

# GO NAKED / HONDURAS ADVENTURE

2017 MENU – NOVEMBER 14-18

Chef Zachari Breeding, MS, RDN, LDN, FAND



NUTRITIOUS SOLUTIONS | THE-SAGE.ORG

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	N/A	Pepper Baked Eggs with crumbled chorizo* and avocado Sides: - Toasted Baguette - Fresh Fruit	Butter Rum Pancakes with Berry Flambé Sides: - Fruit - Greek Yogurt - Sausage*	Sweet Potato Hash with Eggs over easy and Sofrito hollandaise Sides: - Fruit - Greek Yogurt	Lighter Fare: - Hardboiled Eggs - Greek Yogurt - Fresh Fruit - Lemon Curd - Breakfast Biscuit
<b>SNACK</b>	Fresh Fruit Tabletas de Coco (coconut bar)	Fresh Fruit Yogurt Granola Parfait	Fresh Fruit Hard Boiled Eggs	Fresh Fruit Flan/Carrot Cake	Fresh Fruit Dessert Leftovers
<b>LUNCH</b>	Heart of Palm Salad with Protein: 1. Grilled Chicken 2. Grilled Salmon 3. Boiled Egg 4. Grilled Tofu	Ceviche de Corvina with: - Carrot/Vegetable Slaw - Avocado - Plantain Chips	Fish Cakes with Cucumber Mango Salad and Fresh Tortilla Chips	Black Bean and Chorizo* Empanadas with Pineapple Mango Salsa and Ensalada	- Papasas (3 variations: queso y loroco, chicharrones, revuelta) - Honduran Slaw - Fresh Fruit
<b>SNACK</b>	Homemade Tortilla Chips + Guacamole + Pico de Gallo	Crudite + Grilled Vegetables + Hummus/Dips	Cheese and Meat Platter + Pan (baguette)	Tostones, grilled vegetables, queso fresco	N/A
<b>DINNER</b>	“Arroz con pollo”: Spanish rice with vegetables and - Marinated Chicken - Grilled veggie Chorizo	Plato Tipico: - Grilled Steak* - Fried platanos - Avocado - Corn Cakes - Queso Fresco - Grilled Veggies	Curry Chicken or Fish with: - Coconut Rice - Braised Black Beans - Ensalada	UTILA BAR/ RESTAURANT	N/A
<b>DESSERT</b>	Fresh Fruit Flan de Caramelo	Fresh Fruit Carrot Cake Ice cream/Sherbet	Fresh Fruit Honduran Key Lime Pie	Fresh Fruit Fried Cinnamon Sugar Tortilla Lemon Cake	N/A

\*may be substituted for a vegetarian option

