Dinner

June 26, 2017

Hibiscus Iced Tea

Roasted Olives with Citrus & Herbs

Artichoke, Basil Tapenade, Rice Crackers

Tomato Basil Soup

Arugula Salad

Cherries, Goat Cheese, Almonds, Citrus Vinaigrette

Falafel with Tzatziki

Mediterranean Chicken Kebabs

Parsley Mint Drizzle, Tahini Yogurt Sauce

Wild Salmon Kebabs

Mediterranean Cauliflower Mash Up

Meyer Lemon Pudding with Fresh Strawberries

Tea, Decaf Coffee & Fruit-Infused Water

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Breakfast

June 27, 2017

Quinoa Porridge, Walnut Cream, Flax Seeds

Organic Blueberries

Pasture Raised Organic Hard Boiled Eggs

Organic Full Fat Plain & Coconut Dairy Free Yogurt

Black and Green Tea, Coffee, Decaf Coffee

Honey, Almond Milk, Whole Milk



Lunch

June 27, 2017

Green Tea Cooler

Curried Zucchini Soup

Wild Salmon Nicoise, Lemon Tahini Dressing

Selection of Decaf Teas

Honey, Almond Milk, Whole Milk



Breakfast

June 28, 2017

Organic Blackberries

Triple Green Frittata

Sweet Potato Hash

Organic Full Fat Plain & Coconut Dairy Free Yogurt

Black and Green Tea, Coffee, Decaf Coffee

Honey, Almond Milk, Whole Milk

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Lunch

June 28, 2017

Chamomile Lavender Lemonade

Southwestern Sweet Potato Soup, Ginger Lime

Thai it Up Hanger Steak Salad

Selection of Decaf Teas

Honey, Almond Milk, Whole Milk



Dinner

June 28, 2017

Roasted Tomato and Red Bell Pepper Soup, Basil Oil

Kale Quinoa Salad with Red Grapes

Avocado Citrus Salad

Baked Chicken with Minted Chimichurri

Cobia with Tomato, Mint, and Fennel Vinaigrette

Spiced Roasted Butternut Squash with Almonds

Roasted Orange Sesame Carrots

Grown Up Chocolate Pudding with Raspberries

Decaf Coffee and Decaf Teas

Honey, Almond Milk, Whole Milk



Breakfast

June 29, 2017

Organic Raspberries

Organic Full Fat Plain & Coconut Dairy Free Yogurt

Chicken- Lemongrass Broth

Wild Salmon Scramble

Vegetable Stir -Fry

Black and Green Tea, Coffee, Decaf Coffee

Honey, Almond Milk, Whole Milk



Lunch

June 29, 2017

Green Tea Chai

Local Mixed Greens

Feta Cheese, Cherry Tomatoes, Mint

Organic Chicken, Tricolor Pepper Salsa

Kale with Delicata Squash and Hazelnuts

Blackberry Parfait with Sesame Brittle

Selection of Decaf Teas

Honey, Almond Milk, Whole Milk