

# Eat-Well Menu

## APPETISERS

grilled king scallops with cucumber salsa & lemon-mint vinaigrette .....\$118  
*Calories - 300, Carbs - 10g, Protein - 37g, Total fat - 11g*

organic tomato & skimmed-milk mozzarella salad.....\$88  
*Calories - 210, Carbs - 14g, Protein - 12g, Total fat - 13g*

carrot & ginger soup .....\$58  
*Calories - 60, Carbs - 13g, Protein - 2g, Total fat - 1.5g*

grilled chicken salad with strawberry vinaigrette.....\$88  
*Calories - 340, Carbs - 22g, Protein - 23g, Total fat - 16g*

organic spring salad with beets, prosciutto & creamy onion dressing.....\$88  
*Calories - 90, Carbs - 11g, Protein - 6g, Total fat - 3.5g*

grilled Mediterranean vegetable salad with low-fat feta cheese .....\$88  
*Calories - 190, Carbs - 24g, Protein - 11g, Total fat - 8g*

