

Z.E.N.

ZERO EFFORT NUTRITION

Z.E.N. SELECT MENU CHOICES

Breakfast

*Baja Beef Breakfast Burrito & Chipotle Salsa*

*Blackberry Honey & Coconut Cinnamon Buckwheat Porridge*

*Blueberry Rosemary Muffin with Greek Yogurt and Fresh Honeydew and Blackberries*

*Gluten Free Blueberry-Lemon Pancakes, Maple Yogurt*

*Gluten Free Blueberry-Lemon Pancakes, Turkey Bacon*

*Gluten Free Oatmeal with Almond Milk and Fresh Berries*

*Pepper Jack Scramble, Crimini Mushroom Hash, Harissa Ketchup*

*Poached Eggs, Herb Roasted Tomatoes, Tomato Olive Baton*

*Poached Eggs, Pork Bacon, Tomato Olive Baton*

*Sourdough Bagel with Cream Cheese and Berry Preserve*

*Walnut French Toast with Cherry Maple Syrup and Chicken Apple Sausage*

*Walnut French Toast with Cherry Maple Syrup and Greek Yogurt*

*ZEN Granola Parfait*

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Lunch

*Chicken Caesar Salad*

*GF Japanese Yakitori Chicken Salad*

*GF Japanese Yakitori Tofu Salad*

*Green Goddess Salmon Wrap with Oven Dried Cherry Tomatoes*

*Mustard Crusted Sea Trout Salad*

*Pumpkin Tom Kati*

*Sirloin Burger, Roasted Yams & Harissa Ketchup*

*Thai Shrimp Stir Fry Bowl*

*Tuna and White Bean Salad with Lemon Dressing*

*Turkey Cranberry Wrap, Cream Cheese, Fresh Melon*

*Vegan Caesar Salad*

*Vegan Spinach and White Bean Burger with Chipotle Aioli and Cilantro Slaw*

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Dinner

*BBQ Pork with Texas Cole Slaw & Corn Cilantro Black Bean Rice*

*Black Olive Tapenade Cod, Ratatouille, Lobster Sauce*

*GF Teriyaki Salmon, Black Rice & Ginger Garlic Baby Bok Choy*

*Gluten Free Chicken Parmesan, Gluten Free Penne, Lemon Broccoli & Marinara Sauce*

*Gluten Free Honey Chicken Stir Fry*

*Gluten Free Honey Tofu Stir Fry*

*Grilled Flat Iron, Rapini, Polenta, Porcini Bordelaise*

*Indian Dahl Curry with Basmati Rice & Pomegranate Raita*

*Lemon Grass Turkey Bowl with Cilantro Cauliflower Rice & Chipotle Cashew Cream*

*Togarashi Seared Shrimp with Lemon Quinoa, Garlic Broccolini and Cilantro-Coconut Sauce*

*Vegetarian Bolognese*

*Warm Quinoa Salad, Grilled Asparagus, Butternut Squash, Cranberries and Walnuts*

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Snack

*Apple with Almond Butter*

*BBQ Turkey Burger Sliders*

*Chicken Tenders with Honey Mustard and Celery Sticks*

*Fresh Tajin Spiced Pineapple with Toasted Pumpkin Seeds*

*Gluten Free Teriyaki Seared Shrimp with Jicama Pineapple Salsa*

*Juarez Beef Quesadilla, Queso Oaxaca, Tomatillo Salsa*

*Korean Beef Lettuce Wraps, Sweet & Spicy Sauce*

*Pomegranate Hummus with Rice Chips*

*Spinach Artichoke Dip with Crudités*

*Strawberry Almond Parfait*

*Veggie Quesadilla*

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Dessert

*Apricot Cheesecake*

*Chocolate Mousse*

*Chocolate Bliss Cake*

*Dulce de Leche Cupcake*

*Gluten Free Chocolate Chip Cookie*

*Raspberry Panna Cotta*

*Red Velvet Cookie Cake*

*Seasonal Fruit Cup with Fresh Lime & Mint*

*Strawberry & Basil Tapioca Pudding*