

Breakfast Selections

Smoothie

*A Blend of Fresh Strawberries, Banana,
Mango, and Passion Fruit*

~\$9.50~

*186 Calories • 0.5 Grams of Fat
2 Grams of Protein • 47 Grams of Carbohydrates*

Berry Yogurt Parfait

*Nonfat Yogurt mixed with Fresh Strawberries,
Raspberries and Blueberries
Topped with Granola
(Honey Optional)*

~\$15.00~

*176 Calories • 0.5 Grams of Fat
7 Grams of Protein • 32 Grams of Carbohydrates*

Sliced Fresh Seasonal Fruit

*Served in a Half Cantaloupe, a mixture of the
Freshest Seasonal Fruit, Low Fat Cottage Cheese,
and our own Blueberry Honey Dip, Accompanied by a
Small Fresh Warm Croissant*

~\$12.00~

*280 Calories • 2 Grams of Fat
14 Grams of Protein • 43 Grams of Carbohydrates*

Tofu Scramble

*Diced Tofu with Shiitake Mushrooms,
Green Onions, Tahini, Curry Powder Tamari Sauce
and Onion Sprouts*

~\$16.00~

*78 Calories • 13 Grams of Fat
11 Grams of Protein • 7 Grams of Carbohydrates*

Egg White Omelet

*Made with Crimini Mushrooms, Baby Spinach,
Green Onions and Tomatoes
Served with Diced Seasonal Melons*

~\$14.25~

*129 Calories • 1 Grams of Fat
20 Grams of Protein • 11 Grams of Carbohydrates*