TRUEDINING

Dinner Menu

Recommended minimum calorie intake 400-450

MENU CHANGE | TUESDAY & FRIDAY

CHILLED CUCUMBER SOUP 35 CAL
& CHEF'S FEATURED SOUP

Gf V CHARRED ROMAINE SALAD 120 CAL
Grilled romaine lettuce served with cherry tomatoes, red onion, carrots, toasted pine nuts, and feta cheese, drizzled with H3 Ranch dressing

Df V CARROT TAHINI CROSTINI 90 CAL
Combined carrots, onions, celery, sesame seeds, tahini, mayonnaise, honey, sesame oil and nutritional yeast served on a half slice whole grain and seed toast

Gf V HOUSE SALAD 80 CAL
Romaine and mixed greens topped with cucumbers, tomatoes, red onion, carrots, celery, parmesan cheese and tossed with basil vinaigrette

NAPOLI FLATBREAD 320 CAL
Roasted garlic spread, mozzarella cheese, sliced tomatoes, parmesan cheese, and grilled chicken, topped with fresh basil
*non-dairy cheese & gluten-free options available

Gf Df HERB GRILLED PORK TENDERLOIN 390 CAL
Topped with peach chutney served with maple mustard brussels sprouts and whipped sweet potatoes
*Pork tenderloin not available as H3 item

Gf Df PINOT MUSHROOM SALMON 310 CAL
Topped with a house made pinot mushroom sauce composed of mushrooms, carrots, garlic, onion, fresh rosemary and pinot noir served with roasted zucchini, peppers and herb roasted potatoes
*vegan alternative available (tofu)

Gf Df VEGAN PAD THAI 280 CAL
Rice noodles mixed with broccoli, shallots, green onion, carrots, cabbage, bean sprouts, cilantro, and pad thai sauce topped with chopped peanuts and a lime wedge

SOUTHWESTERN SPICED CHICKEN THIGH 350 CAL
Lightly seasoned with house made southwest spice served with sautéed peppers and onions, roasted poblano risotto, and cilantro lime cashew sauce

*Note: While we do our best to accommodate and meet the dietary and allergy needs of our guests, we **cannot** guarantee that cross contact will not occur due to the shared cooking and preparation areas of our kitchen.*

H3PLATE

H3 Plate is a unique way for you to create a custom dinner based on your personal preferences and nutritional needs.

Select one item from each of the options below to create a well-balanced dinner.

PROTEINS
***blackened option available**

GRILLED TOFU 4 oz	120 CAL
BLACK BEAN BURGER 4 oz	90 CAL
GRILLED CHICKEN 4 oz	140 CAL
GRILLED SALMON 4 oz	160 CAL
GRILLED SHRIMP 4 oz	110 CAL
GRILLED FILET 4 oz	170 CAL
BLACK BEANS ½ cup	100 CAL
GARBANZO BEANS ½ cup	110 CAL

VEGETABLES – 1 cup serving
Seasoned with Garlic

BROCCOLI (sautéed)	20 CAL
ROASTED CARROTS	30 CAL
ROASTED CAULIFLOWER	20 CAL
SEASONAL SQUASH (sautéed)	20 CAL
SPINACH (sautéed)	40 CAL

SAUCES & DRESSINGS – 1 ounce serving

MARINARA SAUCE	10 CAL
PEANUT SAUCE	40 CAL
RANCH DRESSING	30 CAL

STARCHES – ½ cup serving

SWEET POTATO MASH	110 CAL
BROWN RICE	100 CAL
QUINOA	100 CAL

H3 healthy kitchen

HEALTHY KITCHEN EVENTS

Chef's Table $155
Southern Comfort Friday June 27 at 5:00pm
A Slice of History Southern Cooking Friday July 11 at 5:00pm
Cooking Demonstration $70
Salad Bliss Thursday June 26 at 3:30pm
Quick & Tasty Summer Sides Tuesday July 1 at 3:30pm
$Resort Credit Eligible

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodbourne illness.