



Z.E.N. VEGETARIAN SELECT MENU CHOICES

Breakfast

Almond French Toast, Fresh Blackberries, Lime-Mint Ricotta

Apple Walnut Overnight Oats

California Sourdough Bagel, Dill Cream Cheese & Avocado

Cheddar Scramble, Crimini Mushroom Hash and Charred Tomato Sauce

Gluten Free Blueberry-Lemon Pancakes, Maple Yogurt

Gluten Free Oatmeal with Almond Milk and Fresh Berries

Herbed Tofu Scramble, Cauliflower Mushroom Hash, Harissa Ketchup

Pumpkin Toasted Pecan Muffin with Low Fat Cottage Cheese and Fresh Honeydew

Raspberry Pancakes with Raspberry Maple Syrup & Greek Yogurt

Spinach & Sundried Tomato Quiche with Fresh Melon

ZEN Granola Parfait



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Lunch

Asian Edamame Salad with Zen Dressing

Israeli Roasted Eggplant Wrap

Japanese Yakitori Tofu Salad

Kale & Roasted Yam Salad, Pomegranate Dressing

Nicoise Salad with White Albacore Tuna and Dijon Vinaigrette

Roasted Butternut & Apple Soup with Mixed Green Salad

Shrimp Fried Rice

Shrimp Po Boy Wrap

Vegan Caesar Salad

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



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Dinner

Eggplant Parmesan with Penne & Marinara, Grilled Veggies

Herbed Orange Roughy with Meyer Lemon Aioli, Minted Couscous & Lemon Broccoli

Pink Peppercorn Crusted Tofu Steak, Green Onion Mash, Snow Peas & Salsa Verde

Rio Grand Valley Veggie Fajitas

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

Teriyaki Salmon, Lemon Grass Jasmine Rice, Garlic Sautéed Edamame

Togarashi Seared Shrimp with Black Rice, Long Beans and Cilantro-Coconut Sauce

Vegetarian Bolognese

Vegetarian Chili with Roasted Sweet Potatoes

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

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ZERO EFFORT NUTRITION

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Snack

Apple with Almond Butter

Edamame Tossed with Fresh Ginger and Garlic

Fresh Berry Parfait

Fresh Pineapple with Lime & Coconut

Goat Cheese and Green Chili Dip with Crudités

Smoked Salmon Mousse

Thai Shrimp with Sweet Chili Sauce

Tofu & Water Chestnut Lettuce Wraps

White Bean and Basil Dip with Rice Chips

Za'atar Hummus with Crudités

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Dessert

Apricot Jam Bar

Caramel Brownie

Chocolate & Cherry Mousse

Chocolate Bliss Cake

Gluten Free Chocolate Chip Cookie

Peaches & Cream Tapioca Pudding

Red Velvet Cookie Cake

Seasonal Fruit Cup with Fresh Lime & Mint