

Healthy Set Menu

WELCOME DRINK

Choose One Drink

Celery and Beetroot Detox
Lemon and Mint

SALAD AND SOUP

Choose One Salad or Soup

Baby Spinach and Roasted Cauliflower Salad

Roasted cauliflower and fresh baby spinach, feta cheese, pine seeds, raisins come together in citrus dressing

Beet, Mushroom and Avocado Salad

This heart-healthy salad is loaded with antioxidants, fiber-filled vegetables and healthy unsaturated fats

Crunchy Kale, Chickpea and Poached Chicken Caesar

Fresh and pre-portioned ingredients with poached chicken, chick peas and kale lettuce in egg less Caesar dressing

Cherry Tomato and Puy Lentil Salad

Marinated with balsamic vinegar dressing and blue cheese flaks

Summer Tuna Salad with Sweet Potato and Basil

Marinated with apple cider dressing

Corn Chowder Soup

Lime wedges and garlic bread

Fat Free Roasted Chicken Broth Soup

Combine fat free chicken, celery, carrots, onion, garlic, parsley, thyme, salt and water in a large stockpot

Herby Lentil and Sausage Soup

Croutons and tomato basil paste

MAIN COURSE

Choose One Main Course

Grilled Chicken Breast

Sautéed mix fresh vegetable, mash potato and
Mushroom sauce

Poached Atlantic Salmon Fillet

Dill potato, salt & pepper spinach and lime
and tomato salsa

Slow - Cooked Meatballs

Served with low fat bread loaf

Spinach and Ricotta Tortellini Pasta

Fresh tomato sauce and garlic bread

Fresh Vegetable Mille Feuille

Spinach sauce and lavash bread

HEALTHY TREAT

Choose One Dessert

Baked Low Fat Yogurt with Kiwi

Mix fresh berries and honeyed corn flakes

Eggless Brownie

Cinnamon flavour Apple pure

Carrot and Oats Pudding

Orange reduction

Poached Pear in Honey Maple Syrup

Served Fruit caviar

Sliced Seasonal Fruit

Served with honey yogurt