

RESOURCE GUIDE

Contact Info:

304-765-5055 x101 Phone 304-765-2053 Fax

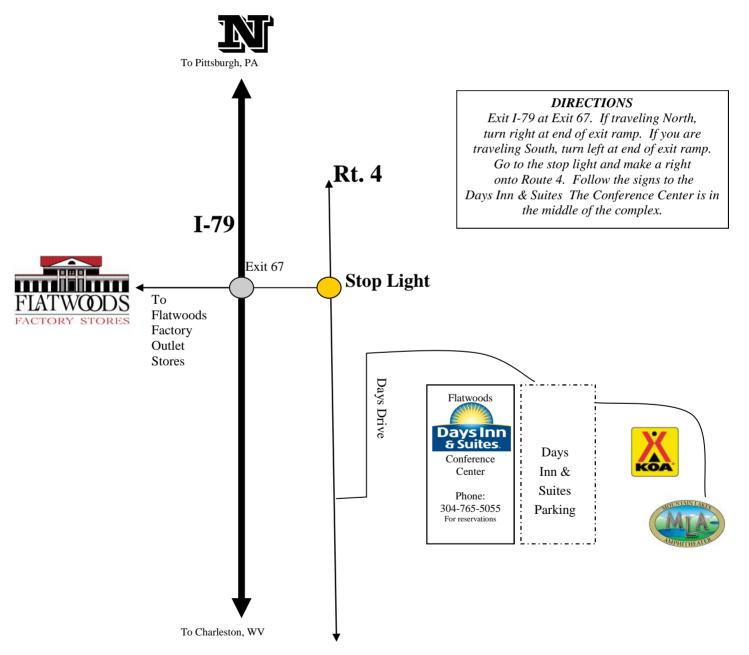
Address:

I-79, Flatwoods Exit 67 350 Days Drive Sutton, WV 26601

Email:

meetingrequest@flatwoods.com cathy@flatwoods.com









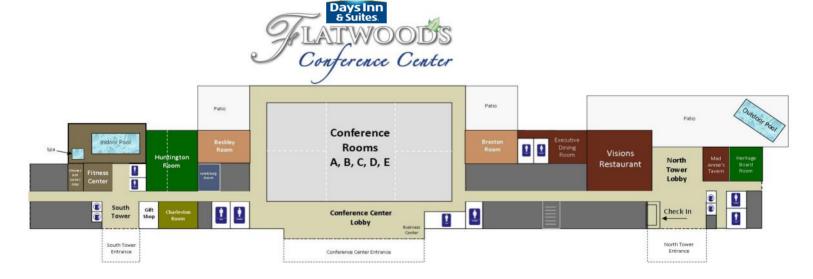




CONFERENCE ROOM SELECTION

Meeting Room	Room Size	Square Feet	Ceiling Height	Class Seating	Theater Seating	Square Seating	Conference Seating	U-Shaped Seating
A	42 X 72	3024	11	120	250-300	66	145-215	60
В	36 X 36	1296	11	35-48	96	36	96	229
С	36 X 36	1296	11	35-48	96	36	96	29
D	36 X 36	1296	11	35-48	96	36	96	29
Е	36 X 36	1296	11	35-48	96	36	96	29
A-E	114 X 72	8202	11	300-360	700-800	150	650	100
Charleston Room 114	11 X 22	242	9	9	15	15*	12	15*
Charleston Room 116	11 X 22	242	9	9	15	15*	12	15*
Charleston Room 118	11 X 22	242	9	9	15	15*	12	15*
Charleston Room 120	11 X 22	242	9	9	15	15*	12	15*
Lewisburg Room 121	12 X 21	252	9	_	_	_	6	_
Huntington Room 123	21 X 44	924	9	30	50	30	48	25
Huntington Room 123	21 X 24	924	9	30	50	30	48	25
Braxton Room K	20 X 19	380	9	12	20	15	24	15
Beckley Room L	20 X 28	560	12	18	36	18	24	18
Wheeling Room 221	20 X 21	420	20	_	_	_	16	_
Bridgeport Room 225	20 X 24	480	20	_	_	_	10	_
Heritage Board Room	_	500	8' 10"	_	_	_	12	_
Executive Dining Room	50 X 20	1000	11	Executive Dining Room seats 42 people				

* If combined with an adjoining room.



