



# 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 the many  
restaurants that are very nearby.

Panera Bread will deliver to the hotel - See below

## **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 and Marlborough Ballroom. Delivery Time: 12:00 Proceed to ordering.

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