



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 Mudslide 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, Dole Juices, Bottled Water - \$4.75

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Hors D'oeuvres

Reception Style

Tray Passed Appetizers

Priced Per Guest

Seasonal Tomato & Sweet-Basil Bruschetta - \$2.50

Stuffed Mushrooms - \$3.00

Mini Twice Baked Potatoes \$3.50

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

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

Crab Cakes Remoulade - \$4.00

Chicken Egg Rolls - \$4.00

Grilled Beef with Mongolian Jicama Salad \$5.00

Mini Ahi Tacos with Asian Slaw - \$6.00

Buffet Style Appetizers

Priced per guest

Vegetable Crudités with Ranch Dressing - \$3.50

Fresh Fruit Platter - \$3.50

Antipasti Platter - \$4.00

Teriyaki Chicken Skewers - \$4.00

Artisan Cheese Platter with Sliced Baguette - \$5.00

Jumbo Prawns with Cocktail Sauce - \$6.00

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Breakfast & Brunch

Priced Per Guest

Health and Wellness Breakfast - \$11.95

Whole Fresh Seasonal Fruit
Fresh Baked Morning Glory Muffins
Yogurt with Housemaid Granola
Hard Boiled Eggs
Orange Juice, Grapefruit Juice

Coastal Breakfast Buffet - \$15.95

Eggs Scrambled with Cheddar Cheese
Smoked Apple Wood Bacon & Chicken Apple Sausage
Breakfast Potatoes
Fresh Baked Morning Glory Muffins
Whole Fresh Seasonal Fruit
Orange Juice, Grapefruit Juice

Gardens Gourmet Brunch Buffet - \$21.95

Eggs Benedict
Alderwood Smoked Salmon with Tomato, Onion, Capers, Bagels, Cream Cheese
Smoked Apple Wood Bacon & Chicken Apple Sausage
Breakfast Potatoes
Whole Fresh Seasonal Fruit
Fresh Baked Morning Glory Muffins
Orange Juice, Grapefruit Juice

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Gourmet Sandwich Buffet

\$16.95 Per Guest

Sandwiches - Choose Three

Roast Prime Rib

On toasted sourdough with tomato, onion & lettuce, with garlic mayonnaise

Classic Reuben

Thousand island, swiss cheese, sauerkraut

Turkey & Avocado

On wheat with tomato, sprouts lettuce & mayonnaise

Albacore Tuna Salad Sandwich

With tomato, lettuce and avocado

Grilled Vegetable Muffaletta

Grilled zucchinis and eggplant on a toasted ciabatta bun with garlic mayonnaise

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

Chef's Choice Seasonal Salad

Dessert

Fresh Baked Mudslide Cookies

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Hot Lunch Buffet

\$27.00 Per Guest

Entrée - Choose One

Grilled Chicken Breast - Chef's Choice
Pan Seared Ahi Tuna - Chef's Choice
Pan Seared Salmon with Pineapple Salsa
Portabella 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
Braised Swiss Chard with Golden Raisins

Potatoes & Grains - Choose Two

Wild Rice Pilaf
Garlic Mashed Potatoes
Basmati Rice
Tuscan Potatoes
Potato Gratin

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 Sandwich

Chef's Choice

Served with Fries or Salad

\$15.00

Grilled Chicken Sandwich

Chef's Choice

Served with Fries or Salad

\$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

Seasonal Cobbler

Cheesecake

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Dinner Banquet Plated

Price Per Guest

Choice of Three Options

All Entrees Served with House Salad

Portobello Mushroom Ravioli - \$25.00

Sautéed Mushrooms & Wilted Watercress

Free Range Grilled Chicken Breast - \$30.00

Chef's Choice

Heirloom Organic Grilled Pork Loin - \$30.00

Chef's Choice

Pan-Seared Seasonal Local Fish - \$30.00

Chef's Choice

Pan-Seared Ahi Tuna - \$30.00

Chef's Choice

Rack of Lamb - \$40.00

Chef's Choice

Filet Mignon - \$40.00

Chef's Choice

Choice of One Dessert: \$7.00 per person

Mississippi Mud Pie

Apple Tarte Tatin

Seasonal Cobbler

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

Portobello Mushroom Ravioli with Marsala 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 Broccolini

Seasonal Vegetables ~ Chef's Choice

Braised Swiss Chard with Golden Raisins

Potatoes & Grains - Choose Two

Wild Rice Pilaf

Garlic Mashed Potatoes

Basmati Rice

Tuscan Potatoes

Potato Gratin

Dessert - Choose One

Mississippi Mud Pie

Apple Tarte Tatin

Seasonal Cobbler

Cheesecake

Carrot Cake

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