



## Z.E.N. SELECT

Menu Choices

### BREAKFAST

*Cinnamon French Toast with Spiced Berry Compote and Chicken Apple Sausage*

*Cinnamon French Toast with Spiced Berry Compote and Mixed Berries*

*Gluten Free Zucchini Bread with Cottage Cheese and Fresh Fruit*

*Healthy Baked Eggs Benedict with Black Bean Patty and Fresh Fruit*

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

*Mushroom Frittata and Herbed Goat Cheese with Sliced Tomatoes*

*Persian Baked Herb Quiche with Fresh Herbed Tomatoes*

*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 Fruit*

*ZEN Granola Parfait*



## LUNCH

*Black Bean Burger with Thin Wheat Bun, Lime Aioli and Cilantro Slaw*

*Chicken Fajitas with Tortillas, Sautéed Peppers and Onions*

*Classic Tuna Salad in Butter Lettuce Cups*

*Cranberry Pecan Salad with Pinto Beans and Raspberry Vinaigrette*

*Cranberry Pecan Salad with Turkey*

*Garden Tacos with Spanish Quinoa*

*Grilled Salmon Wrap with Cabbage Slaw*

*Jackfruit Acapulco Tacos*

*Light & Luscious Turkey Cobb Salad with Low Fat Ranch*

*Margherita Pizza with Mixed Green Salad*

*Nutty Beet Salad with Apples, Pecans and Balsamic Vinaigrette*

*Posole Soup*

*Protein Style Sirloin Burger with Chipotle Aioli and Yam Wedges*

*Shredded Asian Chicken Salad with Sesame Peanut Dressing*

*Shrimp Caesar 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

*BBQ Black Beans with Pineapple Rice and Swiss Chard*

*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 Broccoli*

*Curry Vegetables with Lentil Dahl*

*Eggplant Parmesan with Marinara Sauce, Penne and Broccoli*

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

*Lemony Shrimp with Long Grain and Wild Rice Pilaf and Asparagus*

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

*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 Meatballs with Marinara Sauce, Spaghetti and Mixed Green Salad*

*Vegetarian Garam Masala Bowl*

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



## SNACK

*Asian Turkey Lettuce Cups*  
*Buffalo Chicken Tenders with Low Fat Ranch*  
*Citrus Fruit with Raw Walnuts*  
*Cucumber and Tomato Greek Yogurt*  
*Jumbo Shrimp Cocktail*  
*Mini Stacked Eggplant Parmesan*  
*Roasted Eggplant Dip with Crudités*  
*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*

*Lemon Cashew Cookie*

*Paleo Apricot Walnut Bar*

*Vanilla Bean Pudding*

*Vegan Vanilla Cupcake*