

# BREAKFAST

## Breakfast Classics

**Ham & Cheese Omelet** – Diced ham, sharp cheddar, fluffy eggs | toast on side

**Bacon & Cheddar Omelet** – Crispy bacon, sharp cheddar, fluffy eggs | toast on side

**Denver Omelet** – Diced ham, green pepper, onion, sharp cheddar

**Veggie Omelet** – Bell pepper, mushroom, onion, spinach, cheddar

**Bacon & Egg Scramble** – Fluffy scrambled eggs, crispy bacon, shredded cheddar

## Muffins & Bars (protein add-in optional)

**Muffins:** Strawberry Almond / Lemon Blueberry / Rhubarb Ginger / Banana Walnut / Raspberry Lemon / Mixed Berry Oat / Cinnamon Roll / Coffee Cake / Chocolate Espresso / Lemon Poppy Seed

**Bars:** Peanut Butter / Chocolate Almond / Coconut Cashew (No-Bake) / Peanut Butter Chocolate Chip / Raspberry Lemon / Cinnamon Apple

## Fresh Cut Fruit

**Spring:** Strawberries / Blueberries / Raspberries / Blackberries / Mango / Pineapple / Kiwi

**Summer:** Peaches / Cherries / Apricots / Watermelon / Cantaloupe / Honeydew

**Tropical Fruit Salad** – Mango, pineapple, kiwi, papaya, strawberries, honey-lime dressing on side

**Sausage & Egg Scramble** – Breakfast sausage, scrambled eggs, cheddar, sautéed peppers & onions

**Eggs & Bacon** – Scrambled or hard-boiled eggs, crispy bacon

**Eggs & Sausage** – Scrambled or hard-boiled eggs, breakfast sausage links

**Classic Egg Bites** – Ham & cheddar or bacon & cheddar — soft, oven-baked

**Breakfast Burrito** – Scrambled eggs, bacon or sausage, cheddar, salsa

# LUNCH

## Power Bowls

**Green Goddess Chicken Bowl** – Grilled chicken, farro, roasted asparagus, snap peas, baby kale, pumpkin seeds | GG dressing on side

**Banh Mi Chicken Bowl** – Grilled chicken, jasmine rice, pickled daikon & carrots, cucumber, shredded cabbage | sriracha-lime on side

**Korean BBQ Beef Bowl** – Marinated sliced beef, brown rice, broccoli, cucumber, purple cabbage, sesame seeds | gochujang on side

**Lemon Herb Salmon Bowl** – Grilled salmon, quinoa, roasted asparagus, spring peas | dill yogurt on side

**Tuna Poke-Style Bowl** – Sesame-seared ahi tuna, sushi rice, edamame, cucumber, shredded carrots, avocado on side | ponzu-sesame dressing on side

**Sushi Rice Bowl** – Sesame-seared tuna or salmon, seasoned sushi rice, cucumber, pickled ginger, nori, sesame seeds | soy-wasabi on side

**Hawaiian Garlic Shrimp Bowl** – Garlic butter shrimp, jasmine rice, pineapple salsa on side, shredded cabbage, lime

**Tropical Salmon Bowl** – Grilled salmon, coconut rice, mango salsa on side, cucumber, sesame seeds, spring greens

**Spicy Ahi Bowl** – Sesame-crust seared ahi tuna, brown rice, edamame, shredded carrots, nori strips, green onion | sriracha aioli on side, avocado on side

**Salmon Ponzu Bowl** – Seared ginger-glazed salmon, sushi rice, cucumber, pickled daikon, seaweed salad, sesame seeds | yuzu ponzu on side

**Coconut Shrimp Poke Bowl** – Coconut-poached shrimp, sushi rice, fresh mango, pineapple, cucumber, toasted coconut | sweet chili-lime on side

**Peruvian Quinoa Bowl** – Grilled chicken, quinoa, roasted spring vegetables, spring greens | aji amarillo sauce on side

**Mediterranean Falafel Bowl** – Baked falafel, farro, cucumber, cherry tomato, red onion, kalamata olives, feta | tahini on side

**Buffalo Chicken Bowl** – Shredded buffalo chicken, brown rice, roasted cauliflower, carrots, celery, spinach | Greek yogurt ranch on side

