**Healthy Food Menu List**



#### **Starters**

* Hummus Trio with Carrot and Celery Sticks - **$7**
* Kale Chips with Sea Salt and Vinegar - **$5**
* Edamame with Chili Lime Salt - **$6**

#### **Salads**

* Superfood Salad with Kale, Quinoa, Blueberries, and Nuts - **$12**
* Arugula Salad with Avocado, Cherry Tomatoes, and Balsamic Reduction - **$11**
* Beet and Goat Cheese Salad with Walnuts - **$10**

#### **Main Courses**

* Grilled Chicken Breast with Steamed Vegetables - **$15**
* Baked Salmon with a Herb Crust and Asparagus - **$18**
* Stuffed Bell Peppers with Brown Rice and Vegetables (Vegan) - **$14**
* Tofu Stir Fry with Broccoli and Bell Peppers in a Ginger Soy Sauce (Vegan) - **$13**

#### **Healthy Bowls**

* Buddha Bowl with Chickpeas, Avocado, Sweet Potato, and Tahini Dressing (Vegan) - **$12**
* Teriyaki Chicken Bowl with Brown Rice and Steamed Broccoli - **$14**
* Mediterranean Bowl with Falafel, Hummus, Cucumber Salad, and Tzatziki Sauce - **$13**

#### **Desserts**

* Fresh Fruit Salad with Mint - **$7**
* Greek Yogurt with Honey and Nuts - **$6**
* Dark Chocolate and Almond Bites - **$5**

#### **Beverages**

* Detox Green Juice - **$6**
* Smoothies (Berry Antioxidant, Mango Banana, or Green Detox) - **$7 each**
* Herbal Teas (Chamomile, Peppermint, Ginger) - **$3**