

# STRONG BONES STRONG BODY

## Plant-Based Dinner Menu

TUESDAY, SEPTEMBER 9 at 6pm  
CHETOLA RESORT

### Appetizers

Avocado and quinoa fritters  
Mango ginger tofu bites  
Pesto, tomato and olive-stuffed cucumber

### Salads

Spinach, arugula, strawberry and almond with white balsamic vinaigrette  
Citrus kale slaw

### Sides

Braised turnip greens and heirloom tomatoes  
Saffron brown rice

### Entrees

Sauteed tempeh with shiitake mushrooms in a marsala reduction  
Marinated and grilled bok choy with marinated cipollini onions  
in a sweet sesame tahini glaze

### Dessert

Apple black bean brownies with whipped coconut cream

**RESERVATIONS REQUIRED: 828.295.5535.**

**\$30 per person (includes tax & gratuity)**

**Cocktails at 6 pm (cash bar and appetizers) | Dinner at 6:45 pm**

**[www.chetola.com](http://www.chetola.com)**