SOUTH TOWER

Indoor Pool

- Fitness Center
- Spa
- · Gift Shop

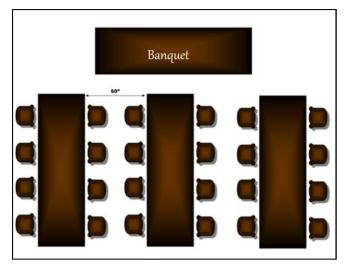
CONFERENCE CENTER

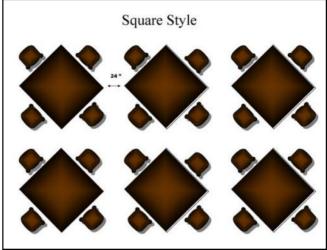
- A,B,C,D,E Conference Rooms
- · Huntington Room
- Charleston Room
- · Beckley Room
- Braxton Room
- Lewisburg Room

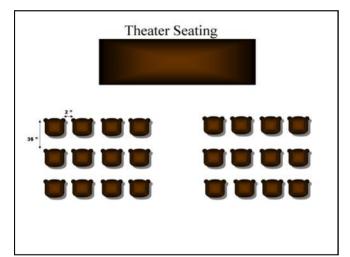
NORTH TOWER

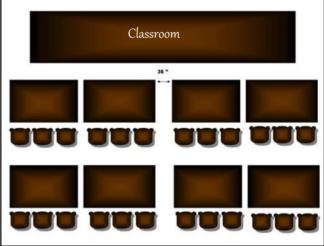
- Hotel Registration
 Wheeling Room
- Camping Registration
- Camping Registration
- Vision's Restaurant
- · Mad Annie's Tavern
- Outdoor Swimming Pool
- · Heritage Board Room
- Wheeling Room
 Bridgeport Room

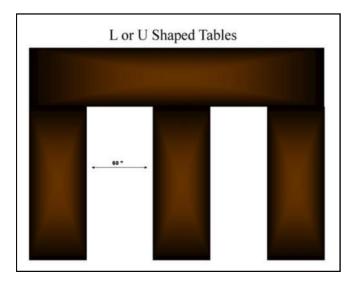
Seating Styles

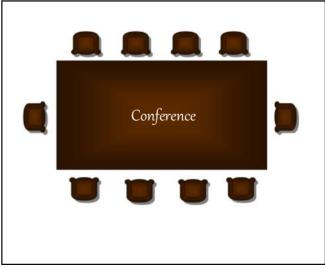












BREAKFAST BUFFET

All prices are per person except where noted.



Buffet Served in the Conference Center \$11.95* (For groups of 30 or more)

- Scrambled Eggs
- Sausage Sausage
- Bacon
- Hash Brown Potatoes
- Biscuits
- Fresh Fruit
- Danish
- Assorted Fruit Juices
- Freshly Brewed Coffee, Regular and Decaf
- Ice Water

Break Menu

All prices are per person except where noted.

CONTINENTAL BREAKFAST...\$7.95

Freshly brewed coffee, regular and decaf, hot tea, assorted fruit juices, assorted danish.

HEALTH BREAK...\$9.95

Fresh fruit tray, assorted yogurt,oatmeal raisin cookies, bottled water, freshly brewed coffee,regular and decaf.

SWEET & SALTY BREAK ...\$9.95

Granola bars, gold fish crackers, tortilla chips with salsa, pretzels, assorted soft drinks, bottled water.

AFTERNOON COOKIE BREAK...\$9.95

Brownies and chocolate chip cookies, bottled water, chocolate milk, assorted soft drinks.

