



Z.E.N. SELECT

Menu Choices

BREAKFAST

Banana Pancakes with Maple Syrup and Chicken Apple Sausage and Fresh Berries

Banana Pancakes with Maple Syrup and Fresh Berries

Blueberry, Hemp Granola Bowl

Carrot Muffin with Cottage Cheese and Fresh Honeydew

Gluten Free Walnut Coffee Cake with Fresh Oranges

Gluten Free Walnut Coffee Cake with Low Fat Yogurt and Fresh Oranges

Healthy Baked Eggs Benedict with Canadian Bacon and Fresh Sliced Herbed Tomatoes

Healthy Baked Eggs Benedict with Sautéed Spinach and Fresh Sliced Tomatoes

Mushroom Frittata with Herbed Goat Cheese and Sliced Tomatoes

Organic Turkey Bacon and Cheddar Frittata with Roasted Tomatoes

Perfect 10 Bagel with Low Fat Cream Cheese and Fresh Berries

Raspberry Almond Oatmeal

Strawberry French Toast with Maple Syrup and Fresh Mixed Berries

Strawberry French Toast with Maple Syrup and Fresh Strawberries

Zen Fluffy Tomato and Basil Breakfast Cup with Mini Cinnamon Muffin and Fresh Melon

Zen Granola Parfait



LUNCH

Arugula Orange Salad with Citrus Dressing

Asian Steak Salad with Asian Greens and ZEN Dressing

BBQ Chopped Salad with Black Beans and Pepitas with Balsamic Vinaigrette

Chicken Caesar Salad

Chicken Fajita with Tortilla, Sautéed Peppers and Onion

Curried Spaghetti Squash with Broccoli

Fruity Quinoa Salad with Raspberry Vinaigrette

Lentil Tacos with Cilantro Vinaigrette Slaw

Mediterranean Soup with Mixed Green Salad

Nicoise Salad with White Albacore Tuna and Dijon Vinaigrette

Potato and Kale Salad with Dijon Vinaigrette

Protein Style Sirloin Burger with Cabbage Slaw

Shrimp PoBoy Wrap

Soba Noodles with Cucumbers and Ginger Scallion Sauce

Taco Salad with Fresh Salsa and Light Sour Cream

Turkey Burger with Chipotle Aioli and Cabbage Slaw

Turkey Wrap with Cranberries, Arugula and Fresh Melon

Vegan Caesar Salad with Romaine Greens, Kale, Sundried Tomatoes and Cannellini Beans

Vegan Spinach and White Bean Burger with Chipotle Aioli and Cherry Tomato Salad

Vegetarian Style Mediterranean Soup with a Mixed Green Salad



DINNER

Asian Chili Glazed White Fish with Japanese Eggplant and Soba Noodles

BBQ Jackfruit with Pineapple Rice and Swiss Chard

Beef Stew

Bison Chili with Austin Spring Corn Bread

Chicken Parmesan with Penne, Marinara Sauce and Broccoli

Flat Iron Steak with Thyme and Chive Cauliflower Rice and Roasted Eggplant

Herb Roasted Turkey Breast with Roasted Garlic Potato and Green Beans

Orange Roughy with Mustard Caper Sauce, Quinoa Pilaf & Green Beans

Peruvian Roasted Chicken with Aji Verde Sauce, Sweet Potatoes and Mixed Green Salad

Pork Tender Steak with Herb Sauce, Basil Cauliflower Mash and Sautéed Spinach

Roasted Primavera Vegetables with Vegan Basil Pesto, Gluten Free Penne and Cannellini Beans

Sesame Crusted Tofu with Lemon Grass-Orange Reduction, Brown Rice & Steamed Broccoli

Shrimp Pasta with White Wine Cashew Sauce and Broccolini

Spaghetti Squash with Marinara Sauce, Shaved Parmesan and Roasted Broccoli with Garlic

Teriyaki Salmon with Black Rice and Long Beans

Thai Noodle with Spinach and Snow Peas

Turkey Meatballs with Marinara Sauce, Spaghetti and Cauliflower

Vegetarian Garam Marsala Bowl



SNACK

Apple with Almond Butter

Broccoli and Artichoke Dip with Crudités

Chicken Salad in Butter Lettuce Cups

Chicken Tenders with Honey Mustard

Fresh Melon with Greek Yogurt

Fresh Orange Slices with Walnuts

Jumbo Shrimp Cocktail

Mini Sirloin Sliders with Dijon Mustard

Mini Stacked Eggplant Parmesan

Pineapple with Pumpkin Seeds

Red Pepper Hummus with Rice Chips

Roasted Eggplant Dip with Crudités

Turkey Meatballs with Marinara Sauce

Veggie Quesadilla with Sage Sour Cream

Veggie Quesadilla

Zaatar Hummus with Crudités



DESSERT

Apricot Jam Bar

Carrot Cupcake with Cream Cheese Frosting

Chocolate Bliss

Chocolate Mousse

Chocolate Walnut Brownie

Coconut Shortbread Cookie

Dark Chocolate Almond Bar

Gluten Free Chocolate Chip Cookie

Raspberry Panna Cotta

Vanilla Bean Pudding