



Greetings ~

At Sycamore Mineral Springs Resort—located in the lush Avila Valley, on the beautiful Central Coast— is an extraordinary venue for your retreats, meetings and special events.

Meeting planners have discovered that successful small to midsize events begin with a call to Sycamore Mineral Springs Resort. Here are just a few reasons why your next meeting should be held at our property.

Meeting Space

With over 2200 square feet, our event facilities offer a wide variety of configurations and settings to meet your specific needs. The Palm Room, which features cathedral ceilings and large windows can accommodate up to *48 guests*. The adjoining Fireside Room, which offers a marble fireplace can accommodate up to *32 guests*. The two rooms can be opened up to accommodate up to *100 guests*. The Garden View Room offers an intimate setting with beautiful views of our charming outdoor patio, while our Boardroom is ideal for meetings for up to *14 guests*.

Unique Accommodations

Where else can you take your staff for a retreat and each person has a full size spa on their deck or balcony? Talk about employee benefits.

Diverse Recreational Activities

We offer a wide range of onsite activities, such as complimentary yoga, tai chi, and Pilate classes, hiking, and bicycle rentals. And nearby there is kayaking, board and wind surfing, golfing, horseback riding, and over 200 county wineries. Throughout the year numerous major festivals and events are also presented.

Great Food

We also feature an excellent wine list, with a special focus on Central Coast vintages. Enjoy cocktails in our intimate lounge, as well as special events, happy hour, and live music on selected days.

Accessibility

We are ideally located for both our San Luis Obispo County and out of the area guests. We are located halfway between Los Angeles and San Francisco, one mile off of Highway 101 and conveniently situated just eight miles from the San Luis Obispo Airport.

Environment

Sycamore Mineral Springs Resort, situated on over 100 acres, is a lovely walk to the beach or a 10-minute bicycle ride down the scenic Bob Jones Trail. The climate is sublime and the rustic ambience magical.

All Rates, Services and Fees are subject to a taxable 20% service charge and all appropriate local taxes.

Prices are subject to change without notice.

1215 Avila Beach Drive, San Luis Obispo, CA 93405
(805) 540-3638 • (800) 234-5831 • groupsales@smsr.com



Audio-Visual Equipment Rentals

Dry Erase White Board & Markers	\$25.00
Flip Chart & Easel	\$25.00
Overhead Projector & Screen	\$30.00
Screen Only	\$10.00
Podium with Microphone	\$25.00
TV & VCR	\$25.00
Dance Floor	\$150.00
LCD Projector & Overhead Screen	\$150.00

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A La Carte Refreshments

Priced Per Guest

Buffet or Family Style

Dried Fruits & Assorted Nuts - \$4.25

Tortilla Chips with House Made Salsa & Guacamole - \$4.00

Fresh Vegetable Crudités with Southwestern Ranch - \$3.50

Artisan Cheese & Crackers - \$5.00

Fresh Baked Cookies - \$4.50

Fresh Baked Blueberry Muffins - \$4.00

Individual Plain or Fruit Yogurt, includes House-made Granola - \$3.00

Fresh Sliced Seasonal Fruit - \$3.50

Additional Beverages

Chilled 17 oz. Pellegrino or Evian - \$4.50

Assorted Soda & Bottled Water - \$2.50

Assorted Soda, SoBe, Dole Juices - \$4.75

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Hors D'oeuvres

Reception Style

Tray Passed Appetizers

Priced Per Guest

Stuffed Mushrooms - \$3.00

Seasonal Tomato & Sweet-Basil Bruschetta - \$2.50

Mushroom Tart stuffed with Garlic Herb Asiago Cheese - \$3.50

Crispy Japanese Eggplant with Goat Cheese Mousse & Tomato Chutney - \$4.00

Mini Ahi Tacos with Asian Slaw - \$6.00

Crab Cakes Remoulade - \$4.00

Chicken Egg Rolls - \$4.00

Buffet Style Appetizers

Priced per guest

Vegetable Crudités with Ranch Dressing - \$3.50

Fresh Fruit Platter - \$3.50

Smoked Salmon Platter with Capers & Toast Points - \$4.00

Artisan Cheese Platter with Sliced Baguette - \$5.00

Jumbo Prawns with Cocktail Sauce - \$6.00

Antipasti Platter - \$4.00

Cashew Crusted Chicken Skewers - \$4.00

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Breakfast & Brunch

Priced Per Guest

Spa Continental Breakfast - \$10.95

Fresh Baked Coffee Cake
Bagels with Cream Cheese & Jam
Fresh Seasonal Fruit
Fresh Squeezed Orange Juice