ICE CREAM SUNDAE...\$8.95

(FOR GROUPS OF 50 OR MORE ONLY)

Flavors: Chocolate, Vanilla & Strawberry Toppings: Hot Fudge, Caramel, Cherries, Nuts, etc

FLOAT STATION...\$5.95

(FOR GROUPS OF 30 OR MORE ONLY)
Vanilla Ice Cream, Root Beer, Orange Soda, Coca-Cola

Build-a-Break

Freshly brewed coffee-regular and decaf Hot tea & water\$5.95
Vegetable tray with dip\$5.95
Cheese & cracker tray\$5.95
Assorted soft drinks/bottled water\$2.00
Assorted fruit juices\$1.95 each
Bagels & cream cheese\$3.95
Assorted Pastries\$4.95
Fresh baked cookie tray\$4.25
Fresh fruit tray\$5.95
Assorted yogurt\$2.95

Chicken Strips	\$5.95
Cheese & Cracker Tray	\$5.95
Chicken Wings (Regular or Spicy)	\$5.95
Fresh Fruit Tray	\$5.95
Sweet and Sour Meatballs	\$5.95
Barbeque Meatballs	\$5.95
Monte Carlo Assortment (Egg Rolls and Mashed Potato Puffs)	\$5.95
Smoked Cocktail Franks	\$4.95
Petit Fours Tray	\$5.95
Vegetable Tray with Dip	\$5.95
Deviled Eggs	\$5.95
Shrimp Cocktail	\$10.95
Stuffed Mushrooms (Sausage or Seafood)	\$5.95



HORS D'OEUVRES

All prices are per person (Minimum of 30 people)



Lunch will be served in Visions Restaurant...

1. Meeting group of 100 people or less.

◆ Lunch groups **of 100 people or less** will be served in the beautiful Visions Restaurant on the "Chef's Choice Plan", as described below.

Visions Restaurant "Chef's Choice Plan":

✓ Two Chef's Choice Entrées, side dishes, soup and salad bar, desserts and drinks—\$17.95* per person.

Note: Groups of 100 people or less that wish to be served lunch in their meeting rooms will be charged a \$2 per person set up fee.

2. Meeting group of more than 100 people.

♦ Choose from the selections on the following two pages to build your lunch. The menu selections listed are some of our most popular choices. Choices have been organized in three different price categories for your convenience. If you desire more options, please consult with the conference planner and we will be happy to cater to your needs.

3. Contact a conference planner regarding your selections.

Email: meetingrequest@flatwoods.com

Fax: 304-765-2053

Phone: 866-700-7284 x101



Soup & Salad as Entree

Crispy Garden Salad w/Steak or Chicken

Crispy Iceberg Lettuce with your choice of Steak or Chicken and Favorite Dressing

Homemade Soup du Jour Fresh Baked Bread Chef's Choice of Dessert Coffee, Iced Tea and Ice Water @ \$16.95 ++

Classic Caesar Salad

Fresh Romaine Lettuce, Crunchy Croutons, Parmesan Cheese with a Classic Caesar Dressing

Homemade Soup du Jour Fresh Baked Bread Chef's Choice of Dessert Coffee, Iced Tea and Ice Water @ \$15.95 ++

Spinach and Strawberry Salad

Crispy Spinach, Fresh Strawberries, Feta Cheese, Almonds with a Raspberry Vinaigrette Dressing

Homemade Soup du Jour Fresh Baked Bread Chef's Choice of Dessert Coffee, Iced Tea and Ice Water @ \$15.95 ++

Ultimate Greek Salad

Fresh Romaine Lettuce, Tomatoes, Cucumber, Red Onion, Kalamata Olives, Feta Cheese and Greek Dressing

Homemade Soup du Jour Fresh Baked Bread Chef's Choice of Dessert Coffee, Iced Tea and Ice Water @ \$15.95 ++

House

Fresh Cut Greens with Garden Vegetables, Mozzarella & Croutons with your choice of Salad Dressing

Homemade Soup du Jour Fresh Baked Bread Chef's Choice of Dessert Coffee, Iced Tea and Ice Water @ \$15.95 ++



Platinum Lunch Buffet

\$17.95 per person

*Includes tossed salad with a variety of dressings, fresh baked bread, and chef's choice of dessert.

There will be a \$3.00 charge per person for a second entrée choice.



Beef Burgundy* Platinum

Tender beef tips, smothered in rich mushroom and burgundy sauce. Served over flavorful egg pasta Accompanied by fluffy Buttermilk Biscuits.

Pasta Primavera with Chicken* Platinum

Tender chicken breast with pasta and vegetable medley served with the perfect herb and oil blend and topped with our ideal parmesan cheese.

Roast Beef* Platinum

A tender, juicy roast, carefully slow cooked and complimented by buttery mashed potatoes, brown gravy and green beans.

