TRUEDINING

Lunch Menu

Recommended minimum lunch calorie intake 300-350

MENU CHANGE | TUESDAY & FRIDAY

CHILLED CUCUMBER SOUP 35 CAL
& CHEF'S FEATURED SOUP

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 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

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

CHICKEN CAPRESE SANDWICH
330 CAL
Served open-faced on local whole grain and seeded bread, topped with pesto infused with pine nuts, mozzarella, tomatoes, and arugula, served with sautéed green beans and almonds.

Df VEGAN SPAGHETTI SQUASH HAYSTACK &
BLACK BEAN BURGER 290 CAL
Roasted spaghetti squash tossed with onions, garlic, olives, sundried tomatoes, toasted pine nuts, and basil served over a black bean burger patty with a side grilled asparagus and marinara sauce

Df GRILLED SHRIMP SKEWERS 280 CAL
Served with roasted vegetable orzo composed with zucchini, mushrooms, onions, garlic and whole wheat orzo pasta
*vegan alternative available (tofu)

*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 Cooking 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.