

Be Well menu

Breakfast

7:00am-11:00am

- ✔ Smoothie | 5
kale, banana, apple, spinach, local honey
- ✔ Steel Cut Oatmeal | 9
blueberries, almonds
- Coastal Parfait | 9
greek yogurt, housemade granola, fresh berries, local honey
- Edgewater Omelet | 17
egg whites, tomato confit, asparagus, spinach, roasted feta cheese

Lunch

11:00am – 5:00pm

- ✔ Cauliflower Quinoa Cakes | 14
feta, green onion, lemon
- ✔ Vegetable Wrap | 14
whole wheat wrap, tomato, red onion, grilled local vegetables, hummus, feta
- ✔ Meze Platter | 14
housemade hummus, local crudité, feta cheese, olives, warm pita chips
- Ahi Tuna Wrap 15
whole wheat wrap, tuna, pickled carrots, wasabi aioli, napa cabbage slaw
- Grilled Salmon | 16
quinoa, roasted feta, baby bok choy
- Shrimp Cocktail | 18

✔ Blue Zones® Inspired

Blue Zones Project® is a community-led wellness initiative to make healthy choices easier. Look for the blue checkmark for great tasting plant-based items. **To learn more please visit bluezonesproject.com**

Dinner

5:00pm – 10:00pm

- ✔ Roasted Red and Yellow Beets | 12
goat cheese, orange, shaved fennel
- ✔ Zucchini Noodle Stir Fry | 14
onions, asparagus, celery, snap peas, carrots in a garlic ginger broth
- Togarashi Charred Tuna 15
wakame salad, mango compote, avocado
- Pan Seared Local Snapper | 34
Piri piri, saffron rice (sub quinoa available)
- Blackened Grouper | 38
sweet potato hash, grilled asparagus

Kids

- ✔ Oatmeal | 5
served with a side of mixed fruit
- ✔ Kids Penne | 7
whole wheat pasta with red sauce
- ✔ Hummus Cup with Veggie Sticks | 7
Fresh Catch | 7
Veggies

Sweet Endings

- ✔ Seasonal Fruit Plate | 9
Flights of Cakes | 4 each
Chocolate, Coconut, Mango, Key Lime
Under 100 calories each



To Go Boxes Available Anytime

Here are the original **Blue Zones**[®], the places where people live longer, with a higher quality of life and lower rates of disease.



What's their secret to longevity? After years of research we've boiled it down to nine basic habits that we call the **Power 9**[®].



Move Naturally: Find ways to move more! You'll burn calories without thinking about it.



Purpose: Wake up with purpose every day and add up to seven years to your life.



Down Shift: Reverse disease by finding a stress-relieving strategy that works for you.



80% Rule: Eat mindfully and stop when you feel that you are 80% full.



Plant Slant: Put more fruits and vegetables on your plate and in your diet.



Wine @ Five: If you have a healthy relationship with alcohol, enjoy a glass of wine with good friends daily.



Family First: Spend time with family and add up to six years to your life.



Belong: Belong to a faith-based community and attend services regularly to add up to 14 years to your life.



Right Tribe: Surround yourself with people who support positive behaviors – and who support you