

## SNOASIS

### GLUTEN FRIENDLY MEDITERRANEAN PIZZA

Gluten friendly pizza dough drizzled with olive oil and topped with Kalamata olives, cherry tomatoes, spinach, red onions, and feta cheese.

### GRILLED VEGGIE STACK ON CIABATTA

We grill zucchini, yellow squash, and eggplant; top it all with feta cheese and roasted heirloom tomatoes and serve it up on toasted ciabatta.

### HOMEMADE TOMATO BASIL BISQUE

The best on the Mountain! Really!  
Gluten Friendly no sugar added!

### SALMON SALAD SANDWICH

Stuffed with chunks of salmon tossed in a lite lemon dill aioli. Add your choice of veggie toppings.

### HEALTHY KID

Grilled chicken tenders served with our Kale Slaw, Noosa yogurt, & a kid drink.

## MOFFAT MARKET

### PERUVIAN QUINOA SOUP

Zucchini, Celery, Carrots, Onion, Jalapeno a blend of spices served with quinoa.

### HARVEST CHICKEN SALAD

Grilled Chicken Breast, Celery, Cranberries, Toasted almonds, topped with Tomatoes, Lettuce and Red Onion served on GF flatbread.

### HUMMUS VEG OUT

Hummus, Tomato, Red Onion, spinach, Lettuce, Roasted Red Peppers, Cucumber with Garden Veggie Smear on a Bagel Thin.

### BREAKFAST SALAD

Power Greens, roasted red and yellow tomatoes, cantaloupe, blueberries, a egg to order with fat free raspberry Vinaigrette.

## THE PROVISIONER

### GREENWHEAT FREEKAH AND KALE SALAD

The kale and Freekah is mixed with a with pureed garlic, anchovies, Tabasco and olive oil.

### ITALIAN FARRO SALAD WITH FRESH MOZZARELLA

In Harvest Farro, fresh mozzarella, cherry tomatoes, seedless cucumbers, garlic, basil, and chopped oregano. Tossed with fat free Italian dressing.

### TRI COLOR QUINOA STUFFED BELL PEPPER

Tri Color Quinoa, roasted corn, red onion, Roma tomatoes and Avocado. Tossed with a chipotle lime dressing.

### AZTECA TAJ CURRY SALAD

Colusari red rice, long grain brown rice, multi colored split peas, Amaranth, apples, celery and cranberries Tossed in a creamy lemon curry dressing\*.  
\*Made with low fat yogurt.

## MARY JANE CAFE

### ROASTED TURKEY WRAP

Oven roasted turkey breast, shredded low fat cheddar, Shredded lettuce and tomato drizzled with mustard and honey rolled in a spinach Wrap.

### ROMAN STYLE CHICKEN

Grilled chicken breast smothered with red and yellow peppers, diced tomato, onion, prosciutto and a blend of spices. Served with Mung Bean and Spiced Celery Salad.

### SMOKED JALAPENO ELK SAUSAGE WITH GARLIC CAULIFLOWER SMASHERS AND ONION GRAVY

Full of flavor and leaner than a traditional Brat, served creatively with Fresh Cauliflower Smash.

### PARSENN BOWL

One half fresh roasted avacado and egg topped with fresh power greens.

## LUNCH ROCK

### SMALL PLATE OPTIONS

#### TUNA POKE

marinated Ahi Tuna, avocado, cucumber, green onion and sesame seed. On a bed of Boston bibb lettuce and topped with wasabi microgreens. \*Gluten free, less fat, more protein.

#### COUSCOUS AND LENTIL

couscous blend with Meyer lemon zest, fire roasted red peppers, French green lentils. On a bed of arugula. Topped with a Pesto vinaigrette.  
\*More grains, less fat, less sugar.

#### BEEF AND BLUE

slow roasted beef, heirloom rice blend and blue cheese crumbles. Blue cheese dressing. On a bed of spring mix and garnished with pan roasted Campari tomato.  
\*Gluten free, more protein, less sugar.

#### BLACKENED CHICKEN

Cajun blackened chicken thigh, roasted corn giblets, arugula, spinach and pimento pepper. Smearred with Avocado dressing and garnished with heirloom cherry tomato and pea shoots. \*Gluten free, more power greens.

### ENTRÉE PLATE OPTIONS

#### CHICKEN CAESAR

Romaine hearts, spinach, Parmesan cheese, grilled Campari tomato and Chickpea croutons. Roasted chicken breast. Low fat Caesar dressing. \*Gluten free, less fat, more protein.

#### BEEF SALAD

Roasted red and yellow beet. Blend of spinach, bibb and gem lettuce, pickled onion and mandarin orange. Citrus vinaigrette. \*Gluten free, Less fat and sugar, more power greens, Vegan.

#### THE ROXY

GF pizza crust, pesto sauce, grilled onion and wild mushroom blend, spinach and radish sprout. \*Gluten free, less carbs, vegan.



WINTER PARK  
RESORT



THE 7 TERRITORIES OF WINTER PARK RESORT