

BREAKFAST MENUS

VEGETABLE QUICHE
WITH MUSHROOM, ARTICHOKE AND SPINACH
QUICHE LORRAINE
BACON, SWISS CHEESE AND CARMELIZED ONION

SEASAONAL FRESH FRUIT

BANANA CRUNCH MUFFINS, RASPBERRY SCONES, APPLE TURNOVERS

HOMEMADE OATMEAL
SERVED IN A CROCK POT WITH MAPLE SYRUP, BROWN SUGAR AND DRIED
FRUIT ON THE SIDE

BASKET OF CROISSANT, MINI BAGUETTE AND RAISIN PECAN ROLLS
WITH JAM AND BUTTER

FRESH SQUEEZED ORANGE JUICE

FRESHLY BREWED ORGANIC COFFEE

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NOTAFRITTATAS
EGGS, SPINACH, SWISS CHEESE AND CARMELIZED ONION

SEASAONAL FRESH FRUIT

MANGO STRAWBERRY MUFFINS, BLUEBERRY SCONES, ALMOND CROISSANT

HOMEMADE GRANOLA AND ORGANIC VANILLA YOGURT

BAGELS AND CREAM CHEESE

FRESH SQUEEZED ORANGE JUICE

FRESHLY BREWED ORGANIC COFFEE

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LUNCH MENUS

~1~

ORGANIC CHICKEN WITH ARTICHOKE AND OVEN DRIED GRAPE TOMATO

GRILLED SHRIMP WITH ROASTED RED PEPPER SAUCE

ROMAINE SALAD

MUSHROOM RISOTTO

STEAMED ASPARAGUS

TOMATO TART

ASSORTED MINI CUPCAKES

~2~

SUMMER ROLLS WITH TAMARI SAUCE

VEGETABLE AND TOFU STIR FRY WITH BROWN RICE

ORGANIC CASHEW CHICKEN

ROASTED SWEET POTATOS

GREEN SALAD

VIETNAMESE SHRIMP SALAD

FLOURLESS CHOCOLATE CAKES WITH STRAWBERRIES

~3~

PARMESEAN CRUSTED CHICKEN WITH ARUGULA AND LEMON SALAD

ROASTED SALMON WITH LEMON CAPER SAUCE

SAUTÉED PURPLE AND WHITE KALE

ZUCCHINI FRITTERS

ROMAINE SALAD

FRESH MOZZARELLA WITH BASIL, TOMATO AND CROSTINI

BANANA TARTS AND BROWNIES