



Z.E.N. VEGETARIAN SELECT PROGRAM

Menu Choices

BREAKFAST

Almond French Toast with Maple Syrup and Fresh Strawberries

Blackberry Pecan Pancakes with Maple Syrup and Fresh Blackberries

Broccoli and Cheddar Soufflé with Fresh Sliced Oranges

Gluten Free Rolled Oats with Slivered Almonds, Coconut Milk and Fresh Berries

Healthy Baked Eggs Benedict with Black Bean Patty and Fresh Honeydew

Mango Coconut Orange Oatmeal

Maple Cinnamon Yogurt with Quinoa Pudding with Strawberries and Almonds

Raw Muesli with Almond Milk and Raw Maple Syrup

Strawberry Chia Breakfast Bowl

ZEN Granola Parfait



LUNCH

BBQ Chopped Salad with Black Beans and Pepitas and Balsamic Vinaigrette

Black Bean Burger with Lima Aioli and Cilantro Slaw

Cajun Black Bean Salad with Mango Vinaigrette

Chickpea Feta and Orzo Salad

Classic Tuna Salad in Butter Lettuce Cups

Fruity Quinoa Salad

Gazpacho Soup with a Small Mixed Green Salad

Shrimp Caesar Salad

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

ZEN Chinese Salad with Edamame and Almonds with Zen Dressing



DINNER

Lemony Shrimp with Brown Rice and Asparagus

Cajun Salmon with Veggie Jambalaya and Brown Rice

Cauliflower Biryani

Eggplant Parmesan with Marinara Sauce, Penne and Broccoli

Ratatouille with Cannellini Beans, Gluten Free Penne and Carrots

Seared White Fish with Roasted Ginger, Garlic and Asian Vegetables

Spaghetti Squash with Marinara Sauce, Shaved Parmesan and Roasted Broccoli

Teriyaki Salmon with Black Rice and Snow Peas

Vegetable Paella with Mixed Green Salad and Balsamic Vinaigrette

Vegetarian Chili with Roasted Sweet Potatoes



SNACK

Black Bean and Tomatillo Dip with Rice Chips

Fresh Apple with Almond Butter

Fresh Berry Parfait

Fresh Pineapples with Pumpkin Seeds

Grilled Veggie Quesadilla

Roasted Vegetable Dip with Rice Chips

Spinach and Artichoke Dip with Crudités

Sundried Tomato Hummus with Crudités

Veggie Lovers Pate with Crudités

White Bean and Basil Dip with Rice Chips



DESSERT

Blueberry Pie

Blondie Bar

Chocolate Bliss

Chocolate Mousse

Dark Chocolate Nutty Bar

German Chocolate Cupcake

Gluten Free Chocolate Chip Cookie

Lemon Cashew Cookie

Strawberry Cheesecake Square

Vanilla Tapioca Pudding