



Z.E.N. SELECT

Menu Choices

BREAKFAST

Apple Crepes

Apricot Baked Oatmeal with Chopped Walnuts and Almond Milk

Blueberry Lemon Pancakes with Ricotta Crème and Fresh Blueberries

Broccoli and Cheddar Soufflé with Fresh Sliced Oranges

Cheddar Frittata with Organic Turkey Bacon and Fresh Small Apple

Gluten Free Zucchini Bread with Greek Yogurt with Fresh Pineapple

Healthy Baked Eggs Benedict with Chicken Apple Sausage and Fresh Sliced Herbed Tomatoes

Healthy Baked Eggs Benedict with Sautéed Spinach and Fresh Sliced Tomatoes

Perfect 10 Bagel with Low Fat Cream Cheese and Fresh Berries

Potato and Apple Breakfast Frittata with Fresh Sliced Oranges

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 Mixed Greens and ZEN Dressing

Chicken Caesar Salad

Cranberry Pecan Salad with Feta Cheese and Turkey

Curried Spaghetti Squash with Broccoli

Greek Sliced Chicken Salad with Red Wine Vinaigrette

Mediterranean Chicken Wrap with Tzatziki Wrap

Nicoise Salad with White Albacore Tuna and Dijon Vinaigrette

Protein Style Turkey Burger with Honey Mustard and Cucumber Salad

Quinoa and Kale Salad

Shrimp PoBoy Wrap

Soba Noodles with Cucumbers and Ginger Scallion Sauce

Taco Salad with Fresh Salsa and Light Sour Cream

Turkey Wrap with Cranberries, Arugula and Fresh Melon

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

Vegan Pumpkin Bisque with Small Mixed Green Salad

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

Vegetarian Tacos Salad



DINNER

BBQ Jackfruit with Pineapple Rice and Swiss Chard

Bison Chili with Corn Bread

Chicken Parmesan with Penne Pasta and Roasted Eggplant

Eggplant Parmesan with Marinara Sauce, Penne and Asparagus

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

Herb Roasted Boneless Turkey Breast with Apricot Cranberry Compote and Green Beans

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

Oven Roasted White Fish with Coconut Curry and Broccoli

Peruvian Roast Chicken with Sweet Potatoes and Mixed Green Salad

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

Sesame Crusted Tofu with Lemon Grass-Orange Reduction, Black Rice & Zucchini

Shrimp Pasta with White Wine Cashew Sauce and Broccoli

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

Teriyaki Salmon with Black Rice and Chinese Long Beans

Thai Coconut Chicken Noodle Soup

Thai Noodles with Spinach and Snow Peas

Turkey Meatballs with Marinara Sauce, Spaghetti and Zucchini

Vegetarian Garam Marsala Bowl



SNACK

Basil and Mint Hummus with Rice Chips

Black Bean Cakes with Cilantro Crème

Broccoli and Artichoke Dip with Crudités

Chicken Tenders with Honey Mustard

Fresh Melon with Greek Yogurt, Raw Honey and Walnuts

Fresh Orange Slices with Walnuts

Mini Sirloin Sliders with Dijon Mustard

Mini Stacked Eggplant Parmesan

Red Pepper Hummus with Rice Chips

Roasted Eggplant Dip with Crudités

Shrimp Cocktail

Strawberries with Edamame

Tomato and Cucumber Salad with Feta

Turkey Quesadilla with Sage Sour Cream

Turkey Salad in Butter Lettuce Cup

Veggie Quesadilla



DESSERT

Banana Pudding

Chocolate Bliss

Chocolate Mousse

Chocolate Walnut Brownie

Dark Chocolate Hazelnut Bar

Gluten Free Chocolate Chip Cookie

Guava Panna Cotta

Peach Pie

Red Velvet Cupcake

Tuxedo Cheesecake