



We understand busy...

Sometimes a class may run longer than anticipated, you want to retire to your room for a quick bite and rest, or you simply don't have time for a lengthy luncheon. While it is still important to eat, it doesn't have to be a hassle.

This year, in the spirit of 'change', we are offering 'grab n go' boxed lunches to fill the need of the busy practitioner.

- Save time
- Convenient
- Easy clean up
- Affordable

In collaboration with the Holiday Inn, Hypno Expo is pleased to offer the following tasty menu options.

Bon appétit!

BOXED LUNCH MENU OPTIONS

Chicken Salad

Chargrilled Breast of Chicken on a Hoagie Roll with Lettuce and Tomato and Roasted Chili Pepper Vinaigrette Dressing
Chips
Fresh Fruit
Bottled Water or Soft Drink
\$20.00

Classy Club Croissant

Breast of Smoked Turkey, Honey Cured Ham, and Hickory Bacon with Swiss cheese, Lettuce, Tomato and Mayonnaise
Chips
Chocolate Chip Cookie
Bottled Water or Soft Drink
\$20.00

Colossal Cold Cut Combo

Roast Beef, Turkey and Ham stacked high on a Soft Sub Roll with Provolone Cheese, Tomato, Red Onion and Lettuce
Chips
Chocolate Chip Cookie
Bottled Water or Soft Drink
\$20.00

Vegan Wrap

A blend of fresh Lettuce, Tomato, Red Onion, Olives and Roasted Red Peppers and Chili Pepper Vinaigrette Dressing on a Spinach Tortilla
Chips
Fresh Fruit
Bottled Water or Soft Drink
\$20.00