**Thai Peanut Chicken Bowl** – Grilled chicken, jasmine rice, shredded carrots, cucumber, snap peas | peanut sauce on side

**Chili-Lime Shrimp Bowl** – Grilled shrimp, cilantro-lime rice, charred corn, cabbage slaw | lime crema on side

**Spring Steak & Quinoa Bowl** – Marinated steak, tri-color quinoa, roasted carrots, asparagus, snap peas | chimichurri on side

**Chipotle Chicken & Black Bean Bowl** – Chipotle chicken, cilantro-lime rice, black beans, roasted corn, cotija | lime crema on side

**Cauliflower Shawarma Bowl** – Roasted cauliflower, herbed couscous, pickled onion, cucumber | tahini yogurt on side

**Hot Honey Turkey Meatball Bowl** – Turkey meatballs, brown rice, roasted broccoli | hot honey glaze & Greek yogurt ranch on side

**Teriyaki Chicken Poke Bowl** – Grilled teriyaki chicken, sushi rice, edamame, cucumber, shredded carrots, pineapple | sesame-ginger dressing on side

**Lilikoi Salmon Bowl** – Grilled salmon, jasmine rice, cucumber, fresh mango, toasted macadamia nuts, spring greens | passion fruit-sesame dressing on side

## Salads

**Spring Strawberry Chicken Salad** – Baby spinach, grilled chicken, strawberries, candied almonds, goat cheese | poppyseed on side

**Asparagus & Pea Salad** – Blanched asparagus, spring peas, snap peas, Pecorino Romano, toasted hazelnuts | lemon vinaigrette on side

**Green Goddess Spring Salad** – Mixed spring greens, cucumber, snap peas, radish, fresh herbs | green goddess on side

**Blackened Salmon Salad** – Cajun salmon, baby greens, asparagus, quinoa | citrus vinaigrette on side

**Grilled Chicken Cobb** – Romaine, grilled chicken, turkey bacon, hard-boiled egg, cherry tomatoes, red onion | creamy herb dressing on side

**Turkey Taco Salad** – Romaine, seasoned ground turkey, black beans, roasted corn, cotija | chipotle-lime crema on side, tortilla strips on side

**Mediterranean Lentil Salad** – Kale, lentils, roasted red peppers, cucumber, feta, kalamata olives | lemon tahini on side

**BBQ Ranch Chicken Salad** – Romaine, grilled BBQ chicken, cheddar, black beans, roasted corn, pico | BBQ ranch on side

**Roasted Beet & Arugula Salad** – Arugula, roasted beets, goat cheese, candied walnuts | balsamic shallot on side

## Soups

**Lemon Chicken Orzo** – Grilled chicken, orzo, lemon, fresh dill, spinach

**Turkey Chili** – Ground turkey, beans, tomato, peppers, cumin, smoked paprika

**Caprese Grain Bowl** – Fresh mozzarella, heirloom tomatoes, basil, farro, baby spinach | balsamic glaze on side

**Asian Crunch Salad** – Napa cabbage, grilled chicken, edamame, shredded carrots, mandarin oranges | sesame ginger on side

**Caprese Chicken Salad** – Mixed greens, grilled chicken, grape tomatoes, mozzarella, basil | balsamic glaze on side

**Super Greens Tuna Salad** – Baby kale & spinach, seared tuna, white beans, cucumber, radish | lemon Dijon on side

**Charred Snap Pea Salad** – Charred snap peas, spring greens, shallots, goat cheese, sunflower seeds | honey-Dijon on side

**Spring Chicken Caesar** – Farro, kale & romaine, grilled chicken, shaved Parmesan | Caesar yogurt dressing on side, croutons on side

**Farro & Roasted Vegetable Salad** – Farro, roasted asparagus, cherry tomatoes, artichokes, shaved Parmesan | lemon-garlic on side

**Cucumber Mango Salad** – Sliced cucumber, ripe mango, red onion, jalapeño, lime juice, fresh mint | honey-lime dressing on side

**Mango & Grilled Shrimp Salad** – Grilled shrimp, mixed spring greens, fresh mango, red onion, jalapeño, toasted coconut | lime vinaigrette on side

