



Z.E.N. VEGETARIAN SELECT PROGRAM

Menu Choices

BREAKFAST

Apple Cinnamon Baked Oatmeal with Almond Milk and Fresh Fruit

Blueberry, Hemp Granola Bowl

Gluten Free Banana Pancakes with Maple Syrup and Fresh Fruit

Gluten Free Walnut Coffee Cake with Fresh Fruit

Healthy Baked Eggs Benedict with Sautéed Spinach and Fresh Sliced Tomatoes

Mushroom Frittata with Herbed Goat Cheese and Fresh Fruit

Perfect 10 Bagel with Low Fat Cream Cheese and Fresh 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

Classic Tuna Salad with Pita with Lettuce and Tomato

Curried Spaghetti Squash with Broccoli

Fruity Quinoa Salad with Raspberry Vinaigrette

Lentil Tacos with Cilantro Vinaigrette Slaw

Shrimp PoBoy Wrap

Soba Noodles with Cucumbers and Ginger Scallion Sauce

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

BBQ Jackfruit with Pineapple Rice and Swiss Chard

Grilled Eggplant and Tofu Steaks with Sticky Hoisin Glaze, Brown Rice and Asparagus

Lemony Shrimp with Brown Rice & Asparagus

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

Oven Roasted White Fish with Coconut Curry and Broccoli

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

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

Teriyaki Salmon with Black Rice and Long Beans

Vegetarian Garam Marsala Bowl

ZEN Vegetable Kabobs with Cilantro Rice



SNACK

Black Bean Cakes

Broccoli and Artichoke Dip with Crudités

Buffalo Cauliflower with Toasted Pumpkin Seeds

Fresh Melon with Greek Yogurt

Fresh Orange Slices with Walnuts

Fresh Salsa with Rice Chips

Mini Stacked Eggplant Parmesan

Red Pepper Hummus with Rice Chips

Roasted Eggplant Dip with Crudités

Veggie Quesadilla



DESSERT

Chocolate Bliss

Chocolate Chip Cookie

Chocolate Mousse

Chocolate Walnut Brownie

Coconut Cupcake

Dark Chocolate Peppermint Almond Bar

Gluten Free Chocolate Chip Cookie

Passion Fruit Mousse

Red Velvet Cupcake

Strawberry Puff Pastry