

Full Meals

COCONUT BAKED CHICKEN

Seared Baked coconut crusted chicken with sweet chili sauce.
320Cal, 3gFat, 18gCarb, 3gFib, 51gProt, 140mgSod

MIXED GREENS SALAD

Mixed salad, cherry tomato, walnuts and pecans with raspberry dressing.
50Cal, 3gFat, 3gCarb, 2gFib, 2gProt, 55mgSod

VEGETABLE PUREE SOUP

Array of vegetable puree
60Cal, 0gFat, 13gCarb, 3gFib, 2gProt, 240mgSod

PEARS AL VINO

Layer Sliced pears in a sweet red wine sauce.
30Cal, 0gFat, 5gCarb, 1gFib, 2gProt, 20mgSod

TURKEY MEATLOAF

Ground Turkey seasoned with herb and spices smoother with tomato ketchup.
150Cal, 6gFat, 8gCarb, 1gFib, 13gProt, 320mgSod

DUO MASHED POTATO

Silky swirl of sweet potato and Idaho potatoes mash with butter and cream.
170Cal, 3.5gFat, 18gCarb, 5gFib, 3gProt, 280mgSod

CARROT SOUP

Creamy soup of sweet carrots with ginger.
30Cal, 0gFat, 4gCarb, 1gFib, 1gProt, 360mgSod

BANANA CREAM PIE

A smooth and silky banana cream pie.
110Cal, 5gFat, 12gCarb, 1gFib, 4gProt, 70mgSod

ASIAN STYLE PORK

Pork Loin cooked in Asian style flavors.
310Cal, 7gFat, 1gCarb, 0gFib, 31gProt, 130mgSod

STIR FRY VEGETABLES

Snow peas, carrots and celery.
130Cal, 2gFat, 15gCarb, 5gFib, 5gProt, 230mgSod

ORIENTAL CHICKEN

NOODLE SOUP
Homemade with seasoned vegetables.
110Cal, 2gFat, 13gCarb, 2gFib, 10gProt, 35mgSod

ORANGE CREAM CAKE

Made with orange juice and a cream topping.
170Cal, 3.5gFat, 33gCarb, 0gFib, 2gProt, 20mgSod

CARNE CON PAPAS

Traditional Cuban beef stew with potato, peppers, green olives tomatoes.
480Cal, 27gFat, 11gCarb, 2gFib, 41gProt, 380mgSod

STEAMED RICE WITH CHIVES

Steamed rice and fresh chives.
160Cal, .5gFat, 33gCarb, 1gFib, 3gProt, 320mgSod

BLACK BEAN SOUP

Savory and silky soup made with fresh Black beans , cilantro and onions.
60Cal, 1.5gFat, 8gCarb, 3gFib, 3gProt, 220mgSod

COFFEE FLAN

Shape Lovers espresso flavor flan.
100Cal, 4gFat, 11Carb, 0gFib, 6gProt, 50mgSod

FISH IN A WHITE WINE BUTTER SAUCE

Fish baked and light white wine sauce.
230Cal, 6gFat, 5gCarb, 2gFib, 34gProt, 240mgSod

Alternative Main Dish : CHICKEN IN A WHITE WINE BUTTER SAUCE

Chicken breast with white wine sauce.
260Cal, 11gFat, 0gCarb, 0gFib, 41gProt, 75mgSod

BROCCOLI CHEDDAR

Freshly steamed broccoli with cheese.
230Cal, 18gFat, 4gCarb, 2gFib, 15gProt, 20mgSod

CAULIFLOWER SOUP

A silky cauliflower soup flavored with spices.
50Cal, 3gFat, 3gCarb, 2gFib, 1gProt, 20mgSod

FRUIT MEDLEY

Fresh mix of fruits with a hint of mint.
40Cal, 0gFat, 9gCarb, 1gFib, 1gProt, 0mgSod

Single Meals

A” Menu is subject to change

CARNE ASADA

Grilled beef with onion and peppers.
600Cal, 38gFat, 0gCarb, 0gFib, 41gProt, 890mgSod

GALLO PINTO (Rice)

Traditional Red beans slowly cook with Rice and herbs
120Cal, .5gFat, 22gCarb, 2gFib, 3Prot, 10mgSod

SIZZILING TEQUILA LIME

SHRIMP TACO

Shrimp sautéed in vibrant flavors of fresh cilantro, onion and hint of Tequila
280Cal, 8gFat, 3gCarb, 1gFib, 6gProt, 460mgSod

TANGY COLE SLAW

Crispy salad of red cabbage, red onions and cilantro.
60Cal, 1gFat, 12gCarb, 3gFib, 2gProt, 105mgSod

DIJON CHICKEN

Chicken breast topped with a creamy Dijon mustard sauce.
260Cal, 12gFat, 3gCarb, 0gFib, 37gProt, 75mgSod

TRI-COLOR QUINOA

Sautéed Red pepper, shredded carrots, seeded olives, feta cheese and red onion with lemon.
45Cal, 1gFat, 7gCarb, 2gFib, 3gProt, 20mgSod

TURKEY TETRAZINI

Spaghetti casserole with turkey, mushroom and peas.
270Cal, 23gFat, 228gCarb, 2gFib, 24gProt, 250mgSod

MIXED RADISH SALAD

Spring mix with radish, carrots with a balsamic vinaigrette.
60Cal, 4gFat, 6gCarb, 2gFib, 2gProt, 430mgSod

BOURBON CHIPOTLE

PORK TENDERLOIN

Cooked fresh herbs and spices.
270Cal, 11gFat, 0gCarb, 0gFib, 41gProt, 480mgSod

ROASTED POTATO

With paprika and olive oil.
80Cal, .5gFat, 17gCarb, 2gFib, 2gProt, 5mgSod

