

BISTRO MEALS

by Chef Rosie

EAT BETTER. FEEL BETTER. LIVE BETTER.

BREAKFAST OPTIONS

FRENCH TOAST 10

DAVID'S NUT BREAD FRENCH TOAST + 100% MAPLE SYRUP

STRAWBERRY PROTIEN PANCAKES 10

STRAWBERRIES + ALMONDS + 100% MAPLE SYRUP

LUNCH/DINNER OPTIONS

BARBACOA 14

BEEF STEWED IN CHILE SAUCE + MEXICAN RICE + CORN

BBQ CHICKEN 14

HOUSEMADE BBQ + SWEET POTATO MASH + PEAS & CARROTS

DIJON WILD SALMON 15

CILANTRO RICE + GREEN BEANS + CARROTS

CHILI VERDE 15

PORK IN GREEN TOMATILLO CHILE SAUCE + MEXICAN RICE



FUEL YOUR BODY, ELEVATE YOUR LIFE!

R BISTRO MEALS
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*MINIMUM 6 MEAL PURCHASE

MEALS ARE BASED ON 5oz PROTEIN PORTIONS
4oz STARCH 4oz VEGETABLES