TRUEDINING

Recommended minimum breakfast calorie intake 200-250

BERRY BEET SMOOTHIE 60 CAL
Roasted beets, blueberries, banana, and pomegranate juice

BANANA OATMEAL CREME BRULEE 160 CAL
Composed of old fashion oats, cinnamon and vanilla honey Greek yogurt, topped with caramelized bananas

MORNING SCRAMBLE 110 CAL
One whole egg and two egg whites whipped with spinach, mushrooms, onions, bell peppers, and tomato
*vegan alternative available

ENGLISH BREAKFAST FLAT 290 CAL
H3 house made flatbread topped with baked beans, tomato, mushrooms and fried egg garnished with arugula
*gluten free option available

SMOKED SALMON BITES 120 CAL
Sliced cucumbers topped with smoked salmon and house made herbed cheese composed of Neufchatel cheese, Greek yogurt, dill, garlic, and onion

BERRY CHIA SMOOTHIE BOWL 200 CAL
A base of Greek yogurt and almond milk blended with fresh strawberries & blueberries, a hint of agave nectar, and chia seeds topped with fresh sliced strawberries, blueberries, banana, and shredded coconut

Morning Additions

SEASONAL FRUIT	50 CAL
MIXED BERRIES	50 CAL
BREAKFAST SALSA	10 CAL
SLICED TOMATOES	25 CAL
1 EGG	70 CAL
FRESH AVOCADO	80 CAL
GREEK YOGURT W/ VANILLA & LOCAL HONEY	80 CAL
CRANBERRY GRANOLA 1oz	40 CAL
BANANA OATMEAL W/ SEASONAL COMPOTE	135 CAL
LOCAL WHOLE GRAIN & SEEDED TOAST	100 CAL
LOCAL WHOLE GRAIN CRANBERRY CINNAMON TOAST	100 CAL