Breakfast

Flavours of Spring
Raspberry Krispies Parfait (500 cals/parfait, vegetarian, contains dairy)
Mushroom and Roasted Tomato Frittata (120 cals/square, vegetarian, contains egg, dairy)

Morning Fare
The Classic Continental (calories vary by selection, vegetarian, may contain dairy, wheat, egg, nut)
The Healthy Buzz (calories vary by selection, vegetarian, may contain dairy, wheat, egg, nut)

Takeaway Sandwiches
Chicken Tinga Sandwich (330 cals/sandwich, contains wheat)
Tandoori Chicken Waldorf Wrap (410 cals/wrap, contains wheat)

Served Lunches and Dinners
Garlic Cilantro Braised Chicken and Rice (490 cals/entrée, contains wheat, dairy)

Specialty Themed Buffets
Ahi Tuna Poke Bowl (180 cals/2.5 oz tuna)
Poke Roasted Portobello (150 cals/2.5 oz) (contains fish, soy, sesame, dairy)
Mindful Pizzeta Bar

Chicken Satay Pizzetta (380 cals/slice, contains dairy, wheat, nuts)

Chinese Tofu and Broccoli Pizzetta (340 cals/slice, vegetarian, contains soy, dairy, wheat)

Sweet Italian Pizzetta (310 cals/slice, contains dairy, wheat)

Jamaican Pizzetta (350 cals/slice, contains dairy, wheat)

Chicken Tikka Pizzetta (350 cals/slice, contains dairy, wheat)

Chicken Ropa Vieja Pizzetta (390 cals/slice, contains dairy, wheat)

Shrimp Pesto Pizzetta (300 cals/slice, contains dairy, wheat, shellfish)

Filipino Chicken Pizzetta (360 cals/slice, contains dairy, wheat)

Caribbean Jerk Chicken Pizzetta (490 cals/slice, contains dairy, wheat)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
Grab and Go Sandwiches

Hummus, Avocado, and Roasted Vegetable Wrap (vegetarian, contains wheat, egg, dairy, may contain nuts)

Grilled Vegetable Wrap (vegan, contains wheat, may contain nuts)

Served Luncheons and Dinners

Garlic Ginger Shrimp (calories vary by selection, contains shellfish, may contain wheat, dairy)

Sesame Chicken Breast (calories vary by selection, contains soy, sesame, may contain wheat, dairy)

Snacks

Energy Boost (calories vary by selection, vegan, may contain wheat, nuts)

Healthy Break (calories vary by selection, vegetarian, may contain wheat, dairy, nuts)

Wholesome Gourmet Snack Basket (calories vary by selection, vegetarian, may contain dairy, nuts)

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