buttered Herb Cod

Vegetarian/ Vegan - \$20/pp

Ginger Herb Tofu Fillet
Pan Seared Polenta
Spanakopita
Variety of Curry Dishes
Polenta Lasagna
Wood Fired Pizzas (seasonal)
Stir Fry
Tacos
Veggie Lasagna

*Please note that a 9% rooms and meals tax will be added to all meal prices.