

# FABULOUS 500

*Guilt-free menu, under 500 calories*

## BRUNCH

### **Avocado Toast Light 9.95**

Haas avocado smashed on 1 slice of fresh baked multi-grain toast topped with (2) any style egg, EVOO, and red pepper flakes

### **Scott's Zero Hero Omelet 11.95**

egg white omelet with tomatoes, mushrooms, spinach, peppers & onions, served with fresh fruit salad | WW compliant

### **Protein Omelet 10.75**

egg white omelet with grilled chicken, & broccoli, served with cottage cheese

### **Berry Berry Healthy French Toast 9.95**

fresh baked multi-grain bread dipped in egg batter & topped with fresh strawberries & blueberries (hold the syrup!)

### **Heart Smart Wrap 9.95**

scrambled egg whites mixed with turkey sausage, low-fat mozzarella cheese, organic baby spinach & diced scallions wrapped in a whole wheat flour tortilla, served with cottage cheese

### **Organic Quinoa Breakfast Bowl 11.75**

organic quinoa and brown rice simmered with fresh baby spinach, feta cheese & tomatoes, served with any style egg and sliced Haas avocado

### **Farmer's Market Quesadilla 11.95**

grilled eggplant, fire-roasted peppers & mozzarella cheese folded into a gluten-free tortilla, served with tri-color spring mix salad



Avocado Toast



Quinoa Bowl



Farmer's Market Quesadilla

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## MAIN

### **Greek Salad** 11.95

tossed salad topped with imported Greek feta cheese, olives, and our special homemade dressing

### **Healthy Buffalo Salad** 15.95

grilled chicken tossed in NP's own DefCon buffalo sauce, mixed with romaine lettuce, tomatoes, scallions & bleu cheese crumbles, tossed in cool creamy ranch dressing

### **Tuscan Country Wrap** 12.95

organic baby spinach, grilled portabella mushrooms, tomatoes, diced red onions & balsamic vinaigrette

### **Twin Bunless Turkey Burgers** 13.95

two charbroiled homemade white meat turkey burgers, with sautéed onions, mushrooms & green peppers, topped with melted mozzarella cheese

### **Gluten-free Stuffed Peppers** 13.95

two USDA organic peppers stuffed with organic brown rice & roasted vegetables, served with side salad

### **Gluten-free Pasta Basilico** 15.95

organic quinoa & rice flour pasta cooked to order, tossed with diced tomatoes & fresh basil, sautéed in extra virgin olive oil

### **Chicken Kabob** 16.95

chicken kabob marinated chicken breast served with grilled onions, peppers, tomatoes & mushrooms over rice

### **Salmon in Parchment** 20.95

fresh north atlantic filet of salmon baked in a parchment pouch with garden vegetables & fresh herbs



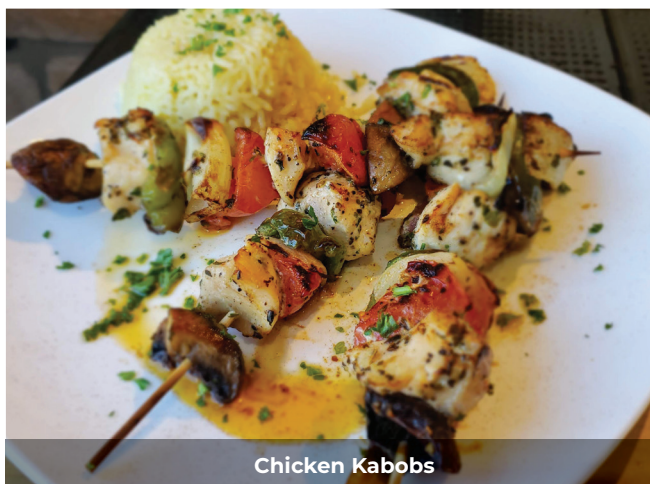
Salmon in Parchment



Twin Bunless Turkey Burgers



Gluten-free Stuffed Peppers



Chicken Kabobs