

San Francisco Triathlon Club
Spring Training Weekend
Menu 2016



BREAKFAST SATURDAY:

Spinach, Red Onion and Feta Scramble
Cinnamon Oatmeal with Chia Seeds, Walnuts and Raisins
Granola
Fruit Bowl and Yogurt Assortment
Sprouted Grain loaves, Butter, Cream Cheese, Nut Butters and Jams
Coffee and Teas Assortment with fixings

LUNCH SATURDAY:

Creamy Curried Chicken Salad with golden raisins, slivered almonds, scallions
Mediterranean Lentil Vegetable Soup
Golden Beet Salad with Citrus Dressing and Farro
Fresh Baby Greens Garden Salad with Lemon Tahini or Honey Balsamic Dressing
Pita and Bread Assortment
Ginger-Lemonade

SATURDAY DINNER:

Beef Bourguignon
(Vegan Alternative: Savory Caramelized Tempeh-Mushroom-Eggplant)
Herbed Mashed Potatoes
Fresh Steamed Green Beans with Garlic Butter
Chopped Romaine Salad with Tomato, Cucumber, and Kalamata Olives choice of dressing
Soft Dinner Rolls
Raspberry Cooler with Orange Zest Ribbons

SATURDAY DESSERT:

Fresh Baked Texas Chocolate Sheet Cake
Vegan Rice Crispy Treat Brownies (gluten free)

SUNDAY BREAKFAST:

Hot Breakfast Burritos filled with Scrambled Eggs, Zucchini, Onion, Black Beans, Cheese, and Fresh Salsa
Cardamom-Spiced Hot Cereal with Coconut Milk, Honey and Toasted Almonds
Fruit Bowl and Yogurt Assortment
Sprouted Grain loaves, Butter, Cream Cheese, Nut Butters and Jams
Coffee and Teas and Assortment with Fixings

SUNDAY LUNCH:

Chickpea, Tomato and Vegetable Stew
Savory Turkey Poblettes with Tangy Yogurt Sauce
Spinach-Arugula, Shaved Fennel and Citrus Salad with Toasted Seeds
Sprouted Rice and Quinoa Pilaf with Sage, Pine-nuts, Feta Cheese and Fresh Herbs
Lemon Ginger Cooler