Menu

- Ceviche
- Hummus and Pita Chips
- Veggie Wraps
- Potato Balls with sauce
- Veggie Chili
- Ahi Tostado
- Fresh Pressed Juice
- Quinoa Oatmeal
- Fresh Fruit Cups
- Poke on Brown Rice
- Sub Sandwiches
- Sautéed and seasoned beets
- Greek Dips with Fresh Veggies
- Chicken Larb with Mint Leaves
- Rigatoni with Marinara Sauce
- Rose Juice (fresh pineapple, beet, ginger and spinach)
- Fresh cheese and veggie pizza on multi-grain crust



ZONES



BLUE ZONES PROJECT by Healthways



