



## **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