

● Autumnal Equinox 2013 Menu ●

Apple cider

Pomegranate arils

*Spinach salad with bleu cheese, fried pecans, cranberries and
Everpax house dressing*

Baked acorn squash stuffed with cilantro black beans

Coconut short-grain brown rice

Plank-grilled drum in lime-butter sauce

or

Grilled portobello mushroom

Equinox frosted honey cornbread flaxseed health muffins