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Virginia Beach / Norfolk

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## Welcome to a Refreshing Approach to Events

Whether you're organizing a business meeting or planning a special occasion for friends and family, no hotel makes it easier or more convenient to get things done on your terms than the Courtyard by Marriott. With flexible meeting spaces, fresh and innovative catering, and state-of-the-art audio-visual services, you can count on having all of the choices and options to make the most of your event. You can also count on our dedicated staff of hospitality professionals to take care of the details from start to finish.

We have enclosed sample menus, pricing and space plans to help you get started. If you are looking for something special, please do not hesitate to ask. Our team will do everything to help you design an event that exceeds your attendees' expectations.

Looking forward to serving you soon,

The Courtyard Events Team

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## breakfast

The Continental | \$8.95  
Seasonal Fresh Cut Fruits and Individual Yogurt  
Assorted Breakfast Breads to Include: Muffins,  
Danishes, Bagels with Cream Cheese  
Orange Juice and Apple Juice  
Freshly Brewed Coffee, Decaffeinated Coffee  
and Gourmet Tea

Capital Breakfast Buffet | \$11.95  
Sliced Fresh Fruits, Whole Bananas and  
Individual Yogurts  
Assorted Breakfast Breads to Include: Muffins,  
Danishes, Bagels with Cream Cheese  
Scrambled Eggs  
Bacon and Sausage  
Country Sausage Gravy with Biscuits  
Orange Juice and Apple Juice  
Freshly Brewed Coffee, Decaffeinated Coffee  
and Gourmet Tea



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COURTYARD<sup>®</sup>  
Marriott



## breaks

The Morning Bagel Break | \$6.95  
Seasonal Fresh Cut Fruits  
Assorted Bagels with Regular Cream Cheese  
Orange Juice and Apple Juice

Healthy Break | \$6.95  
Granola Bars and Power Bars  
Assorted Yogurts  
Assorted Teas and Juices

Chocolate Lovers Break | \$7.95  
Selection of Candy Bars and Granola Bars  
Assorted Regular and Diet Sodas

The Basics | \$6.95  
Assorted Freshly Baked Cookies  
Assorted Regular and Diet Sodas

Morning Beverage Break | \$3.95  
Orange Juice and Apple Juice

Coffee Break | \$3.95  
Freshly Brewed Regular and Decaffeinated  
Coffee

Afternoon Soda Break | \$3.95  
Assorted Regular and Diet Sodas



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## **lunch**

Gourmet Deli Classic Buffet | \$14.95  
Fresh Garden Salad Bar with Tomatoes,  
Croutons, Sliced Cucumbers and Assorted  
Dressings

Country Style Potato Salad and Assorted Chips  
Sliced Deli Meats of Roast Beef, Turkey Breast  
and Sliced Ham

Deli Cheese Platter of Cheddar, Swiss and  
American

Selection of Fresh Deli Style Rolls and Breads  
Pickles, Sliced Tomatoes, Onions, and Leaf  
Lettuce

Chef's Selection of Desserts  
Iced Tea, Assorted Regular and Diet Sodas and  
Bottled Water



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## **lunch**

Box Lunches | \$13.95

For Groups Under 15 people

Turkey Box

Turkey with Swiss Cheese on a Roll

Chips

Fresh Whole Fruit

Cookies

Choice of Soda

Ham and Cheese Box

Sliced Ham and Cheddar Cheese on a Roll

Whole Fruit

Chips

Cookies

Choice of Soda

Roast Beef Box

Roast Beef on a Roll

Whole Fruit

Chips

Cookies

Choice of Soda



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## dinner

Little Italy Buffet | \$16.95

Caesar Salad with Garlic Croutons and Grated Parmesan Tossed with Caesar Dressing  
Warm Garlic Bread

Tri-Colored Cheese Tortellini with Alfredo Sauce

Lasagna with Meat Sauce

Chef's Selection of Desserts

Iced Tea, Bottled Water and Assorted Regular and Diet Sodas

Far East Buffet | \$16.95

Spinach Salad with Sesame Dressing, Chicken Teriyaki, Chicken Egg Rolls with Duck Sauce, Tai Vegetable Medley and Steamed Rice

Chef's Selection of Desserts

Iced Tea, Bottled Water and Assorted Regular and Diet Sodas

Viva Mexico Buffet | \$16.95

Ensalada Station: Create Your Own Taco Salad with Shredded Lettuce and Nacho Chips

Fajita Station: Seasoned Grilled Chicken with Sauteed Onions and Green Peppers and Soft Flour Tortillas

Both Stations served with Grated Cheddar Cheese, Diced Tomatoes, Onions, Salsa, Guacamole and Sour Cream

Spanish Rice

Chef's Selection of Desserts

Iced Tea, Bottled Water and Assorted Regular and Diet Sodas



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## considerations

All buffets require a minimum of 15 people.

A 22% gratuity and 10.5% tax will be added to all food & beverage.

Notice: These menu items are cooked to order. Consuming raw or undercooked meats, poultry, or eggs may increase the risk of a food-borne illness.