

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**