## Sample Menu Items

### BREAKFAST
- Yogurt Parfait: $4.95
- Banana: $0.49

### LUNCH
- Cobb Salad: $6.50
- Roasted Vegetables: $2.00

### DINNER
- Island Chicken: $4.75
- Roasted Beet Salad: $2.00
- Buttered Asparagus: $1.00

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### Sample à la Carte Menu*

**Breakfast Options**
- Yogurt Parfait: $4.95
- Banana: $0.49
- Acai Bowl: $4.95
- Daily Estimates:
  - The 5100 Plan: $21.50
  - The 3400 Plan: $14.50

**Lunch Options**
- Cobb Salad: $6.50
- Roasted Vegetables: $2.00
- Avocado Toast: $3.00
- Spinach & Egg White Sandwich: $3.95
- Texas French Toast: $1.95
- Acai Bowl: $7.25
- Bagel Bar with Smoked Salmon: $6.95
- Dairy Free Yogurt Parfait Bowl: $5.50
- Loco Mozo Island Plate: $4.95
- Soyto Breakfast Burrito: $2.95
- Steel Cut Oatmeal: $1.95
- Cage Free Scrambled Eggs: $1.25
- Breakfast Quesadilla: $3.50
- Cut Fresh Fruit: $0.75
- House Made Corned Beef Hash & Eggs: $5.95
- Blueberry Muffin: $2.00
- Orange Juice: $2.25
- Milk (16 oz): $1.48
- Single Serve Cereal Cup: $1.79
- Latte (16 oz): $3.00

**Dinner Options**
- Jackfruit Salad Sandwich: $5.95
- Soup: $3.95
- Chipotle Black Bean Burger: $5.95
- Chicken Breast Sandwich: $5.25
- Sushi Roll: $6.95
- Roasted Vegetable Dumna Bowl: $7.50
- Dei Sandwich: $6.95
- Three Rivers (Vegan) Tacos: $7.00
- Slice of Pizza: $2.50
- Bengal Salmon w/Baalmart Rice and Sesame Edemame and Kale: $12.50
- Carnitas Street Taco: $3.00
- Grilled Salmon w/Garlic Mashed Potatoes and Green Beans w/ Mushrooms and Almonds: $11.95
- Cheesburger: $4.95
- Mediterranean Rigatoni: $4.95
- Chicken Adobo: $5.50
- Chicken Alfredo Pasta and Garlic Bread: $5.50
- Create Your Own Salad: $6.50
- Grilled Cheese Sandwich: $2.95
- Ahi Poke Salad: $10.00
- Fountain Drink: $1.15
- Bag of Chips: $1.59
- Fries: $1.75
- Spicy Dragon Shrimp Plate: $6.95

**Late Night Snack & More Options**
- Pomegranate Blueberry Smoothie: $6.00
- Milkshake: $3.75
- Pita Sandwich: $5.99
- Hummus and Crackers: $2.69
- Organic String Cheese: $1.09
- Ice Cream Cookie Sandwich: $2.99
- Pad Thai Noodle Bowl: $4.89
- Pizza Rolls: $4.69
- Fruit and Veggie Snack Cup: $4.99
- Macaroni and Cheese Cup: $2.69
- Yerba Mate (Natural Energy Drink): $2.99
- Salad Mix: $5.29
- CLIF Protein Bar: $2.19
- Smucker’s Uncrusted Sandwich: $2.19
- Salad Market-To-Go: $5.99
- Greek Yogurt Cup: $2.29
- Organic Dark Chocolate Peanut Butter Cups: $2.49
- Italian Soda: $3.25
- Cold Brew Iced Coffee: $2.95
- Guacamole and Chips: $4.00
- Fresh Carrot Apple Ginger Juice: $5.00
- Vegan Hot Kettle Chili Cup: $2.00
- Build Your Own Burrito: $7.95

* Pricing & offerings subject to change. These examples are for the purpose of estimating Dining Plan needs.

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### ACF Certified

Each of our residential dining restaurants’ culinary teams are led by an American Culinary Federation Certified (ACF) Chef de Cuisine. The rigorous certification process requires a great deal of knowledge and skill as a food service professional.

### Rooted in Flavor

This fall, HDH will launch Rooted in Flavor, an initiative inspired by Menus of Change, a groundbreaking movement from The Culinary Institute of America and Harvard T.H. Chan School of Public Health that promotes principles of healthy and sustainable menus. By providing nutritious, delicious and environmentally sustainable food options, HDH aims to show that small choices make a big difference!

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* Meet Chef Vaughn! Our HDH Certified Executive Chef*