

KIMPTON®
hotels & restaurants



Joy Bauer | Healthy Breakfast



Slim-Style Oatmeal \$8.50

*Heart healthy oats topped with fresh berries & toasted chopped nuts
(Sugar, honey, maple syrup or sugar substitute on the side)*

Nutritional Information:
Calories: 243 Protein: 8 grams
Carbohydrates: 44 g Total Fat: 6 grams
Saturated Fat: 0 grams Sodium: 0 mg
Fiber: 7 grams

Healthy Garden Omelet \$13.00

*One whole egg whipped with 3 egg whites
Cooked with seasonal vegetables, fresh herbs & reduced-fat cheese.*

Nutritional Information:
Calories: 270 Protein: 27 grams
Carbohydrates: 8 g Total Fat: 15 grams
Saturated Fat: 5 grams Sodium: 456 mg
Fiber: 2 grams

Yogurt-Berry Parfait \$9.50

*Layers of creamy nonfat vanilla yogurt
Low fat crunchy granola & mixed fresh berries*

Nutritional Information:
Calories: 445 Protein: 12 grams
Carbohydrates: 90 g Total Fat: 6 grams
Saturated Fat: 2 grams Sodium: 221 mg
Fiber: 7 grams



Whole Wheat Pasta with Seasonal Vegetables and Fresh Herb Goat Cheese \$14.00

Whole wheat pasta tossed with red peppers, onions, spinach, scallions, zucchini, olive oil, fresh herbs & goat cheese.

Nutritional Information:
Calories: 430 Protein: 20 grams
Carbohydrates: 67 g Total Fat: 12 grams
Saturated Fat: 4.5 grams Sodium: 145 mg
Fiber: 13 grams Cholesterol: 13 mg

Grilled Chicken Salad with Lemon Dressing \$13.00

Crispy fresh romaine lettuce topped with grilled chicken, pine nuts, grated parmesan cheese & tossed with fresh lemon dressing.

Nutritional Information:
Calories: 400 Protein: 42 grams
Carbohydrates: 7 g Total Fat: 23 grams
Saturated Fat: 4.5 grams Sodium: 325 mg
Fiber: 3 grams Cholesterol: 105 mg

Smokey Turkey Burger Melt \$14.00

Lean turkey burger spiced with sage, rosemary, garlic & smoked paprika, topped with melted low fat mozzarella cheese, lettuce, tomato & pickles, served on toasted whole wheat bread.

Nutritional Information:
Calories: 467 Protein: 45 grams
Carbohydrates: 31 g Total Fat: 16 grams
Saturated Fat: 4.5 grams Sodium: 700 mg
Fiber: 5 grams Cholesterol: 110 mg

Chicken Breast with Fresh Herbs \$13.00

Grilled chicken breast cooked in slow roasted mushroom thyme sauce, with fresh chard & whole grain wild rice.

Nutritional Information:
Calories: 351 Protein: 37 grams
Carbohydrates: 31 g Total Fat: 9 grams
Saturated Fat: 1.5 grams Sodium: 525 mg
Fiber: 4 grams Cholesterol: 90 mg

