

Menu

STARTERS

Roasted Tomato Basil Soup
Basil Oil

Garlic Bread Sticks

MAIN COURSE ENTREES

Seared Chicken Breast
Parmesan Risotto, Seasonal
Vegetables, Mushroom
Chardonnay Sauce

Pappardelle Pasta
Cremini Mushrooms,
Asparagus, Roasted
Tomatoes, Tofu, Sherry
Pepper Sauce (VE, DF)

MAIN COURSE SALADS

Traditional Cobb
Chopped Romaine, Diced
Tomato, Avocado, Chopped
Egg, Crumbled Blue Cheese,
Applewood Smoked Bacon,
Chicken, Buttermilk Dressing

**Grilled Pan Seared Salmon
Caesar Salad**
Pan Seared Salmon, Romaine
Hearts, Shaved Parmesan,
Garlic Herb Croutons, Caesar
Dressing

DESSERT

Flourless Chocolate Cake
Fresh Berries (GF)

GF - Low Gluten*
DF - Dairy Free*
V - Vegetarian
VE - Vegan

**Made without gluten containing ingredients, but may contain minor amounts of gluten present in the kitchen or facilities. These foods are not for safe for people with celiac disease or gluten sensitivity.*

PROTEIN SOURCES

Beans	Cheese		Yogurt	Quinoa
Milk	Bean Based Pasta		Nuts	Cottage Cheese
Pork	Eggs	Poultry	Beef	Edamame
Tofu	Seafood	Protein Powders		Seeds

DID YOU KNOW?

The iron found in the animal proteins listed above are best absorbed when paired with vitamin C found in many fruits and vegetables.

Food As Wellness

Connecting Food & Health



Protein Does Whhey More than Build Muscles



Proteins are 1 of the 3 macronutrients our body needs for every day life.



Protein molecules are structures composed of amino acids. There are 20 different amino acids that naturally occur in protein structures.



9 of those 20 amino acids can only be sourced from the food we eat, which makes them essential to the body.

IMPORTANT FUNCTIONS OF AMINO ACIDS

Support
muscle
contraction
and
movement

Supports
hormone
synthesis

Move
essential
molecules
around the
body

Build
antibodies to
support
immune
function

Support
regulation
and
expression of
DNA and RNA

Create
digestive
enzymes that
facilitate
chemical
reactions

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