

# Menu

## Thursday - January 8

Dinner - Lemon and Herb Salad Bowl

*Fresh Mixed Greens tossed with zesty Lemon and Herb Smoked Salmon, thinly sliced Red Onions, and crisp Cucumbers, complemented by fluffy Quinoa. Drizzled with a refreshing Cucumber Lemon Vinaigrette, this vibrant salad offers a delightful balance of flavors and textures, perfect for a light yet satisfying meal.*

\$15/person

## Friday - January 9

Breakfast - Savory Lentil Bowl

*Indulge in our Savory Lentil Bowl, featuring hearty Brown Lentils simmered with aromatic Yellow Onions, fresh Spinach, and vibrant Red Bell Peppers. Topped with two perfectly Poached Eggs and creamy Sliced Avocado, this bowl is a nourishing blend of flavors and textures, offering a satisfying and wholesome meal that's both comforting and energizing.*

Juice 1 - Iron boosting fruit punch (lemon, ginger, beets, orange, pineapple)

Juice 2 - Aloe (aloe vera, green apple, cucumber, lemon, mint)

\$22/person

## Saturday - January 10

Breakfast - Stuffed sweet potato

*Savor the warmth of our Stuffed Sweet Potato, roasted to perfection and generously filled with creamy Almond Butter and topped with Cinnamon Maple Apples. Finished with a dollop of rich Coconut Yogurt and sprinkled with crunch Pecans, this dish is a delightful balance of sweet and savory. Accompanied by a side of juicy Chicken Sausage, it's a hearty and nutritious meal that will satisfy your cravings.*

Juice 1 - purple punch (lemon, fuji apples, red grapes, pineapple, purple cabbage)

Juice 2 - mermaid juice (green grapes, granny smith apples, cucumber, celery, ginger, blue spirulina)

\$22/person

## Sunday - January 11

Breakfast - Mediterranean Egg bites with smoked salmon

*Experience our Mediterranean Egg Bites, crafted with fluffy eggs infused with Sun-Dried Tomatoes, fresh Spinach, tangy Feta Cheese, and vibrant Red Onions. Each bite is complemented by rich Smoked Salmon, nestled atop a smooth bed of Red Pepper Hummus.*

Juice 1 - Spicy Lemonade - (Lemons, Granny smith apples, cayenne pepper)

\$16/person