

# THE NEWPORT

HARBOR HOTEL AND MARINA

## Corporate Health and Wellness Retreat

### BREAKFAST ON THE HARBOR

*Includes 1 bottle of water and 1 cup of coffee or tea*

#### Breakfast Taco

*2 Corn tortilla, scrambled eggs, tomato, avocado slice and mozzarella. Your choice of breakfast potatoes or sliced tomatoes*

#### Veggie Frittata

*Egg, spinach, pepper, tomato, basil served with wheat toast. Your choice of breakfast potatoes or sliced tomatoes*

#### America's Cup Parfait

*Granola, yogurt, honey, sliced strawberries*

*\$15.00++ per person*

### LUNCH BY THE SEA

*Includes 1 bottle of water*

#### Kale & Apple Salad

*Grilled diced chicken, olive oil, sliced almonds*

#### Chicken Salad Sandwich

*Wheat pita bread, lettuce, tomato*

#### Grain Salad

*Rice, beans, diced tomatoes, cilantro, goat cheese, and olive oil*

*\*Meal choices are intended for the entire group\**

*\$25.00++ per person*

### ENHANCEMENT

#### PRIVATE WAVE RIDE OR WAVE WORKOUT

Outdoor Spin, HIIT-Style Workout, or Yoga Class with WAVE CYCLE STUDIO

*Custom music playlist & personalized decorations*

*Each class is 45-minutes long*

*Mimosas "to-go" to conclude the workout*

*Bikes are socially distanced and sanitized after each use*

*Indoor space held in case of inclement weather*

*\$650.00 ++*

