

A decorative black and white floral border with intricate scrollwork and leaf patterns, framing the text. The border is composed of four corner pieces and two horizontal pieces, all connected by a thin line.

HHH

“Metabo” Menu

Eating frequently staves off hunger and boosts metabolic function. Enjoy up to 100 calories from our ever changing selection of nutritious between-meal snacks.

Seasonal Fruits and Vegetables

(Local and organic when available)

Apples, oranges, grapefruit, tangerines, watermelon, cherries, grapes, peaches, plums, apricots, nectarines, kiwi, bananas, pears.

Baby carrots, celery sticks, blanched broccoli, cauliflower, Edamame (fresh soy beans), sugar snap peas, cherry tomatoes, with Ranch dressing for dipping

Other Options:

Applesauce, cottage cheese, organic fruited yogurt, low sodium V-8 juice, dried fruits, apple-cinnamon rice cake, organic raisins

Beverage Station:

Decaf Columbian and hazelnut coffees, assorted hot teas, iced decaf black tea, stevia sweetened iced raspberry herbal tea, house made lemonade, filtered water