

## Soups

### SOUP OF THE DAY

Cup Bottomless Bowl

### CHICKEN SOUP

Cup Bottomless Bowl

## Eggs

### CREATE YOUR OWN OMELET

Choice of Eggs, Tomatoes, Onions, Spinach, Mushrooms, Ham, Smoked Salmon and a Variety of Cheeses Served with Home Fries, Toast and Fresh Fruit Garnish  
Egg Beaters and Egg Whites Available

## Bodymind Connection™ Recommendations

### AVOCADO TOAST

Smashed Avocado, Choice of Egg on Multigrain Toast with Julienne Tomatoes  
Calories 491 Fat 29

### CHICKEN CAULIFLOWER "FRIED RICE" \*

Chicken and Shredded Cauliflower "Fried Rice" with Egg, Peas, Carrots, Onions, Garlic, and Soy Sauce  
Garnished with Scallions  
Calories 354 Fat 21.3 grams

### POWER GRAIN BOWL \* VG

Sautéed Mixed Grains Topped with Garlicky Kale, Edamame, Roasted Chick Peas, Watermelon Radishes and Cilantro Lime Aioli  
Vegetarian: Calories 486 Fat 23.4  
with Chicken with Salmon with Shrimp

### AÇAÍ BOWL \* VG

Berries, Granola, and Honey  
Calories 540 Fat 31.5



## Salads

**CLASSIC CAESAR SALAD** \* Crisp Romaine, Shaved Parmesan Cheese and Croutons with Classic Caesar Dressing  
Available with Chicken or with Salmon

**WINTER SALAD** GF Roasted Root Vegetables, Mixed Greens, Golden Raisins, Pomegranate Seeds, Crumbled Goat Cheese, and Toasted Almonds with Honey Lemon Vinaigrette  
Available with Chicken or with Salmon

**CRAB & CUCUMBER SALAD** GF Julienne Cucumbers, Grape Tomatoes, Avocado Tossed with Spicy Sweet Chili Mayo

**IBIS CHOPPED WEDGE SALAD** GF Iceberg Lettuce with Turkey, Bacon, Tomatoes and Onions Tossed in Choice of Dressing  
Available with Chicken or with Salmon

**SHRIMP SALAD-STUFFED AVOCADO** GF Shrimp Salad Stuffed in a Seasoned Avocado with Tossed Baby Greens and Lemon Vinaigrette

## Pizza

**MOZZARELLA & PROVOLONE** \* 10 Inch Pizza Includes your choice of two toppings: Sausage, Pepperoni, Bacon, Meatballs, Chicken, Broccoli, Mushrooms, Kalamata Olives, Black Olives, Anchovies, Eggplant, Artichokes, Roasted Red Peppers, and Roasted Garlic

**MARGHERITA PIZZA** Tomatoes, Fresh Mozzarella, and Basil

## Handhelds

**SCOOPS AND SANDWICHES** Egg Salad, Chicken Salad, Tuna Salad, Low-Fat Tuna Salad, or Salmon Salad with Lettuce and Tomato  
Full Half

**ROASTED TURKEY CLUB WRAP** \* Roasted Turkey, Lettuce, Tomato, Arugula, Bacon, Avocado, and Cranberry Mayo on Choice of Wrap

**MEDITERRANEAN GRILLED CHICKEN SANDWICH** \* Naan Bread, Arugula, Crumbled Feta, Chick Pea, Pickled Red Onion

**IMPOSSIBLE BURGER** \* V All Natural Plant Based Burger with Lettuce, Tomato, and Pickle

**FRENCH DIP** \* Thin Sliced Prime Rib, Provolone Cheese, Toasted Hoagie, with Side of Au Jus

**CLASSIC BURGER** \* Black Angus Beef, Choice of Cheese, Lettuce, Tomato, and Pickle

**IBIS LUNCH BURGER** \* Black Angus Beef Burger Topped with Gruyere Cheese and Mushrooms

V VEGAN

VG VEGETARIAN

GF GLUTEN FREE

\* ITEMS THAT CAN BE PREPARED GLUTEN FREE, PLEASE NOTE WHEN ORDERING