



Blue Zones Project® Menu

Cauliflower Hummus 7

Tahini, Cumin, Coriander, Lemon, Roasted Garlic, served with chilled veggies

Cilantro Pesto Tofu and Greens 10

Apples, Pecans, Grapes, Cilantro Pesto, Mixed Greens

The Kale Leaf 9

Pepitas, Feta, Diced Apple, Mandarin Oranges, Spicy Craisins, Citrus Vinaigrette

Veggie Sandwich 12

Carrot, Radishes, Cucumber, Herb Vinaigrette, Hummus, Tomato, Cilantro Pesto, Wheat Bread

Choose a fresh side:

Grilled Asparagus, Small House salad or Farro salad

Blue Zones Project Plate 16

Farro Sautéed with Kale, Tomato, Asparagus, Onions, Sweet Peppers, White Wine

.....



BLUE ZONES PROJECT®
by HEALTHWAYS

Blue Zones Project® is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to environment, policy, and social networks. When our entire community participates, the small changes contribute to huge benefits for all of us.

To learn more, visit bluezonesproject.com