



 **PERFECT  
BALANCE**  
WELLNESS BAR



**THE MARKET  
AT QUIVIRA**

CULINARY HALL

# BREAKFAST

## WELLNESS BAR

### VEGAN PROTEIN SMOOTHIES

#### Greens Superfood Smoothie

Detoxify, alkalize, and energize your inner ecosystem with the incredible green superfood nutrition in our green smoothie

#### Chocolate Superfood Smoothie

Cacao is one of the world's most potent superfoods. It contains theobromine and other amazing phytonutrients which are known to enhance energy, mood, and a sense of well-being

#### Berry and Superfood Smoothie

With 13 superfoods and a plant-protein base, these blends are packed with energizing protein, absorbable vitamins and minerals, and delicious natural flavor

#### Pre-Workout Strawberry Banana Smoothie

Powered with Maca root, a sacred crop of the Incas cherished for its ability to increase energy, stamina and strength

#### Post Workout Berry Smoothie

Filled with restorative superfoods like turmeric and ginger to reduce inflammation and repair oxidative damage caused by overexertion

### LATTES

#### Golden Milk Latte

(almond milk, turmeric, ginger, cardamom and cinnamon)

#### Matcha Latte

(almond milk with ceremonial grade matcha and a touch of organic honey or stevia)

### KIDS SMOOTHIES

#### Berry Delish

Greek yogurt and berries

#### Chunky Monkey

Bananas, peanut butter and cocoa

#### Strawberry Vanilla Dream

Vanilla almond milk and strawberries

### WELLNESS TONICS

2oz SHOTS

#### Reset

- Boosts digestive health and immunity system  
- Lemon, ginger and cayenne pepper

#### Energy

- Improves cellular health -  
Acai, apple and lemon

#### Focus

- Improves mental clarity, focus  
and lowers stress-  
Spirulina, chlorella, chlorophyll and pineapple

## SUPERFOOD WELLNESS BOWLS

#### Acai Maqui Bowl

Our super berry blend delivers a punch with chia, lucuma and acai. Topped with fresh seasonal fruit, toasted coconut and hemp seeds

#### Super Greens and Pineapple

#### Smoothie Bowl

19 super greens including spirulina, chlorella and wheatgrass combine with protein and pineapple to create this healthy and filling smoothie bowl topped with fresh fruit, hemp and goji berries

## HEALTHY NOURISHING BITES

#### Avocado Sesame Seed Toast

Our avocado toast has a light citrus taste and is topped with crunchy sesame seeds and chili flakes

#### Almond Butter Toast (Banana or Apple)

Almond butter spread over toast and topped with sliced banana or apple, sprinkled with hemp seeds with a drizzle of local honey

#### Seasonal Fruit and Greek yogurt bowl

Served with honey and hemp seeds

#### Vegan Ciabata Sandwich

Pressed sandwich on homemade whole wheat with roasted vegetables, caramelized onion, arugula, and roasted red pepper aioli



**"Health is a state of body.  
Wellness is a state of being"**  
- Perfect Balance

# LUNCH & DINNER

## APPETIZER

### Quinoa Veggie Bowl

This protein-packed grain bowl is filled with a rainbow of nutrient rich roasted veggies and topped with a creamy tahini sauce

### Spicy Hummus and Raw Vegetable Platter

Seasonal crunchy veggies accompany homemade spicy hummus

### Beet Salad

With smoky almond dukkah, red onion, and gorgonzola cheese crumbles served with whole wheat melba toast

## SPECIALTIES

### Pokè Bowl

Fresh sashimi-grade ahi combined with raw veggies over a bed of freshly steamed rice, veggies and edamame in a yuzu-ponzu vinaigrette

### Lemony Chicken Caesar

Romaine in a bright lemony Caesar dressing topped with toasted pine-nuts and cherry tomatoes

### Pistachio Crusted Salmon

Pistachio and parsley crusted salmon grilled and served over a bed of herb and lemon quinoa

### Baja Bowl

Grilled chicken breast on a bed of brown rice, avocado, grilled corn, black beans and a creamy cilantro lime vinaigrette

### Roasted Garbanzo Salad & Jumbo Shrimp

With paprika and garlic, jumbo shrimp served over a bed of mixed greens and cherry tomatoes with feta cheese

*"Let food be thy medicine"  
- Hippocrates*



### Pecan Tarragon Farro Chicken Breast

Grilled medallions of organic chicken breast served over farro and toasted pecans in a tarragon vinaigrette

### Shaved Brussels Sprouts salad with cranberry and pecans

Thinly shaved brussels sprouts, apples, toasted pecans, pepitas, dried cranberries and parmesan in an apple cider-maple dressing

### Thai grilled chicken salad with peanut dressing

Grilled chicken breast, romaine lettuce, napa, cabbage, julienned carrots, bell peppers, cilantro and avocado in a spicy thai peanut dressing topped with roasted peanuts

### Greek salad

Fresh cucumber, cherry tomatoes, bell pepper, red onion, feta cheese and Kalamata olives in an oregano and mint vinaigrette

### Roasted Brussels Sprouts Salad

With carrots, almonds and dried cranberries in a creamy balsamic and greek yogurt vinaigrette

★ Indicates Extra Charge

🐟 Indicates Raw Dish

In compliance with regulations regarding raw ingredients, these menu selections are served at the client's risk.

Menu items at all Pueblo Bonito Resorts are trans fat-free. Prices are in Mexican Currency. Tax included.