



## **Wellness Menu**

### **Appetizers**

Roast Beet Carpaccio

with goat cheese, extra Virgin olive oil & roasted pine nuts

Or

Kale Soup

with zucchini noodles spaghetti

### **Entree**

Mediterranean Fish

Fish en papillote with fresh herbs, olives, capers, tomatoes  
and marinated artichoke

Or

Rosemary Chicken

with roasted ratatouille, eggplant, peppers, and zucchini

### **Dessert**

Gluten free Chocolate Cake

with Non-sugar strawberry sauce