

Food & Beverage

There are four pillars to Workspring's food and beverage offerings. These are essential elements of the Workspring experience:

Wellbeing: we are concerned about our Guests Wellbeing so they can focus on doing their best work ever. Ingredients should be fresh, colorful and healthy. Food preparation and serving environment should be clean, organized and with limited time exposure. We take a proactive approach to highlighting ingredients that may cause allergies or go against religious beliefs. Food and eating utensils should have limited impact on the environment (local ingredients, organic, limited waste creation, etc...)

Conducive to Work: Workspring creates an environment that allows your to do your best work. The food needs to be complementary to that. THE menu is light and allows you to stay alert. It is healthy and balanced to provide fuel. Snacks have limited grease, crumbs, stickiness or harsh smells and are easy to eat.

Variety: Workspring strives to best accommodate the needs of our Guests. We understand there are individual tastes, cultural preferences, allergens and religious beliefs that will require alternatives to our core men. We may also offer an "off menu" assortment to loyal Guests of Guests that have been in our space for an extended period of time.

Delight: We want to surprise and delight our customers through their food and beverage experience. THis includes creative and neat displays; tasty and fresh ingredients; surprise and tasty recipes (ex., deconstructed cheesecake) and unexpected bursts of flavor. Providing a vast variety of snacks and beverages is a good way to delight and surprise our GUests.

Important Food and Beverage Points to Note:

- If snacks are displayed inside the Studio, then they should be designed to be eaten without cutlery.
- If snacks are displayed outside of the Studio, then they can be designed to be eaten with or without cutlery.
- Due to the attention to detail we take in designing our space and the beauty of our surface materials, we do NOT use tablecloths on any surface
- The space is designed for Guests to serve themselves, but cleanup is done by the staffer when available.

Food + Beverage Menu

A delightful food and beverage experience is an essential element of the Workspring brand. We cannot stress enough how important fresh, healthy, light and high quality standards are to the Guest experience and to the brand. All food and beverage offerings - both local and national assortment - must directly relate to the points in the Food + Beverage Philosophy section. All healthy and safety codes must also be applied in this offering

Breakfast + Lunch Menu

See Core Breakfast and Core Lunch Menus

We offer Guests a breakfast and a lunch menu, along with assorted snacks and beverages. Following is the core of Workspring menu and essential brand points for each offering. Though we have a core menu available at every Workspring location, each location will also offer local or regional menu options.

Breakfast is typically served between 8:00am-10:30am (depending on when the first Guest is scheduled to arrive).

Lunch is typically served between 12:00pm-1:30pm, but can vary based on Guest request. If multiple Guests are in the centre, we stagger their assigned lunch schedules.

Snacks

See Core Snack Menu

Snacks should be, if not healthy, then the healthiest version of the item available. We aim for organic, low sodium, real sugar, low processed and high quality products. We also like to keep gluten free alternatives in stock. We offer a variety of snack types on one tray - ranging from sweet, savory, nut, fruit and chocolate. We pay attention to the dietary needs within the group and try to shape the snack variety with this in mind. If Guests are staying for multiple days, we listen for responses and expression to the snacks and try to repeat the items they like. Morning snacks are served between 10:30am-11:00am. Afternoon snacks are served between 2:00pm and 3:00pm.

Tea Station

We offer a wide variety of tea (including green, black, white, oolong and fruit) to guests not only to accommodate various tastes and preferences, but also to cover the wide range of health and cognitive benefits that each kind of tea offers. In addition, the ceremony or tea preparation offers a peaceful moment for breath, meditation, refreshment and re-centering for the next part of your day. It is important that we offer loose leaf tea and bag teas. Tea bags provide convenience and accessibility for those guests who are new to tea or need to dash back into a meeting, and loose leaf tea provides the elegance of ceremony and the natural beauty of watching tea pearls or leave unfurling in the water.

Specialty Desserts

In addition to the afternoon Snacks that are served in Studios, we like to surprise and delight our Guests with a unique and creative offering of an afternoon desserts. These tend to be a creative expression of culinary artistry - surprise bursts of flavors, creative displays, deconstructed recipes and unexpected yet tasty combinations of flavors. These are displayed in common areas, are bite sized and usually designed to be eaten without cutlery. Specialty desserts are typically served with lunch (between 12:00pm-1:30pm) and are refreshed throughout the afternoon.

Fixed Price Menus from Partner Restaurants

it is optional to offer guests a fixed price menu option at any one of our partner restaurants (see Pricing Philosophy section). To ensure the Workspring experience is extended beyond the physical Workspring centre, following the guidelines in Food + Beverage Philosophy section are selecting a simple menu with variety is essential.