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Seattle North/Lynnwood Everett

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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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breaks

A La Carte

Assorted Muffins and Pastries | \$19.00 per dozen

Bagels and Cream Cheese | \$22.00 per dozen

Assorted Yogurts | \$1.00 each, based on consumption

Assorted Cereals w/Milk | \$1.00 each, based on consumption

Fresh Baked Cookies | \$18.00 per dozen

Chocolate Brownies | \$18.00 per dozen

Tortilla Chips and Salsa | \$12.00 per bowl

Popcorn or Pretzels | \$8.00 per bowl

Assorted Bags of Chips | \$1.75 per bag, based on consumption

Granola Bar | \$18.00 per dozen



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breaks

Refreshments

Regular, Decaf or Tea | \$36.00 per urn (serves 30)

Regular, Decaf or Tea | \$14.00 per airpot (serves 10)

Assorted Soft Drinks | \$2.00 each, based on consumption

Bottled Waters | \$2.25 each, based on consumption

Starbucks Frappuccino Drinks | \$3.00 each, based on consumption

Starbucks Double Shot Drinks | \$3.00 each, based on consumption

Fruit Juices | \$11.95 per carafe (serves 6)

Fruit Punch, Lemonade or Iced Tea | \$25.00 per gallon (serves 20)



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breakfast

Hot Breakfast Table | \$16.95

Scrambled Eggs, Bacon, Sausage,
Hashbrowns,
Blueberry & Banana Nut Muffins
Sliced Plain & Blueberry Bagels
Assorted Kellogg Cereals, Bananas
Sliced Cantaloupe & Pineapple
Chilled Milk, 2% & Skim
Orange & Apple Juice, Coffee & Tea Service

Continental | \$8.95

Blueberry & Banana Nut Muffins
Sliced Cantaloupe, Pineapple, Orange &
Grapefruit Sections
Coffee & Tea Service

Healthy Start | \$10.95

Sliced Cantaloupe, Pineapple, Orange &
Grapefruit Sections
Yoplait Fruit Yogurts
Nature Valley Granola Bars
Coffee, Tea Service & Orange Juice



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lunch

Deli Table | \$17.95

Sliced Turkey, Ham & Roast Beef
Tillamook Sliced Cheddar & Swiss Cheese,
Leafed Lettuce, Sliced Tomato, Red Onion &
Dill Pickle Spears, Mustard & Mayonnaise
Served with White & Wheat Bread, Mixed
Green Salad with Dressing, Assorted Lays
Chips Fresh Baked Cookies & Brownies, Iced
Tea, Regular & Diet Pepsi products Add Soup
\$2.00

Taste of Asia | \$16.95

Teriyaki Chicken, Stir Fried Vegetables, White
Rice, Mixed Green Salad with Thai Ginger
Dressing, Fortune Cookie & Almond Cookies,
Iced Tea, Regular & Diet Pepsi products

Taste of Italy | \$15.95

Fresh Baked Lasagna-Meat or Vegetarian,
Seasonal Vegetables
Caesar Salad, Garlic Bread Sticks,
Tiramisu, Iced Tea, Regular & Diet Pepsi
products



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lunch

Plated Lunches

All plated Lunches are served with Iced Tea & Assorted Regular & Diet Pepsi Products.

Chicken Caesar Salad | \$12.95

Grilled Seasoned Chicken Breast, Fresh Romaine Lettuce, Parmesan Cheese, Croutons, Creamy Caesar Dressing
Garlic Bread Sticks

Cobb Salad | \$14.95

Romaine Lettuce, Crumbled Bacon, Diced Chicken Breast, Green Onions, Tomatoes, Cucumbers, Hard Boiled Egg & Topped with Bleu Cheese Crumbles
Served with Bleu Cheese or Ranch Dressing, Garlic Bread Sticks

French Dip Sandwich | \$12.95

Thin Sliced Roast Beef served on a toasted Hoagie Roll Topped with Swiss cheese & served with Au Jus Dipping Sauce. Served with Lays Potato Chip & Fruit Garnish

Club Wrap | \$12.95

Thin sliced Roast Turkey, Crisp Bacon & Swiss Cheese, Served in a wrap with Lettuce, Tomato & Ranch Dressing.
Served with Lays Potato Chip & Fruit Garnish



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lunch

Plated Lunches

All plated Lunches are served with Iced Tea & Assorted Regular & Diet Pepsi Products.

