






Breakfast


 **Steak and Eggs:** Steak with mushrooms, onions, egg-egg white blend, and tater tots.

Strawberry Protein Pancakes: Our made from scratch protein pancakes with sugar free syrup.


 **Veggie Egg Scramble:** Asparagus, red peppers, tomatoes, cheddar cheese, egg-egg white blend, and home fries.

Lunch/Dinner

 **Peppered Steak:** Steak in a cabernet peppercorn sauce with bok choy and roasted red potatoes.


 **Honey Balsamic Chicken:** Served with roasted red potatoes, blistered cherry tomatoes, and asparagus.


Chicken Carbonara: Served over linguine.

 **Ropa Vieja:** Lean beef slow cooked with lentils and green beans.

Tilapia Piccata: Tilapia with piccata caper sauce. Served with our quinoa rice blend and green beans.

Turkey Penne Alla Vodka: House ground turkey breast in our homemade vodka sauce with penne and parmesan cheese.

 **Rosemary Potato Turkey Bowl:** House ground turkey breast with roasted garlic aioli, rosemary red potatoes, and broccoli.

 **Ancho Chicken:** Ancho rubbed chicken breast with our lime rice, broccoli, and salsa verde on the side.

Chicken Greek Salad Wrap: Chicken breast, cucumbers, onions, tomatoes, feta cheese, and greens in a wrap. Served with a side of hummus.

 **Chicken with Broccoli and Sweet Potatoes:** Served with maple mayo for dipping.

Key:  Gluten Free