

Dietary Restrictions and Food Allergies for NatureBridge Conference Groups

We can accommodate vegetarian, vegan, dairy-free, gluten-free, no red meat/no pork, or a combination of these. **We need to know this information 3 weeks prior to your retreat and no later than 10 days prior to your retreat.**

General Meal Information

Please note that if you are concerned about your contact with an allergen, it is safest to bring your own food that you have prepared. Anyone with other dietary restrictions are also welcome to bring some of their own food to supplement our meals. We have refrigeration space and a microwave. The Operations Manager can fax sample buffet menus to guests, or can send the planned menu a few days prior to their retreat by request. The following is a summary of some of the most common allergies or restrictions with our responses.

Vegetarian: With advance notice we can accommodate vegetarian requests.

Vegan, Dairy-free, Gluten-free: With advance notice we can partial accommodate these requests. Check in with the Host at each meal in case there is something held behind the counter for these guests. Note: we do not have baked dessert or breakfast pastries to accommodate these restrictions. Soy milk is available.

Severe Allergens

It is critical for our staff to know if a guest has an allergy severe enough that it triggers anaphylaxis. Please be sure they bring their own Epi Pen or medications in case of contact.

Peanuts and Tree Nuts:

While we have eliminated peanuts and peanut products from our menu, some of our food is prepackaged and we cannot guarantee it was not produced on machinery that also processes peanuts. We may serve food containing tree nuts.

Soy, Corn, Eggs, etc:

We are not able to make special accommodations for these allergies. There is a salad bar available at lunches and dinners.

Sugar-free: We are not able to make special accommodations for no-sugar. However, most of our house cooked meals do not contain added sugar. Ask a Host to check on ingredients at the meal. There is a salad bar available at lunches and dinners.

Kosher:

Our facility is not kosher. However, we can prepare vegetarian meals. If this is suitable, please request vegetarian meals. Note that there will likely be meat options out on the buffet for other conference guests.

Special Requests:

It may be possible for our chef to prepare special meals for large groups if you contract for an exclusive use package. Call us for more information.