



Wellness Menu

Appetizers

Vietnamese rice paper rolls with a crudité of vegetables,
and Nouc mam cham sauce

Or

Asian Cilantro Soup

with bean sprouts, mushroom, cilantro, shrimp

Entree

Ahi Poke Bowl


Ahi tuna, sesame seeds, carrots, bell pepper, cucumber
and low-sodium soy sauce

Or

Stir fried Low Carb cauliflower rice with shrimp, carrots,
ginger, green onions, and cashew nuts

Dessert

Banana sushi with dark chocolate and roasted nuts



Wellness Menu

Appetizers

Italian Vegetarian Stuffed Mushrooms

Portobello mushrooms, parmesan cheese and herbs

Or

Zuchinni Basil Soup

With yoghurt, zuchinni and fresh basil

Entree

Mushroom Risotto

Low carb mushroom risotto with cauliflower

And fresh parmesan cheese

Or

Spaghetti Carbonara

Gluten free Spaghetti Carbonara with turkey bacon,
peas and Parmesan cheese

Dessert

Coconut Panna Cotta with blueberry sauce



Wellness Menu

Appetizers

Coconut carpaccio with ceviche of jalapeno peppers,
lime juice, onions, and corn nuts

Or

Mexican Vegetable Soup
With Corn, beans, zucchini, and avocado

Entree

Mexican Bowl

Filled with chicken, quinoa, sweet corn, cherry tomatoes, avocado

Or

Turkey Stuffed Peppers
Ground turkey with onions, crushed tomatoes,
bell peppers and Mexican cheese

Dessert

Vegan Arroz con Leche
with almond milk and cinnamon



Wellness Menu

Appetizers

Roast Beet Carpaccio

with goat cheese, extra Virgin olive oil & roasted pine nuts

Or

Kale Soup

with zucchini noodles spaghetti

Entree

Mediterranean Fish

Fish en papillote with fresh herbs, olives, capers, tomatoes
and marinated artichoke

Or

Rosemary Chicken

with roasted ratatouille, eggplant, peppers, and zucchini

Dessert

Gluten free Chocolate Cake

with Non-sugar strawberry sauce