



soup

Soup of the Day

salad bar

Selection of Lettuces, Crudités and Condiments with a Variety of Light Vinaigrettes

salads - low sodium

Arugula with Grapefruit Segments

Garden Fresh Arugula,

Grapefruit Segments with Pomegranate Vinaigrette

Watermelon & Feta Cheese Salad

Watermelon with Feta Cheese Drizzled with Balsamic Dressing

light fare

Antipasto Platter

Prosciutto Ham, Eggplant Caviar, Sun Dried Pesto with Cranberries

Oak Smoked Fish

with Marinated Mushrooms & Alfalfa

organic poached fruits bar

Organic **Peach** Poached in Honey with Cinnamon, Thyme and Rosemary

Organic Poached Pear with Vanilla Flavor, Orange Zest and Star Anis

Freshly Sliced Pineapple Poached in Honey Syrup and Fresh Coriander Seeds

Lemongrass and Cardamon Nectarines
Poached in Honey Water

Organic Red Apples and Blueberry with Blackcurrant and Cassis

Apricot Poached in Honey Water with Bay Leaves, Nutmeg and Tarragon Spices

Red Apple Poached in Freshly Brewed Verbena Tea, Honey and Oranges

Organic **Winter Plum** Poached in Lime Water with Nutmeg

light & crispy

organic breads

Organic Sesame Seeds Ficelle
Organic Multigrain Ficelle
Organic Rosemary Ficelle
Organic Onion Tomato Thyme Ficelle

à la carte selection

Please allow fifteen minutes preparation time for "à la carte" items as they are prepared to order:

> Broiled, Steamed, Poached Salmon or Tuna

Grilled or Seared Pork Loin or Chicken Breast

Served with a choice of Steamed or Grilled Vegetables

desserts

Blueberry Tartlet with Apple Compote

Cinnamon & Couscous Tulipan with Figs

beverages

Herbal Teas
Decaffeinated Coffee

water selection

Vitamin Water: Assorted Flavored 3.5 Evian: (one liter) 4
San Pellegrino: (one liter) 4
Perrier: (33cl) 2.5