Catch of the Day* Platinum

Our chef's selection of the freshest fish available, paired with a piping hot baked potato and a colorful, steamed vegetable medley.



A 20% service charge and 6% state tax will apply. Prices subject to change until final contract is confirmed.

If you don't see what you want on the menu, please ask.
We cater to specific needs.

. Gold Lunch Buffet

\$16.95 per person

*Includes tossed salad with a variety of dressings, fresh baked bread, and chef's choice of dessert.

There will be a \$3.00 charge per person for a second entrée choice.



Chicken Parmesan* Gold

Italian breaded chicken, side of spaghetti.

Roast Turkey* Gold

Plump turkey roasted to a golden brown. Served with buttery mashed potatoes, country-style gravy, with green beans.

Grilled Chicken Breast* Gold

All white meat breast chargrilled to perfection and served with beautiful rice pilaf, and paired with a steamed vegetable medley.

Crispy Garden Salad w/Steak or Chicken* Gold

Your choice of tender marinated steak or grilled chicken breast over a tangle of crisp iceberg and romaine lettuces, delicately sliced carrot and radish, cherry tomatoes and cucumbers. This dish is paired with our chef's specially prepared soup du jour.

Southern-Style Fried Chicken* Gold

Tender chicken breast and thigh coated in our country style batter and deep fried until golden brown, served with mashed potatoes and crisp green beans.

Pork Marsala* Gold

Tender pork simmered in a delicate Marsala wine sauce with mushroms and served with rice pilaf, and a colorful vegetable medley.

Asian Style Stir-Fry* ** Gold

A bold, healthy stir fry with your choice of chicken or beef tossed with steamed vegetables and a spicy authentic oriental sauce, and served with rice.

**For an additional \$2.00, add fresh shrimp to your stir-fry for a sensational taste of the Orient.



A 20% service charge and 6% state tax will apply. Prices subject to change until final contract is confirmed

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We cater to specific needs.

Silver Lunch Buffet

\$15.95 per person

*Includes tossed salad with a variety of dressings, fresh baked bread, and chef's choice of dessert.

There will be a \$3.00 charge per person for a second entrée choice.

Honey Citrus Vegetable Wrap Silver

Generously filled with tender lettuce, fresh tomatoes, sweet carrots, onions & Colby Jack cheese.

Cheese Tortellini* Silver

Stuffed Pasta Rings topped with Alfredo Sauce

Country Beans & Cornbread* Silver

Slow cooked brown beans and fresh baked corn bread served with cooked potatoes.

Texas Style Classic* Silver

Cross the border with our spicy Texas style chili with traditional Mexican style corn bread. Caliente!

A Taste of Italy* Silver

Included in this selection is your choice of one of our perfectly baked lasagne, our delicious spaghetti & meatballs, or our vegetarian pasta primavera. Your selection also includes a delicious Caesar salad, and our warm Italian bread.

Deli Fresh Luncheon Silver

Start with a deli-fresh assortment of cold cuts including sliced turkey, thin sliced honey ham, and roast beef. Next, we add a selection of fresh cheeses, including swiss, American, and spicy pepper jack. Pile on crisp lettuce and juicy, ripe red tomato and your favorite comdiments atop fresh slices of white, wheat, or rye bread.

Enjoy with a steaming cup of our chef's soup de jour.

Also includes potato salad and pasta salad.



A 20% service charge and 6% state tax will apply. Prices subject to change until final contract is confirmed.

If you don't see what you want on the menu, please ask.
We cater to specific needs.



SILIVER LIGHTER FARE OPTIONS

BAKED LEMON PEPPER TILAPIA

Rice Pilaf
Steamed Vegetables
Fresh Tossed Salad with Variety of Dressings
Fresh Baked Wheat Bread
Fruit
Coffee, Iced Tea and Water
@ \$15.95 ++

POTATO CRUSTED COD

Rice Pilaf
Steamed Broccoli
Fresh Tossed Salad with Variety of Dressings
Fresh Baked Wheat Bread
Fruit
Coffee, Iced Tea and Water

@ \$15.95 ++

TUNA MELT WRAP

Whole Wheat Tortilla Wrap with Tuna Salad
Rice Pilaf
Mozzarella Cheese and Sliced Tomato
Fresh Tossed Salad with Variety of Dressings
Fruit
Coffee, Iced Tea and Water
@ \$15.95 ++





BARBEQUE MENU



Lunch or Dinner Buffet

\$19.95 per person

Only for groups of 50 or more

*Barbeque Chicken & Ribs

*Baked Beans

*Corn on the Cob

*Deviled Eggs

*Potato Salad

*Vegetable Tray

*Assorted Breads

*Dessert

*Coffee, Iced Tea and Soft Drinks



DINNER BUFFET MENU



All Dinner Buffets are served with chef's choice of potato or rice, vegetable, tossed salad, fresh baked bread, dessert and drinks.