Avila Breakfast Buffet - \$14.95

Eggs Scrambled with Aged Cheddar Cheese
Avila Potatoes
Fresh Baked Blueberry Muffins
Smoked Apple Wood Bacon & Chicken Apple Sausage
Fresh Seasonal Fruit
Fresh Squeezed Orange Juice

Gardens Brunch Buffet - \$19.95

Seasonal Vegetable Quiche
Alderwood Smoked Salmon with Tomato & Capers
Smoked Apple Wood Bacon & Chicken Apple Sausage
Spinach Salad with Rock Shrimp & Mango Chutney
Fresh Seasonal Fruit
Fresh Baked Blueberry Muffins
Bagels with Cream Cheese
Fresh Squeezed Orange Juice

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Themed Buffet Luncheons

Priced per Guest

Minimum 25 Guests

Santa Maria BBQ

Choice of Sliced Grilled Tri-Tip or Grilled Chicken, Garden Salad, Potato Salad, Garlic Bread, Steamed Green Beans, Salsa & Fresh Cookies
\$28.00

Little Italy

Caesar Salad, Caprese Salad, Chicken Fusili Pasta with Yellow & Green Zucchini, Wild Rice Pilaf, Fresh Market Vegetables, Garlic Bread & Fresh Cookies
\$24.00

Baja Buffet

Cheese Enchiladas, Chicken Taco Bar, Diced Tomato, Onion, Lettuce, Whole Pinto Beans, Spanish Rice, Tortilla Chips & Salsa, Sour Cream & Guacamole.
Served with Fresh Cookies
\$28.00

Create Your Own Caesar Salad

Chopped Romaine Lettuce, Grilled Chicken & Poached Shrimp, Shaved Parmesan Cheese, Croutons & our House-made Caesar Dressing
Served with Garlic Bread & Fresh Cookies
\$17.00

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Deli Lunch Buffet

\$16.95 Per Guest

Sandwiches - Choose Three

Roast Prime Rib

On sourdough with tomato & lettuce, with horseradish cream on the side

Classic Reuben

Thousand island, swiss cheese, sauerkraut

Turkey & Avocado

On wheat with tomato, lettuce & mayonnaise

Albacore Tuna Salad

With tomato & lettuce

Vegetable Wrap

Grilled zucchini, avocado, tomato, goat cheese & red onion

Sides - Choose Two

Classic Caesar Salad

Mixed Greens with walnuts, bleu cheese and mustard vinaigrette

Spinach with red endive, cherry tomatoes, feta cheese and Greek dressing

Fresh Fruit Platter

Potato Salad

Dessert

Fresh Baked Jumbo Chocolate Chip Cookies

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Hot Lunch Buffet

\$25.00 Per Guest

Entrée - Choose One

Grilled Chicken Breast - Chef's Choice
Pan Seared Ahi Tuna - Chef's Choice
Pan Seared Salmon with Pineapple Salsa
Mushroom Ravioli with Marsala Cream Sauce
Santa Maria Style Tri-Tip, served with Pico de Gallo
Grilled Pork Loin

For additional entrée choices add \$5.00 Per Guest

Salad - Choose Two

Classic Caesar Salad
Mixed Greens with Walnuts, Bleu Cheese,
Mustard Vinaigrette
Butterleaf Lettuce with Cucumbers,
Tomatoes, Creamy Ranch
Spinach Salad with Red Endive, Cherry
Tomatoes, Feta Cheese, Greek Dressing
Fresh Fruit Platter

Vegetable - Choose Two

Blue Lake Green Beans
Sautéed Yellow & Green Zucchini
Whole Roasted Mushrooms
Sautéed Broccolini
Seasonal Vegetables - Chef's Choice

Potatoes & Grains - Choose Two

Wild Rice Pilaf
Garlic Mashed Potatoes
Basmati Rice
Tuscan Potatoes
Potato Gratin - 10 person minimum

Dessert - Choose One

Mississippi Mud Pie
Apple Tarte Tatin
Tiramisu
Cheesecake
Carrot Cake

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Luncheon Table Service Selections

Priced Per Guest

Choice of Two Options

Grilled Vegetable Wrap

Grilled Yellow & Green Zucchini, Sliced Tomatoes, Onions, Lettuce with Goat Cheese in a Spinach Tortilla, Served with Fresh Fruit

\$15.00

California Citrus Grilled Chicken Sandwich

Grilled Citrus Marinated Chicken Breast on a French Baguette, topped with Israeli Feta Cheese, Served with Fresh Fruit

