





Plant Based (PB) *Vegetarian* (VG)
Gluten Conscious (GC) *Omega 3 Oily Fish* (O3)

In case of any food allergy, allergens queries, or dietary requirements, please inform our Hosts before ordering.

Rainbow Getaways
www.rainbowgetaways.net

FOOD & SNACKS

POKE BOWLS

Tuna Tataki poke bowl * (O3)

Mediterranean red tuna, organic sushi rice, wakame, mango, edamame, carrots, white cabbage, ginger pickles, miso mustard vinaigrette

Loire Valley Buddha bowl (PB)

Quinoa, Beluga lentil, roasted vegetables, sweet potato, carrot, broccoli, cauliflower, cherry tomatoes, Dijon vinaigrette

TO SHARE

Mezze platter (PB)

Hummus, tzatziki, falafel, aubergine baba ghanoush, marinated olives, pita bread

Vegetable spring rolls (PB)

Plant-based mayo, Thai chili sauce

California rolls (PB)

6 pieces

Lettuce, avocado, and asparagus, served with plant-based Shiro miso mayo and Thai chili sauce

SANDWICHES

Croque-monsieur

Grilled premium York ham, Gruyère cheese on white toast bread

Wrap (PB)

Hummus, sweet potato, and avocado wrap with plant-based mayonnaise

**Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.*

FOOD & SNACKS

CLUB SANDWICHES

Original *

Roasted striploin, chicken, bacon, lettuce, Swiss cheese, boiled egg, tomato, mayonnaise on triple-decker white toast

Italian *

Slow-cooked chicken breast, roast beef, mortadella, pancetta, spinach, arugula, provolone, tomato, pesto, mayonnaise on triple-decker rustic ciabatta

Polar apple wood smoked salmon * (O3)

Smoked salmon, tomato, Boston lettuce, radish, cucumber, boiled egg, alfalfa, red onion, tangy tamarind mayonnaise on triple-decker Swedish flat bread

Vegetarian (VG)

Grilled Mediterranean vegetables, tofu, arugula, tomato, cucumber, plant-based mayonnaise on triple-decker whole wheat toast

SWEETS

Vitamin Sea smoothie (PB)

Almond mylk, mixed red berries, pineapple, banana

Vanilla crème brûlée (GC)

Tiramisu verrine

Warm roasted apple

Toffee sauce

Fresh fruit minestrone (PB)

Ice cream (GC)

Vanilla / Strawberry / Mango

Plant-based chocolate ice cream (PB)

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