

**Menus approved by Joy Bauer – America's Favorite
Nutritionist**

*Joy Bauer has built one of the largest nutrition centers in the country.
Located in Manhattan and Westchester, Joy Bauer Nutrition, provides
counseling to both adults and children dealing with a variety of nutritional
concerns.*

**Healthy Breakfast
Served from: 7am-10:30am**

Slim-style oatmeal \$7

Heart healthy oats topped with fresh berries and toasted chopped
nuts. Served with a variety of sweeteners on the side

Healthy egg white garden omelet \$13

1 whole egg whipped with 3 egg whites and cooked with seasonal
vegetables and reduced-fat mozzarella cheese

Yogurt-berry parfait \$9

Layers of creamy nonfat vanilla yogurt, low fat crunchy granola and
mixed fresh berries

**All Day Healthy Options
Served from 11:30am-Close**

Chicken and romaine with lemon dressing \$12

Fresh romaine lettuce topped with grilled chicken, pine nuts,
grated parmesan cheese tossed with fresh lemon dressing

Healthy smoked turkey burger melt \$12

Lean turkey burger spiced with sage, rosemary, garlic,
smoked paprika topped with melted low-fat mozzarella cheese, lettuce,
tomatoes, pickles on toasted whole wheat bread

**Whole wheat pasta seasonal vegetables fresh herbs and goat
cheese \$13**

Whole wheat pasta tossed with red peppers, onions, spinach, scallions,
zucchini, olive oil and goat cheese

Chicken Breast with fresh herbs \$15

Grilled chicken breast cooked in slow roasted mushroom, thyme sauce with fresh chard and whole grain wild rice.

Nutrition Information

Slim-style oatmeal: Calories 243; Protein 8g; Total Fat: 44g; Saturated Fat 4.5g; Cholesterol 13mg; Sodium 145mg; Carbohydrate 67g; Fiber 13g

Healthy egg white garden omelet: Calories 270; Protein 27g; Total Fat: 15g; Saturated Fat 5g; Sodium 456mg; Carbohydrate 8g; Fiber 2g

Yogurt-berry parfait: Calories 445; Protein 12g; Total Fat: 6g; Saturated Fat 2g; Sodium 221mg; Carbohydrate 90g; Fiber 7g

Whole wheat pasta with seasonal vegetables: Calories 600; Protein 20g; Total Fat: 12g; Saturated Fat 4.5g; Cholesterol 13mg; Sodium 145mg; Carbohydrate 67g; Fiber 13g

Romaine salad with chicken & lemon dressing: Calories 600; Protein 20g; Total Fat: 12g; Saturated Fat 4.5g; Cholesterol 13mg; Sodium 145mg; Carbohydrate 67g; Fiber 13g

Healthy smoked turkey burger melt: Calories 430; Protein 31g; Total Fat: 31g; Saturated Fat 5.5g; Cholesterol 81mg; Sodium 373mg; Carbohydrate 7g; Fiber 3g

Chicken Breast with fresh herbs: Calories 436; Protein 40g; Total Fat: 9g; Saturated Fat 1g; Cholesterol 80mg; Sodium 750mg; Carbohydrate 42g; Fiber 4g