

## **Chicken Pozole Rojo**

*A healing and restorative spicy broth to cure your chills, your cold or your New Years overindulgences*

Chicken and hominy simmered in a red chile broth served with shredded cabbage, diced radish, oregano and limes

Allergens: *meat* - GLUTEN FREE, DAIRY FREE

## **Mediterranean Quinoa Salad**

*A great source of protein, fiber and antioxidants, quinoa and legumes are nutrient dense and can aid in overall metabolic health*

Quinoa, garbanzo beans, cherry tomatoes, cucumber, olives, pickled red onion, fresh herbs, lemon vinaigrette

Allergens: *none* - VEGAN, GLUTEN FREE, DAIRY FREE

## **Supergreen Detox Salad**

*Leafy greens help to boost immunity, improve digestion, balance hormones and aid cognitive function*

Arugula, kale, spinach, chard, cucumber, snap peas, pea sprouts, hemp seeds, creamy herb vinaigrette

Allergens: *seeds, dairy* - VEGETARIAN, GLUTEN FREE

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## **Calabrian Chile Glazed Salmon**

*Rich in omega-3 fatty acids salmon can decrease inflammation, chiles provide a boost to your metabolism*

Pan Seared Salmon, sweet & spicy calabrian chile glaze, farro and kale

Allergens: *fish, wheat* - DAIRY FREE

**(\$2 per person enhancement)**

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## **Turmeric Ginger Lemonade**

*Powerful antioxidants turmeric and ginger reduce inflammation, while lemon boosts your metabolism and provides vitamin C.*

Turmeric, ginger, lemon, coconut water & a touch of honey

Allergens: *coconut* - VEGETARIAN

**\$16 per person**