



acqua recovery

Sample Breakfast Menu



Visit our breakfast bar to find an array of fresh fruits, fruit juice, cold cereals, home-made and gluten-free breads, farm fresh eggs, and chicken sausage. With compliments such as Greek yogurt, cottage cheese, local fruit preserves, almond butter, and natural peanut butter with flax seed.

Enjoy an “Acqua Blue” whey protein smoothie with probiotic cultures to support a healthy digestive and immune system.

SPECIALTIES INCLUDE:

- Breakfast Burrito and Eggs Benedict
- Whole-grain Pancakes with Fruit
- Home-made French Toast with Maple Syrup
- Artisan and Gluten-free Breads
- Home-made Muffins (Bran, Corn, Blueberry)
- Steel-Cut Oats with Fruit, Nuts, and Flax Seeds
- Granola with Oats and Spices





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Sample Lunch Menu

Build your own salad with organic greens & fresh vegetables from our organic garden.

Accompany with low-fat cottage cheese, nuts, a whole-grain roll or gluten-free rice crackers.

Create a cold sandwich or enjoy a hot grilled panini with your choice of assorted breads, vegetables, roasted turkey, roast beef, tuna salad, and assorted cheeses.

SPECIALTIES INCLUDE:

- Home-made Hummus Dip with Pita Chips
- Original Recipe Soups Made Fresh Daily
- Salmon Caesar Salad wrap
- Fire Roasted Poblano Chiles
- Southwest black Bean Chili
- Chicken Club with Crispy Bacon and Avocado
- Roasted Portobello Mushroom Sandwich
- Carnitas Sandwich with Vegetable Slaw



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Sample Dinner Menu



Our dinners include healthy protein entrees using turkey, chicken, roast beef, pork tenderloin, and fish.

All meals include fresh vegetables, greens, and healthy carbs like brown rice, sweet potatoes, barley or couscous. We often prepare made from scratch healthy originals such as chicken pot pie and turkey meatloaf — some of the house favorites.

SPECIALITIES INCLUDE:

- Thai Chicken Curry
- Asian Beef Lettuce Wraps
- Tandoori Chicken
- Home-made Italian Lasagna
- Teriyaki Tempeh or Tofu
- Apple Glazed Pork Cutlets with Asparagus
- Ground Turkey Sliders with Sweet Potatoe Fries
- Shredded Beef Tacos with Roasted Corn Salsa