All dinner prices are priced per person.

x Italian Buffet

Freshly Baked Lasagna, Pasta Primavera, Spaghetti & Meatballs, served with Caesar Salad and Fresh Baked Italian Bread for Groups of 50 or more

Money Glazed Ham
Grilled Chicken Breast
Chicken Cordon Bleu
Baked Steak/Gravy
\$19.95

Herb Roasted Chicken
 German Pork Loin
 Chicken Marsala
 English Cut Roast Beef
 \$20.95

So Catch of the Day
So Broiled Salmon Filet
So Oven Roast Prime Rib
So Fillet Mignon & New York Strip
So Ribeye
So Surf & Turf (6 oz. Filet & Broiled Shrimp)
Call for Market Price

There will be a \$4.50 charge per person for a second entrée choice.

If you don't see what you want on the menu, please ask.

We cater to specific needs.

VISIONS RESTAURANT



Renowned for scrumptious prime rib and shrimp cocktail, Visions Restaurant will be happy to cater to your meeting requirements. A full service bar offers wine from local vineyards and beer from local breweries.

Dine in the inviting atmosphere of the restaurant or take advantage of our banquet facilities and have your meal while you meet. Our friendly and courteous staff can accommodate just about any request. Visions Restaurant is great for any occasion.

ELEGANT DINNER BUFFET

FEATURING A LA CARTE SPECIALS...

- **™** Shrimp Cocktail
- Rib Prime Rib
- Four Entrees including Nightly Seafood and Pasta Selections
- New England Clam Chowder
- **™** Salad
- Homemade Cobbler for Dessert
- variety of Beverages Available Including a Fully Stocked Bar

A 20% service charge and 6% state tax will apply.

BEVERAGES

BEVERAGE LIST AVAILABLE UPON REQUEST



CASH BAR

BARTENDER FEE IS \$60.00 FOR THE FIRST 3 HOURS AND \$20.00 EACH ADDITIONAL HOUR. WAIVED WITH A MINIMUM OF \$400.00 IN SALES.

GUEST WILL PURCHASE DESIRED DRINK FROM BARTENDER.

DOMESTIC BEER	\$5.00/bottle
IMPORT BEER	\$6.00/BOTTLE
MIXED DRINK	\$6.00-\$8.00/DRINK
WINE	\$6.00/glass
SOFT DRINK	

HOST BAR

BARTENDER FEE IS \$75.00 FOR THE FIRST 3 HOURS AND \$25.00 EACH ADDITIONAL HOUR.

Waived with a minumum of \$450.00 in sales.
All beverages ordered will be master billed per consumption

DOMESTIC BEER	\$5.00/bottle
IMPORT BEER	\$6.00/BOTTLE
MIXED DRINK	\$6.00-\$8.00/DRINK
WINE	\$6.00/glass
SOFT DRINK	\$3.00/DRINK

MISCELLANEOUS BEVERAGE SALES

Wine per bottle, \$17.95 (750ml) Canyon Ridge, White Zinfandel, Cabernet Sauvignon, Chardonnay

OTHER

Personalized Conference Worksheet

Group Name	Number of People in Group	Length of Conference

Please make copies of this page for each day you will need meals.