**Tropical Papaya Salad** – Green papaya, cherry tomatoes, cucumber, red onion, crushed peanuts | honey-lime chili dressing on side

**Cream of Mushroom** – Baby bella & cremini mushrooms, cream, garlic, thyme, chicken broth

**Italian Wedding** – Turkey meatballs, orzo, spinach, Parmesan broth

# DINNER

## Chicken & Turkey

**Grilled Lemon Herb Chicken** – Lemon-herb marinade, roasted asparagus, cherry tomatoes, herbed quinoa

**Honey Harissa Chicken** – Spiced chicken thighs, turmeric rice, charred zucchini, red cabbage slaw | citrus yogurt on side

**Green Goddess Roasted Chicken** – Basil-tarragon-parsley green goddess marinade, roasted spring vegetables, quinoa

**Za'atar Chicken with Tabbouleh** – Za'atar spice, lemon, olive oil, quinoa tabbouleh | hummus on side

**Orange Ginger Glazed Chicken** – Tangy orange-ginger glaze, jasmine rice, roasted broccoli

**Chicken Piccata** – Lemon-caper butter sauce, herb orzo, sautéed spinach

**Smoky BBQ Chicken Thighs** – Peach BBQ glaze, creamy sweet potato mash, garlic green beans

**Peri-Peri Chicken Traybake** – Peri-peri sauce, peppers, sweet potatoes, charred lemon

**Japanese Chicken Katsu** – Panko-breaded chicken, tonkatsu sauce, shredded cabbage slaw, short-grain rice

**Korean Gochujang Chicken** – Gochujang glaze, jasmine rice, sesame spinach, roasted carrots

**Turkey Meatballs in Spring Pomodoro** – Basil-Parmesan turkey meatballs, fresh tomato sauce, zucchini noodles

**Turkey Meatloaf** – Tomato-glazed turkey meatloaf, garlic mashed potatoes, green beans

**Chicken Shawarma Plate** – Turmeric rice, cucumber-tomato salad, pickled onion | tahini on side

**Lemon Chicken Orzo Dinner** – Garlic-lemon pan sauce, orzo, blistered tomatoes, kale, Parmesan

**Garlic Herb Roasted Chicken Thighs** – Roasted sweet potatoes, green beans, herb pan drippings

## Beef & Steak

**Chimichurri Skirt Steak** – Marinated skirt steak, brown rice, roasted green beans | chimichurri on side

**Bulgogi-Inspired Beef** – Korean-marinated beef, sesame rice, cucumber, pickled onion

**Korean BBQ Steak Tips** – Sesame-soy glaze, jasmine rice, sesame zucchini, pickled vegetables

**Garlic Butter Steak & Mash** – Sirloin, garlic butter, creamy mashed potatoes, asparagus

**Steak Frites** – Sirloin, roasted baby potatoes, roasted green beans | Dijon aioli on side

## Pork

**Garlic Rosemary Pork Tenderloin** – Roasted parsnip puree, sautéed green beans, herb pan sauce

**Carnitas Bowl** – Citrus-braised carnitas, cilantro-lime rice, black beans, pico de gallo, cotija

**Ginger-Soy Pork Chops** – Ginger-soy glaze, bok choy, jasmine rice

## Seafood

**Pan-Seared Salmon with Dill Dijon Cream** – Crispy-skinned salmon, garlic farro, sautéed summer squash | dill-mustard cream on side

**Miso Glazed Cod** – White miso glaze, bok choy, sticky rice, sesame seeds

**Herb-Crusted Haddock** – Panko-herb crust, roasted asparagus, lemon orzo

**Caribbean Jerk Salmon** – Jerk-spiced salmon, coconut rice | mango salsa on side

**Chili-Lime Grilled Shrimp** – Chili-lime shrimp, cilantro-lime rice, charred corn | lime crema on side

**Garlic Butter Shrimp Scampi** – Shrimp, garlic, white wine, lemon, whole wheat linguine, spinach

## Plant-Based

**Crispy Tofu & Snap Pea Stir-Fry** – Baked crispy tofu, snap peas, spring onions, ginger-soy sauce, brown rice (optional: ginger-soy marinated chicken)