\$17.00

Chef's Cobb Salad

Turkey, Black Forest Ham, Avocado, Bleu Cheese & Hard-Boiled Egg, served over Sweet Baby Lettuce with Creamy Onion Dressing

Served with Rolls & Butter

\$17.00

Chinese Chicken Salad

Grilled Chicken Breast served over Mixed Greens, Napa Cabbage, Tossed with Sliced Almonds, Fried Wontons, & Chinese Salad Dressing

Served with Rolls & Butter

\$17.00

Choice of One Dessert: \$7.00 per person

Chocolate Flourless Torte

Apple Tarte Tatin

Tiramisu

Cheesecake

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Dinner Banquet Plated

Price Per Guest

Choice of Three Options

All Entrees Served with House Salad

Mushroom Ravioli - \$25.00

Sautéed Mushrooms & Wilted Watercress

Grilled Chicken Breast - \$30.00

Mashed Potatoes, Sautéed Spinach, Whole Grain Mustard Sauce

Grilled Pork Loin - \$30.00

Lemon Date Chutney

Pan-Seared Salmon - \$30.00

Basmati Rice, Sautéed Spinach, Pineapple Salsa Beurre Blanc

Pan-Seared Ahi Tuna - \$30.00

Chef's Choice

Rack of Lamb - \$40.00

Mashed Potatoes, Spinach & Red Wine Sauce

Filet Mignon - \$40.00

Mashed Potatoes, Sautéed Green Beans, Red Wine Sauce & Béarnaise

Choice of One Dessert: \$7.00 per person

Mississippi Mud Pie

Apple Tarte Tatin

Tiramisu

Cheesecake

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Dinner Banquet Buffet

\$35.00 Per Guest

Entrée - Choose Two

Grilled Chicken Breast with Whole Grain Mustard Sauce
Pork Loin with Lemon Date Chutney & Red Wine Sauce
Prime Rib with Horseradish Crème & Red Wine Sauce
Pan-Seared Salmon with Pineapple Salsa & Beurre Blanc
Pan-Seared Ahi Tuna-Chef's Choice
Portobello Mushroom Steaks
Mushroom Ravioli with Marsala Cream Sauce
Chicken Fussili Pasta with Zucchini, Prosciutto, Sun-dried Tomatoes,
White Wine Cream Sauce

For additional entrée choices add \$5.00 per person

Salad - Choose Two

Classic Caesar Salad
Mixed Greens with Walnuts, Bleu Cheese
Mustard Vinaigrette
Butterleaf Lettuce with Cucumbers,
Tomatoes, Creamy Ranch
Fresh Fruit Platter
Spinach Salad with Red Endive, Cherry
Tomatoes, Feta Cheese, Greek Dressing

Vegetable - Choose Two

Blue Lake Green Beans
Sautéed Yellow & Green Zucchini
Whole Roasted Mushrooms
Sautéed Broccoli
Roasted Vegetables (Seasonal)

Potatoes & Grains - Choose Two

Wild Rice Pilaf
Garlic Mashed Potatoes
Basmati Rice
Tuscan Potatoes
Potato Gratin - 10 person minimum

Dessert - Choose One

Mississippi Mud Pie
Apple Tarte Tatin
Tiramisu
Cheesecake
Carrot Cake

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Dinner Themed Buffets

Priced per Guest

Mediterranean

Eggplant Parmesan & Chicken Fussili Pasta tossed with Zucchini, Prosciutto & Sun-dried Tomatoes in a White Wine Cream Sauce with Goat Cheese, served with Garlic Bread, Antipasto Tray, Mixed Green Salad with Balsamic Vinaigrette

\$26.00

Texicano

Chicken or Beef Fajitas, Cheese Enchiladas, Refried Beans, Spanish Rice, Guacamole, Sour Cream, Cheddar & Jack Cheese, with Tortilla Chips & Salsa

\$28.00

On Land and Sea

Lemon Dill Salmon Filet, Flatiron Steak with Red Wine Sauce, Basmati Rice, Seasonal Vegetables, Mixed Greens Salad with House Vinaigrette
Served with Sourdough Rolls & Butter

\$30.00

Santa Maria Tri-Tip BBQ

Garden Salad, Tuscan Potatoes, Sliced Grilled Tri-Tip, Grilled Chicken, Garlic Bread, Steamed Green Beans & Salsa

\$32.00

Choice of One Dessert: \$7.00 per person

Mississippi Mud Pie

Apple Tarte Tatin

Tiramisu

Cheesecake

Carrot Cake

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