



Z.E.N. SELECT

Menu Choices

BREAKFAST

Blueberry Pancakes with Maple Syrup and Fresh Blueberries

Blueberry Pancakes with Maple Syrup, Chicken Apple Sausage and Fresh Blueberries

Gluten Free Walnut Coffee Cake with Greek Yogurt and Fresh Pineapple

Healthy Baked Eggs Benedict with Black Bean Patty and Fresh Small Apple

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

Mushroom Frittata and Herbed Goat Cheese with Sliced Tomatoes

Potato Apple Breakfast Frittata with Fresh Sliced Oranges

Raw Muesli with Organic Maple Syrup, Almond Milk and Fresh Berries

Steak and Egg Breakfast Wrap with Fresh Salsa

Steel Cut Oats with Spiced Peaches, Almonds and Coconut Milk

Strawberry Chia Breakfast Bowl

Zen Fluffy Broccoli & Cheese Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Fresh Cantaloupe

ZEN Granola Parfait



LUNCH

Chicken Fajitas with Tortillas, Sautéed Peppers and Onions

Chili Lime Chicken Burger with Cole Slaw

Classic Tuna Salad in Butter Lettuce Cup

Cranberry Pecan Salad with Pinto Beans and Raspberry Vinaigrette

Cranberry Pecan Salad with Turkey

Grilled Salmon Wrap with Cabbage Slaw

Jackfruit Acapulco Tacos

Light & Luscious Turkey Cobb Salad with Low Fat Ranch

Margherita Pizza with a Small Vegan Caesar Salad

Protein Style Sirloin Burger with Chipotle Aioli and Yam Wedges

Shredded Asian Chicken Salad with Sesame Peanut Dressing

Shrimp Caesar Salad

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

Tomato Basil Bisque with a Small Spinach Salad

Turkey Wrap with Cranberry Cream Cheese and Arugula with a Cucumber Salad

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

Veggie Fajitas with Tortilla, Sautéed Peppers and Onions

ZEN Chinese Salad with Edamame and Almonds with Sesame Ginger Dressing



DINNER

Apple Tamari Glazed Pork Tender Steak with Soba Noodles, Edamame and Sautéed Cabbage

BBQ Black Beans with Pineapple Rice and Swiss Chard

BBQ Shredded Pork with Pineapple Rice and Collard Greens

Calico Bean Stew with Austin Spring Corn Bread

Chicken Florentine with Roasted Red Pepper Sauce and Roasted Zucchini

Chicken Parmesan with Penne, Marinara Sauce and Small Mixed Green Salad with Balsamic Vinaigrette

Curry Vegetables with Lentil Dahl

Eggplant Parmesan with Marinara Sauce, Penne and Broccoli

Flat Iron Steak with Healthy Béarnaise Sauce, Butternut Squash and Brussels Sprouts

Lemony Shrimp with Long Grain and Wild Rice Pilaf and Asparagus

Ratatouille with Cannellini Beans and Gluten Free Penne

Seared Turkey with Low Fat Gravy, Cranberries, Corn Meal Stuffing and Steamed Green Beans

Spaghetti Squash with Marinara Sauce, Sautéed Broccoli with Garlic and Pine Nuts

Teriyaki Salmon with Brown Rice and Snow Peas

Texas Beef Chili with Corn Bread

Turkey Milanese with Garlic Broccoli and Cauliflower Mash

Vegetarian Garam Masala Bowl

White Fish with Jicama and Pineapple Salsa, Jasmine Rice and Sautéed Spinach



SNACK

Apple with Almond Butter
Artichoke Dip with Crudités
Asian Turkey Lettuce Cups
Buffalo Chicken Tenders with Low Fat Ranch
Caprese Salad
Chicken Quesadilla with Fresh Salsa
Citrus Fruit with Raw Walnuts
Jumbo Shrimp Cocktail
Mini Stacked Eggplant Parmesan
Strawberry Crème with Fresh Fruit
Turkey Burger Sliders with Dijon Mustard
Veggie Lovers Pate with Crudités
White Fish Cakes with Lemon Aioli
Zattar Hummus with Pita Triangles
ZEN Trail Mix



DESSERT

Apple Crumble

Chocolate Bliss

Chocolate Cherry Brownie

Chocolate Mousse

Dark Chocolate Almond Bar

Gluten Free Chocolate Chip Cookie

Gluten Free Ginger Bread Cupcake

Lemon Cashew Cookie

Paleo Snickerdoodle Cookie

Vanilla Bean Pudding