



PACIFIC QUEST MENU

Whole foods anti-inflammatory nutrition is the cornerstone of our wellness program. This means each meal is a balance of complex carbohydrates, protein, and plenty of vegetables or fruits--with no processed foods or refined sugars.



Breakfast

- Oatmeal
- Granola
- Organic eggs
- Plain whole fat yogurt
- Seeds
- Honey
- Raisins
- Fruit
- Rice




Snacks

- Seeds
- Fruit
- Granola`



Lunch Options

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|---|--|
| <ul style="list-style-type: none"> • Gluten free pasta • Brown rice • Chicken/Beef/ Egg/Tofu • Vegetables | <ul style="list-style-type: none"> • Corn tortillas • Black beans • Salsa • Cheese • Vegetables |
| <ul style="list-style-type: none"> • Quinoa • Lentils • Vegetables | <ul style="list-style-type: none"> • Rice cakes • Hummus • Sunbutter • Vegetables • Whole wheat bread |

Dinner Options



Fish Tacos

- Corn tortillas
- Vegetables
- Local Wild Caught Fish



Sesame Beef Bowl

- Local Grass Fed Beef
- Quinoa
- Cabbage
- Carrot & Broccoli
- Sesame ginger sauce



Rosemary Chicken

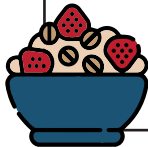
- Organic Chicken
- Gluten free Pasta
- Pesto
- Broccoli
- Cauliflower
- Kale salad

Typical Foods

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|--------|-----------|----------|-------------|---------------|------------------------|
| Abiu* | Apples | Cheese | Quinoa | Pumpkin* | Organic Eggs |
| Rice | Avocado | Lettuce | Parsley* | Eggplant* | Pumpkin Seeds |
| Dill* | Banana* | Lychee | Squash* | Taro Root* | Sunflower Seeds |
| Basil* | Cilantro* | Mangos | Tomatillos* | Star Fruit* | Organic Chicken |
| Taro* | Cloves* | Onion | Rosemary* | Pineapple* | Mountain Apples* |
| Corn | Collards* | Pasta | Turmeric* | Red Zinger* | Local Grass Fed Beef |
| Mint* | Fennel* | Radish* | Zucchini* | Tangerines* | Plain Organic Yogurt |
| Miso | Garlic* | Tortilla | Oranges* | Nasturtium* | Local Wild Caught Fish |
| Oats | Ginger | Thyme* | Coconut* | Organic Tofu | |
| Pita | Carrot* | Potato | Tomato* | Swiss Chard* | |
| Beets* | Celery* | Spinach | Sugarcane* | Poha Berries* | |
| Lime* | Beans | Peppers* | Papaya* | Sweet Potato* | |

*Grown at PQ
PQ is a nut-free facility

Desserts

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- Oats
 - Honey
 - Fruit
 - Coconut milk & Sunbutter
 - Organic cacao