**Spring Vegetable Pasta Primavera** – Asparagus, peas, snap peas, cherry tomatoes, light herb cream, whole wheat pasta (optional: lemon herb grilled chicken)

**Roasted Chickpea & Kale Bowl** – Za'atar roasted chickpeas, massaged kale, roasted spring vegetables | tahini on side (optional: za'atar marinated chicken)

**Tahini Chickpea & Eggplant Bowl** – Roasted eggplant, chickpeas, couscous, pickled onion | tahini on side (optional: harissa marinated chicken)

## Central American & Caribbean

**Jamaican Jerk Chicken** – Allspice & scotch bonnet jerk-spiced chicken, coconut rice, roasted plantains | mango salsa on side

**Tinga de Pollo** – Slow-braised chipotle-tomato shredded chicken, black beans, cilantro-lime rice

**Coconut Lime Grilled Chicken** – Coconut milk & lime marinade, jasmine rice | cucumber-mango salad on side

**Cuban Mojo Chicken** – Citrus-garlic mojo marinade, black beans, white rice, roasted sweet plantains

**Caribbean Coconut Curry Shrimp** – Coconut milk curry, bell peppers, jasmine rice, fresh herbs

**Peruvian Lomo Saltado** – Stir-fried beef strips, tomatoes, onions, soy sauce, roasted potatoes, white rice

**Dominican Pollo al Horno** – Herb-roasted chicken, garlic, lime, sofrito, arroz con gandules

## Comfort & Nourish

**Beef & Broccoli Stir-Fry** – Garlic soy sauce, broccoli, brown rice, sesame seeds

**Mongolian Beef** – Soy-ginger sauce, scallions, broccoli, jasmine rice

**Steak & Spring Vegetable Bake** – Garlic-marinated flank steak, baked cherry tomatoes, farro | basil pesto on side

**Sweet & Sour Pork** – Roasted pork, bell peppers, pineapple, jasmine rice

**Jamaican Jerk Pork** – Jerk-spiced pork tenderloin, coconut rice, roasted plantains

**Turmeric Shrimp & Coconut Rice** – Turmeric-seared shrimp, coconut jasmine rice, blistered green beans | mango-chili vinaigrette on side

**Sesame Ginger Seared Tuna** – Seared ahi tuna, brown rice, edamame, cucumber, sesame ginger glaze

**Thai Coconut Cod** – Coconut curry sauce, lime, fresh herbs, jasmine rice

**Shrimp Fra Diavolo** – Spicy tomato-braised shrimp, roasted peppers, herbed orzo

**Grilled Mahi-Mahi** – Jerk-spiced mahi-mahi, coconut rice, roasted plantains | tropical salsa on side

**Coconut Lime Shrimp** – Shrimp sautéed in coconut milk & lime, jasmine rice, spring greens, fresh herbs

**Wild Mushroom & Farro Risotto** – Parmesan, thyme, crispy shallots, herb oil (optional: rosemary-garlic marinated chicken)

**Stuffed Bell Peppers** – Farro, roasted spring vegetables, tomato sauce, Parmesan (optional: Italian herb seasoned ground turkey)

**Sweet Potato & Black Bean Enchiladas** – Salsa verde, cotija | lime crema on side (optional: chipotle-lime marinated chicken)

**Black Bean & Roasted Corn Bowl** – Cilantro-lime rice, black beans, roasted corn, cotija | chipotle crema on side (optional: cilantro-lime marinated chicken)

