



## **Sample Menu Plan**

**Breakfast:** Monday- Friday 7:00- 8:15 AM.

### **Daily Choice of:**

#### **House made cereals:\*~**

Granola with dried fruits ~ muesli ~ whole grain hot cereal\*  
(Including gluten free options)

#### **Super food smoothie bar:\*~**

A selection of rotating organic ingredients available daily:

##### *Organic Fresh Fruits & Vegetables*

*Yogurt, Avocado, Banana, Mango, Rolled Grains, Soft Tofu, Nut, Rice & Soy Milks, Steamed Root Vegetables, Whole Raw Seeds & Nuts, Dried Fruits & Berries*

*Coconut Water, Fruit Juice & Vegetable Juice*

*Fresh Herbs, Fresh Citrus Zest, Fresh Lemon & Lime Juices, Freshly Ground Vanilla Bean, Freshly Ground Spices, Fresh Fruit Syrups*

A Choice of nutritional powders & seeds:  
*acai, green algae, goji, maca, camu powders  
flax, chia & hemp seeds*

#### **A selection of morning pastries\*~**

(Including gluten free options)

Served with choice of organic butter, preserves or fruit and nut butters

#### **Freshly squeezed fruit juices\*~**

Regular & Decaffeinated Coffee - Green & Herbal Teas - Warm Water w/ Lemon Slices

**Snacks:** 10:30 AM/ 4:00 PM / 9:00 PM

Gluten-free blueberry mini muffins \*~  
vegetable crudité\*s \*~  
house made chips with edamame spread \*

*Dietary Code*

*\* Vegetarian ~ Gluten - free*

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**Lunch:** 12:30-1:30 PM.

*Albondigas* Meatball Soup~

Grilled Chicken Pesto Wraps~

Nicoise Salad with Vegetable Quinoa\*

Delicata Squash & Caramelized Shallot Galettes\*

A selection of House made Cookies\*

Fresh Fruit\*~

**Dinner:** 6:00-7:00 PM.

Baby Arugula, Roasted Grapes & Goat's Cheese Salad with Crispy Pecans\*~

Maple Glazed Pork Roast with Glazed Shallots~

*Served with*

*Roasted Leeks & Kaboucha Squash Puree\*~*

*Slow cooked Tuscan Kale with Golden Raisins\*~*

Caramelized Three Onion Polenta Lasagna with Ratatouille Sauce\*

Vanilla Crème Brulee with Glazed Fruits\*~

*Dietary Code*

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