

Menu For Week Of September 25, 2022



Breakfast Menu For The Week

Power Wrap \$4

Strawberries, Banana, Almond Butter, Chia Seeds, Flax Seed

Protein Waffles \$6

Strawberries, Honey, Cinnamon

Scrambled Egg Stuffed Sweet Potato \$5

Chives, Mushrooms, Spinach

Lunch Menu For The Week

Apple Slaw Salad \$11

Shaved Brussel Sprouts, Cabbage, Carrots, Cranberries, Walnuts, Shaved Parmesan, Apple Cider Vinaigrette

Tuscan Kale Salad \$11

Tomatoes, Almonds, Lemon, White Beans, Homemade Parmesan Croutons, Lemon Dressing, Grilled Shrimp

Butternut Squash Mac and Cheese \$11

Broccoli, Grilled Chicken, Brown Rice Pasta

Soup of The Week: Minestrone

Dinner Menu For The Week

Surf and Turf \$14

Grilled Skirt Steak, Cajun Grilled Shrimp, Asparagus

Ground Turkey and Veggie

Lasagna \$13

Zucchini, Eggplant, Fat Free Cheese (No Pasta)

Garlic & Herb Baked Salmon \$14

Wild Rice, Roasted Tomato, Roasted Mixed Veggies, Capers

Grilled Chicken Marsala \$13

Mushrooms, Roasted Potato, Sauteed Spinach

Snack and Juice Menu For The Week

Juice Shot: The Metabolic Bomb \$4

(Lemon, Ginger, Green Apple, Celery, Cayenne)

Supports Immune System, Improves Digestion, Detoxifying, Lowers Blood Pressure, Promotes Healthy Skin

Berry Chia Pudding With Coconut \$5

Berries, Banana, Coconut Milk, Vanilla, Yogurt

Benefits of Chia Seeds:

Support Digestive Health, Reduce Inflammation, Good For Your Brain, Keep Your Blood Sugar Stable, Good For Your Heart