



INN ON THE LAKE

(May 1-19)

**Roasted golden beets with goat cheese, pesto,
virgin olive oil, Balsamic vinegar and spring mix
salad**

Beets are nutritious, tasty and are a great source of vitamins and minerals. Beets are purchased local from Pete's.

Blackened Salmon with Mango & Pineapple Salsa

You'll be sure to get your protein with this meal, Salmon contains 30g of protein and is an excellent source of Omega 3s fatty acids. Salmon was purchased local from Fisherman's Market.

**Dark Chocolate Brownie with raspberries and
Rhubarb sauce topped with freshly whipped cream**

Runners deserve at least one indulgence – Dark Chocolate! Dark chocolate contains antioxidants called flavonols that can boost heart health. So enjoy! Rhubarb was purchased from the Vegetorium.

*\$45.00 per person plus applicable taxes.
Gratuuity is not included.*