**Trinidadian Curry Chicken** – Caribbean curry-spiced chicken, potatoes, chickpeas, roti-style flatbread

**Corn Empanadas with Shredded Beef** – Masa empanada, seasoned shredded beef | chimichurri on side

**Buñuelos de Yuca y Queso** – Crispy yuca & cheese fritters, served with ají dipping sauce

**Plantain-Crusted Chicken** – Crispy plantain-coated chicken breast, black beans & rice | mango salsa on side

**Mahi-Mahi Taco Bowl** – Chili-seasoned mahi-mahi, cilantro-lime rice, cabbage slaw, pico de gallo | lime crema on side

**Caribbean Jerk Salmon** – Jerk-spiced salmon, coconut rice | mango salsa on side

**Baked Turkey Ziti** – Lean turkey, whole grain ziti, light ricotta & mozzarella, roasted garlic marinara

**Chicken & Broccoli Rice Casserole** – Brown rice, roasted broccoli, shredded chicken, cheddar, crispy onion topping

**Lighter Chicken Alfredo** – Roasted garlic cream, whole wheat rotini, broccoli, Parmesan

**Turkey & Zucchini Lasagna Bake** – Ricotta, spinach, turkey ragù, tomato sauce

**Dirty Rice with Chicken Sausage** – Cajun-spiced brown rice, bell pepper, celery, smoked chicken sausage

**Italian Eggplant Caponata with Polenta** – Sweet-sour stewed eggplant, creamy polenta, Parmesan

**Ground Turkey Bolognese** – Turkey ragù, whole wheat spaghetti, Parmesan, roasted carrots

**Creamy Tuscan Chicken** – Sun-dried tomatoes, spinach, Parmesan cream, whole wheat pasta

**Chicken Piccata Pasta** – Lemon-caper sauce, whole wheat pasta, sautéed escarole

**Sweet Potato & Black Bean Enchiladas** – Salsa verde, cotija | lime crema on side

## SNACKS & ADD-ONS

### Protein Bites & Energy Balls

**Almond Butter Energy Bites** – Almond butter, rolled oats, dark chocolate chips, honey, sea salt

**Coconut Cashew Protein Balls** – Cashews, unsweetened coconut, dates, vanilla protein powder

**Peanut Butter Chocolate Energy Bites** – Natural peanut butter, oats, dark chocolate chips, honey

**Matcha Almond Protein Balls** – Matcha, almond flour, almonds, dates, coconut oil

**Cherry Pistachio Energy Balls** – Dried cherries, pistachios, dates, almond flour, vanilla

**Tahini Honey Power Bites** – Tahini, honey, rolled oats, dark chocolate chips, sea salt

### Rice & Potato Sides

**Cilantro-Lime Rice** – Jasmine rice, lime zest, fresh cilantro, olive oil

**Coconut Jasmine Rice** – Jasmine rice cooked in coconut milk, toasted coconut flakes, lime zest

**Arroz con Gandules** – Puerto Rican-style rice with pigeon peas, sofrito, sazón, olives

**Spanish Yellow Rice** – Saffron & turmeric seasoned rice, onion, garlic, bell pepper

**Garlic Herb Brown Rice** – Brown rice, roasted garlic, fresh herbs, olive oil, lemon zest

**Steamed Jasmine Rice** – Plain steamed jasmine rice

**Crispy Smashed Baby Potatoes** – Roasted baby potatoes smashed & crisped, garlic herb oil, flaky sea salt

**Creamy Garlic Mashed Potatoes** – Yukon gold potatoes, roasted garlic, butter, cream

**Roasted Fingerling Potatoes** – Fingerling potatoes, rosemary, garlic, olive oil, smoked paprika

**Sweet Potato Mash** – Roasted sweet potato, butter, cinnamon, maple

**Tostones** – Twice-fried green plantains, sea salt | ají dipping sauce on side

**Roasted Sweet Plantains** – Caramelized ripe plantains, olive oil, sea salt

### Salsas

**Pico de Gallo** – Tomato, white onion, jalapeño, lime, cilantro

**Mango Salsa** – Fresh mango, red onion, jalapeño, lime, cilantro

**Pineapple Salsa** – Fresh pineapple, red onion, jalapeño, lime, fresh mint

**Tropical Fruit Salsa** – Mango, pineapple, papaya, red onion, jalapeño, lime

**Hearts of Palm Salsa** – Hearts of palm, tomato, red onion, lime, jalapeño

**Cucumber Mango Salsa** – Cucumber, fresh mango, jalapeño, lime juice, fresh mint

**Corn & Black Bean Salsa** – Charred corn, black beans, red onion, jalapeño, lime, cilantro

**Tomatillo Salsa Verde** – Roasted tomatillo, jalapeño, white onion, garlic, lime

**Ají Amarillo Salsa** – Peruvian yellow pepper, garlic, lime, onion – mild heat, fruity

**Caribbean Pepper Sauce** – Scotch bonnet, carrot, onion, lime, garlic – extra hot