



Breakfast

Chef's Quiche GF

spinach, sun-dried tomato mushrooms, caramelized onions, mazzarella cheese

Berry Parfait

granola, greek yogurt, agave, fresh berries

Steel Cut Oatmeal

brown sugar, dried cranberries

Build Your Own Omelette

*your choice of cheese: mozzarella or cheddar cheese
tomato, spinach, bell peppers, mushroom, bacon*

Pancakes

with your choice of fruit: blueberries/ strawberries/bananas/mix

Acai Bowl

*with your choice of fruit
almond butter or peanut butter
agave or honey*

Fresh Fruit Bowls

*seasonal berry bowl
pineapple bowl*

Add Ons

*raisin bran
Cheerios
whole wheat toast
bran muffin
blueberry muffin*



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Lunch

Soups/Post-Op Meals

CHICKEN SOUP

MINESTRONE SOUP

BUTTERNUT SQUASH SOUP

Main Course

GRILLED CHICKEN BREAST

GRILLED SALMON

VEGGIE BURGER

*lettuce, tomato, red onion, pickle,
avocado*

Salads

TUNA SALAD

apple, carrot, celery

CHICKEN SALAD

celery, onion, parsley, cranberries,

EGG SALAD

celery, onion

Sides

CHEESE PLATE

pecans, dried cranberries, prosciutto

MAC & CHEESE

MASHED POTATOES

CAULIFLOWER PUREE



Dinner

Sweet Things

Cakes

NEW YORK CHEESCAKE SLICE

FLOURLESS CHOCOLATE CAKE

BUTTERNUT SQUASH SOUP

Main Course

Cookies

CHOCOLATE

OATMEAL

PEANUT BUTTER

GRILLED CHICKEN BREAST

served with quinoa and sautéed veggies

Beverages

Smoothies

VERY BERRY SMOOTHIE

pears, strawberries, almond milk, brown rice protein,

Juice Shots

CARROT, CELERY, BEETS, ORANGE, MIX

Juices

PRUNE JUICE

CRANBERRY JUICE

ORANGE JUICE

APPLE JUICE

Coffee

BLACK COFFEE

LATTE

ADD-ONS

+ brown sugar

+ caramel drizzle

+ espresso shot

+ honey

Tea

ENGLISH BREAKFAST

GINGER TEA

CHAMOMILE TEA

GREEN TEA

CHOICE OF MILK

regular

non-fat

almond milk

soy milk

Others

GATORADE

DIETCOKE

GINGER ALE



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