Meal Choices	Day Meal Choice	Time	# of People	Cost Per Person	Total Cost Per Meal
Breakfast Choice					
Break 1 Choice					
Lunch Choice					
Break 2 Choice					
Dinner Choice					
Hors D'oeuvres Buffet					
Beverages Choice					
Lodging Rooms (Call for Pricing)	# Of Double Rooms Needed Price	# Single Rooms Price			Total Cost for Rooms:
			•	•	

Call our conference coordinator and let us help you start planning your next event. 866-700-7284 Ext. 101

- Corporate Meetings
- Business Seminars
- Parties (big or small)
- •Family Reunions
- Weddings
- Productions
- Class Reunions

Our onsite amenities include

- Indoor and outdoor pools
- Hot tub
- Mad Annie's Tavern
- •Fitness center
- Gift shop
- Business center
- Visions Restaurant
- Hiking trails
- Double & gueen rooms
- •Suites with king or gueen
- Deluxe suites
- Business Kings

Area attractions include

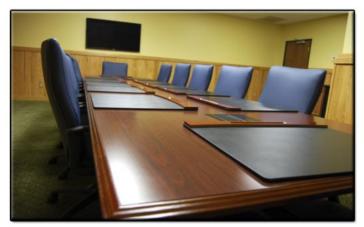
- Flatwoods Factory Outlet Stores
- •Walmart Supercenter
- Sutton & Burnsville Lakes
- Historical Sutton
- Mountain Lakes Amphitheater
- White Water Rafting
- Artisan Studios
- Central WV Fairs & Festivals
- •Elk River Water Trail
- Birch River
- Golf Courses
- Landmark Studio For the Arts
- •New River Gorge Bridge
- •West Virginia Wildlife Center

For more information, contact Braxton County CVB...304-765-6533

Days Inn & Suites

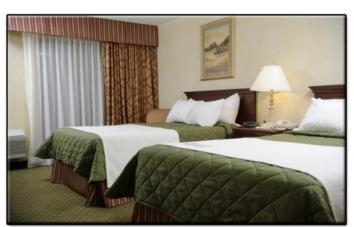










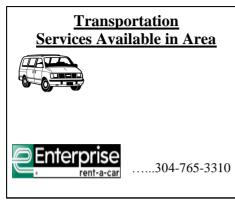




304-765-3300

- Legg's Hanes Bali Playtex
- McFly Outdoors
- The Book Warehouse
- Everything Fiesta
- Tommy Hilfiger
- Dress Barn
- Bon Worth
- Corningware Corelle Revere
- Rue21
- Amish Farms Bulk Food & Cheese
- Famous Footwear
- Lost Road Candles
- Hawkins Leather
- Mattress Warehouse
- Ntelos Wireless
- · China Buffet
- Wild Vine & Spirits
- Enterprise Rental
- Braxton County Convention & Visitors Bureau
- Care Express
- VA Clinic
- Black Crow Primatives

Important Local Information & Contact Numbers

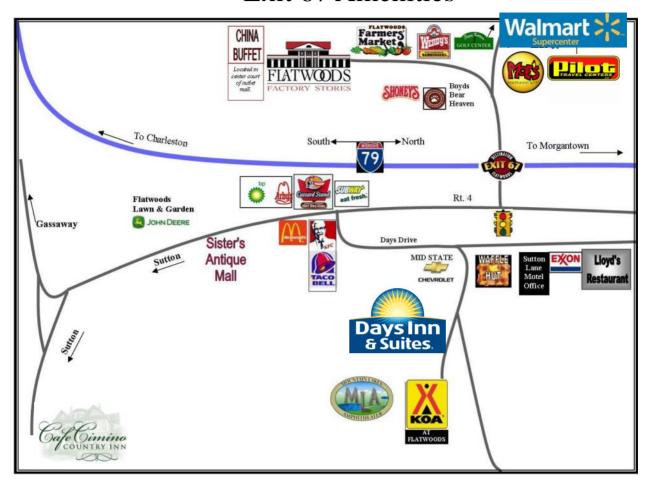




304-765-6533



Exit 67 Amenities



Area Dining

Visions Restaurant (Inside Days Hotel)

Arby's

Moe's Southwest Grill

Custard Stand

Wendy's

Shoney's

Waffle Hut

McDonald's

Kentucky Fried Chicken

Taco Bell

China Buffet

Subway

Café Cimino

Area Shopping

Flatwoods Factory Outlet Stores Walmart Supercenter Sisters Antiques Boyd's Bear Heaven

Area Convenience Stores, Gas Stations & Lodging

Pilot Travel Center

BP

Sunoco

Exxon

Go Mart

Chevron

Sutton Lane Motel

We hope you enjoy your stay.