



Dinner Wellness Specialties

Enjoy a variety of delicious and nutritious evening menu items. Ingredients have been carefully selected to ensure each culinary delight meets specific wellness criteria.

Soups and Side Salads

Contain less than 350 calories, less than 400 milligrams sodium, and less than 5 grams animal saturated fat.

Raw Vegetable Soup of the Day (190 calories)

16

Our chef is preparing a unique raw vegetable soup with chia and flaxseed.

Berry Broccoli Salad (260 calories)

20

Beautiful and crispy salad of broccoli, cauliflower, carrot, cabbage, and beetroot. Tossed in a ginger, honey, soy, and mixed berry dressing.

Rejuvenating Mixed Salad (270 calories)

22

Arugula topped with quinoa, broccoli, celery, beetroot, cabbage, and seasonal vegetables. Sprinkled with chia seeds and flaxseeds. Tossed with apple cider vinaigrette.

Entrees

Contain less than 600 calories, less than 800 milligrams sodium, less than 8 grams animal saturated fat.

Three Bean and Ahi Tuna Salad (460 calories)

33

A unique blend of black, dark red kidney beans, edamame, and seaweed topped with raw ahi tuna. Lightly coated with honey soy vinaigrette.

Southern Indian Lentil and Veg Curry (590 calories)

23

A delicious curry of green lentils, peas, cauliflower, carrots, spinach, and a unique blend of spices. Served with a side of red quinoa.

Grilled Spinach Chicken Breast (540 calories)

31

Marinated with lemon and turmeric. The spinach stuffed breast is baked then sliced and served atop a bed of quinoa and cauliflower. Drizzled with orange vinaigrette.



Desserts

Contain less than 200 calories, less than 300 milligrams sodium, less than 5 grams of added sugar, and less than 5 grams animal saturated fat.

Cherry Banana Ice Cream (190 calories)

12

A silky blend of frozen banana and cherries with a boost protein from plant-based chocolate protein powder and almonds.

Cardamom Donut Bites (190 calories)

12

oven baked donuts with an orange glaze, dusted with pistachios. Two whole wheat.

Dark Chocolate Coconut Truffle (110 calories)

12

A rich dark chocolate truffle rolled in coconut flakes.

Mindful Cocktails

Less than 150 calories less than 5 grams added sugar.

Cucumber Jalapeño (130 calories)

14

Vodka, lime, orange juice, cucumber, jalapeño, simple syrup, and salt (optional).

Blackberry Rum Punch (150 calories)

14

Rum, blackberries, lime juice, and simple syrup.

Dinner Wellness Juices

Contain at least 75% vegetable base and no added sugar.

The Greens (45 calories)

12

Parsley, green apple, cucumber and lemon.

Cucumber Ginger Lemonade (30 calories)

12

Cucumber, lemon, and ginger root.

Kale Cooler (100 calories)

12

Strawberries, cucumber, spinach, and kale.

A Registered Dietitian Nutritionist helped create and analyze each menu item with overall wellness as our goal