



Z.E.N. VEGETARIAN SELECT PROGRAM

Menu Choices

BREAKFAST

Blueberry Pancakes with Maple Syrup 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

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

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

Classic Tuna Salad in Butter Lettuce Cup

Cranberry Pecan Salad with Pinto Beans and Raspberry Vinaigrette

Grilled Salmon Wrap with Cabbage Slaw

Jackfruit Acapulco Tacos

Margherita Pizza with a Small Vegan Caesar Salad

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

Tomato Basil Bisque with a Small Spinach 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

Curry Vegetables with Lentil Dahl

Eggplant Parmesan with Marinara Sauce, Penne and Broccoli

Lemony Shrimp with Long Grain and Wild Rice Pilaf and Asparagus

Ratatouille with Cannellini Beans and Gluten Free Penne

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

Teriyaki Salmon with Brown Rice and Snow Peas

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
Caprese Salad
Citrus Fruit with Raw Walnuts
Jumbo Shrimp Cocktail
Mini Stacked Eggplant Parmesan
Strawberry Crème with Fresh Fruit
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