



# THE BRIDGE TRAINING INSTITUTE

*Treatments That Work*

[www.thebridgetraininginstitute.org](http://www.thebridgetraininginstitute.org)

Lunch service is not available at the hotel.  
You are welcome to bring your own lunch or eat at one of the many  
restaurants that are very nearby.

## **Route 20 West** **Post Road Plaza**

Boston Market  
Panera Bread (Will Deliver)  
5 Guys  
Longhorn Steakhouse  
Papa Gino's  
Starbucks  
McDonalds  
China Taste  
Tandoori Indian Cuisine

## **Route 20 East** **Apex Centre**

110 Grill  
Evita Cucina  
Friendly's  
Hot Table Panini  
Qdoba  
Protein House  
Starbucks  
Chick-Fil-a

### Directions:

Return to Route 20 West.

The Post Road Plaza will be on your right.

The Apex Centre is directly across the street.

**Delivery from Panera Bread:** Go to [panerabread.com](http://panerabread.com). Select Order Online. Select Delivery. Delivery address is 75 Felton Street, Marlborough MA. Select Business. Enter Company Name: Courtyard Marriott. Enter your phone number. Delivery Instructions: Enter your name. Delivery Time: Select 11:45 to 12:00 Proceed to ordering. Pick up your lunch at the front desk at noon.

**4 MANN STREET • WORCESTER, MASSACHUSETTS • 01602**  
**PHONE: 508.755.0333 FAX: 508.755.2191**