

NATURAL & NUTRITIVE FRUIT AND CEREAL

FRUIT AND YOGHURT PLATE

**AH BRAN & GRANOLA CEREAL AND FRESH
FRUITS**

SALADS

ASIAN SALAD

Cellophane noodles, red, yellow and green bell pepper, celery, soy bean sprouts, black sesame seeds, and chicken breast marinated in teriyaki sauce.

TOMATO AND ASPARAGUS SALAD

White cheese marinated in cilantro, roasted bell peppers, olives, served with balsamic vinaigrette and basil oil.

MIXED SALAD

Mixed greens, cucumber, tomato, avocado, carrot, celery, bean sprouts and bell peppers served with a lime vinaigrette.

SANDWICHES

OPEN TACE ASPARAGUS SANDWICH

Country style bread, pesto mayonnaise, roasted asparagus, smoked ham, fresh tomato and low fat mozzarella.

BALSAMIC CHICKEN SANDWICH

Cumin bread, basil mayonnaise, marinated chicken breast in balsamic vinegar, roasted peppers, sun dried tomato, spinach and goat cheese.

VEGETARIAN SANDWICH

Whole grain bread with mayonnaise, sweet peppers, zucchini, eggplant, mixed greens, sprouts, mushrooms, cucumber, avocado and spinach. Served with lime and oregano vinaigrette.

SMOKED SALMON WRAPP

Flour tortilla, cream cheese, mayonnaise, mixed greens, watercress, capers, olives, red onion and lime dressing.

SMOKED TURKEY BREAST CLUB WRAPP

Flour tortilla, spinach, mixed greens, smoked turkey breast, bacon, swiss cheese and tomato.

NOTE: All our sandwiches are accompanied with Latin cole slaw and banana chips.

MUFFINS & COOKIES

BLUEBERRY MUFFIN

BANANA & COCONUT MUFFIN

CARROT MUFFIN

NATURAL JUICES

CARROT

ORANGE

PINEAPPLE

WATERMELON

GRAPEFRUIT

COMBINATION JUICES

CANTALOUPE, STRAWBERRY & KIWI

APPLE, STRAWBERRY & ORANGE

PINEAPPLE, ORANGE & KIWI

PASSION FRUIT & MANGO

CARROT, PINEAPPLE & ORANGE

CACTUS LEAF, PINEAPPLE & PARSLEY

ORANGE, PAPAYA & MANGO

**WATERMELON, ORANGE, CANTALOUPE
& PINEAPPLE**

SMOOTHIES

**PROTEIN SMOOTHIES
(CHOOSE YOUR FAVORITE FLAVOR)**

PASSION FRUIT & MANGO

LIME, STRAWBERRY & MINT

BANANA AND STRAWBERRIES



PAPAYA & LIME

CITRUS: ORANGE, GRAPEFRUIT, LIME

APPLE, PINEAPPLE & GINGER

**WATERMELON, ORANGE, CANTALOUPE
& PINEAPPLE**

MILKSHAKE

**(MADE WITH REGULAR MILK, SKIM MILK OR
SOY MILK)**

**PROTEÍN MILKSHAKE
(CHOOSE YOUR FAVORITE FLAVOR)**

GRANOLA, STRAWBERRY AND YOGHURT

APPLE, STRAWBERRY AND COCONUT

STRAWBERRY, BANANA AND YOGHURT

BANANA, APPLE AND GRANOLA

BANANA, CHOCOLATE AND GRANOLA

