

cal

Penne with Mushrooms & Butternut Squash  

270

Whole Wheat Penne Tossed with Herbed Garlic Oil and Roasted Mushrooms and Butternut Squash

Contains milk, wheat, gluten

Korean Sesame BBQ Chicken 

110

Grilled Chicken Thighs Marinated in a Spicy Soy, Ginger and Sesame Sauce

Contains wheat, soy, gluten

Potato Crusted Salmon with Dill Sauce

320

Salmon Fillet in a Crispy Potato Crust with Dill Horseradish Sauce

Contains milk, eggs, fish, wheat, soy, gluten, mustard

Grilled Flat Iron Steak

210

Flat Iron Steak Seasoned with Garlic and Parsley

Contains soy

Ricotta, Leek & Olive Pizzetta  

270

Whole Wheat Flatbread Layered with Sautéed Leeks, Plum Tomatoes, Kalamata Olives, Ricotta, Parmesan & Mozzarella Cheeses

Contains milk, wheat, gluten

Ginger Shrimp with Tomato Relish

120

Shrimp Marinated in Ginger, Garlic and Cilantro, Served with a Sweet Tomato Jam

Contains fish, shellfish

 **Vegan**

 **Vegetarian**

 **Mindful**

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.