

## Starters

Bran Muffin and Seasonal Berries \$4.50

Fruit Smoothie \$4.00

A Chilled Glass of Yogurt Blended with  
Fresh Fruits and Berries

Yogurt Parfait \$5.50

Homemade Granola with Dried Fruits and Nuts  
Layered with Flavored Yogurt and Fresh Berries

## Avania Amenity Tray

Energy Snack Tray  
Perfect for Sharing

Choice Of:

Dried Pineapple, Roasted Almonds,  
Dried Mango and Spiced Walnuts

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Fresh Sliced Apple, Cheddar Cheese,  
Prosciutto and Figs

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Strawberries, Dark Chocolate,  
Vanilla Poundcake and Pistachios

\$14.00

## All Day Offerings

These items start with a refreshing Yogurt Parfait,  
Protein Shake or Yogurt Smoothie

Fresh Fruit Platter \$12.00

Freshly sliced Cantaloupe, Honeydew, Pineapple,  
Citrus, Watermelon, Grapes and Berries

Traditional Caesar Salad \$10.50

Romaine Spears, Fresh Parmesan,  
Warm Garlic Crouton, White Anchovy  
Classic Dressing

Southwestern Caesar Salad \$10.50

Roasted Corn, Black Beans, Tomatoes, Corn Bread  
Croutons, Tortilla Strips, Manchego Cheese  
Garlic Chipotle Chili Dressing

Add Grilled Chicken or Salmon \$17.00

Chicken Sandwich \$14.50

Herb-Marinated Grilled Chicken Breast,  
Lettuce, Tomatoes  
Rustic Ciabatta Roll with Mustard Spread  
Served with Fresh Cucumber Tomato Salad

## Simply Protein

These items start with a protein boost shake

Your Choice Grilled to Order

6 oz. Skinless Chicken Breast

6 oz. Salmon Filet

5 oz. Flank Steak

\$17.00

## Wine

### **ONEHOPE Wines**

With every glass served, 50% of OneHope's profits are donated to partner charities

Sauvignon Blanc \$11  
Cause: The Planet  
Charity: American Forest

Chardonnay \$11  
Cause: Breast Cancer  
Charity: Susan G. Komen

Merlot \$12  
Cause: AIDS  
Charity: AIDS/Life Cycle

Zinfandel \$12  
Cause: Our Troops  
Charity: Snowball Express

Cabernet Sauvignon \$12  
Cause: Autism  
Charity: ACT! Today

## Beer

Budweiser \$6.50  
Bud Light \$6.50  
Corona \$6.00  
Heineken \$6.00  
Fat Tire Ale \$6.00

\*Please consume alcoholic beverages responsibly.\*

## Iced Tea

China Mist Premium Bottled Ice Teas \$6.00  
Sweetened  
Tangerine Pomegranate Black  
Blackberry Jasmine Lemonade Green  
Unsweetened  
Wild Blueberry Green  
Dragon Fruit Black  
Lotus Pear Green

## Tea Experience

Herbal Teas are all Naturally Caffeine Free \$5

Cranberry Hibiscus  
Hibiscus, Currants, Rosehips, Elderberries,  
Cranberries, Rooibos and Fruit Essence

Organic Blueberry Acai  
Rooibos, Currants, Orange Peel, Cornflowers,  
Acai Powder and Natural Blueberry Essence

Tranquility  
Chamomile, Lemongrass and Hibiscus  
with hints of Licorice Root and Lavender