

Eat-Well Menu

SALADS

watermelon & goat cheese salad with citrus vinaigrette\$98
Calories - 170, Carbs - 19g, Protein - 4g, Total fat - 10g

asparagus, cherry tomato & cucumber salad with low-fat feta vinaigrette\$98
Calories - 130, Carbs - 9g, Protein - 5g, Total fat - 9g

shrimp salad with organic greens, orange & toasted almonds.....\$108
Calories - 190, Carbs - 10g, Protein - 22g, Total fat - 7g

seared salmon with spinach, quinoa & avocado\$108
Calories - 340, Carbs - 20g, Protein - 29g, Total fat - 16g

Greek salad with low-fat feta\$108
Calories - 130, Carbs - 9g, Protein - 6g, Total fat - 8g

warm arugula salad with grilled chicken.....\$108
Calories - 340, Carbs - 32g, Protein - 26g, Total fat - 15g