Chicken Caesar Wrap | \$12.95

Seasoned Grilled Chicken Breast sliced and tossed with Fresh Romaine Lettuce, Tomato, Bacon, Parmesan Cheese & Tangy Caesar Dressing. Served in a wrap with Lays Potato Chip & Fruit Garnish

Boxed Lunches | \$14.95

Boxed Lunches include Sandwich, Lays Potato Chips, Whole Fruit, Cookie & Aquafina Bottle Water.

Sandwich Choices

Turkey, Ham or Roast Beef,
Cheddar or Swiss Cheese,
White or Wheat bread, Prepared with Lettuce & Tomato
Individual Condiments-Mustard & Mayonnaise.



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breaks

Afternoon Breaks

The Munchies | \$5.95

Popcorn

Pretzels

Assorted bags of Lay's Chips

Plain M&M's

Regular & Diet Pepsi Products

Health Break | \$8.50

Nature Valley Granola Bars

Vegetable Tray with Ranch Dip

Whole Apples, Bananas & Oranges

Propel Vitamin Water & Assorted Flavors of
Gatorade

The Courtyard Bakery | \$9.50

Fresh Baked Cookies

Fudge Brownies

Blueberry & Banana Nut Muffins

Regular, 2%, Skim Milk, Chocolate milk &

Starbucks Frappaccinos

Served with Regular & Decaf Coffee.



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dinner

All Dinners include Iced Tea & Coffee Service and dessert.

Chicken Spectacular | \$22.95

Chicken Cordon Bleu, Rice Pilaf, Seasonal Vegetables, Mixed Green Salad with Dressing, Chef's Choice Salad Rolls & Butter.

South of the Border | \$23.95

Chicken Fajitas with Grilled Peppers & Onions, Cheese Enchiladas, Rice & Beans, Flour Tortillas, Mixed Green Salad with Salsa Ranch Dressing, Chef's Salad Selection.

American Favorites | \$23.95

Pot Roast, Garlic Mashed Potatoes Seasonal Vegetables, Mixed Green Salad with Dressing, Macaroni Salad Rolls & Butter.



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dinner

All Dinners include Iced Tea & Coffee Service and dessert.

Italian Delight | \$24.95

Chicken Parmesan, Fresh Baked Lasagna-Meat or Vegetable, Seasonal Vegetables, Garlic Bread Sticks & Caesar Salad.

Tour of Asia | \$24.95

Teriyaki Chicken, Sweet & Sour Meatballs, Stir Fried Vegetables, White Rice, Chow Mein, Mixed Green Salad with Thai Ginger Dressing, Chef's Choice Salad, Fortune Cookie & Almond Cookies.

Pacific Northwest Traditions | \$35.95

Prime Rib Carving Station with Au Jus & Sour Cream Horseradish Sauce, Baked Salmon with Lemon and Dill, Garlic Mashed Potatoes, Rice Pilaf, Seasonal Vegetables, Mixed Green Salad, Chef's Choice Salad, Rolls & Butter.



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technology

27" Flat Screen TV Monitor and VCR | \$100.00 per day

Podium | \$30.00 per day

Overhead Projector | \$35.00 per day

6' by 6' Projector Screen | \$25.00 per day

Flipchart w/ Markers | \$25.00 per day

LCD Projector | \$100.00 per day

Speaker Phone | \$50.00 per day

Microphone w/Speaker | \$200.00 per day



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flawless



considerations

Hors D'Oeuvres

Balsamic Vinegar, Olive Oil served with Baguettes \$30.00

Toasted Baguette, Tomato, Basil & Mozzarella \$35.00

Stuffed Mushrooms \$45.00

Mini Quiche \$25.00

Pot Stickers \$25.00

Prawns w/Cocktail Sauce \$60.00

Swedish Meatball \$45.00

Teriyaki Chicken Wings \$45.00

All rates subject to change. Rate do not include sales tax (currently 9.5%) and a taxable 19% gratuity

REVISED: 8/1/2010