



**LEGACY WELLNESS**  
at Lake Lanier Islands Resort



### **Wellness Breakfast One**

Assorted fresh juices  
Whole seasonal fruit  
Fresh cut seasonal fruit display  
Granola and yogurt bar including honey yogurt, raspberry yogurt, and vanilla yogurt low fat  
yogurt and assorted dried fruits  
Whole grain breads and muffins  
Assorted fruit preserves  
Assorted breakfast pastries

### **Wellness Breakfast Two**

Assorted fresh juices  
Whole seasonal fruit  
Fresh cut seasonal fruit display  
Apple wood smoked bacon or smoked turkey bacon  
Lean country pork sausage or turkey sausage  
Scrambled eggs, egg substitute scramble or garden vegetable frittata  
Assorted breads and spreads including whole grain muffins, multigrain bagels, fruit  
preserves, flavored cream cheeses and apple butter

### **Wellness Breakfast Three**

Assorted fresh juices  
Fresh cut seasonal fruit display  
Maple glazed ham and apple wood smoked bacon or turkey bacon  
Lean country pork sausage, turkey sausage or soysage  
Eggs your way station including freshly made to order omelets, eggs any style, egg  
substitute or egg whites  
Steel cut oatmeal with assorted dried fruits  
Stone ground Logan Turnpike grits  
With Vermont cheddar option  
Whole-wheat biscuits



**LEGACY WELLNESS**  
at Lake Lanier Islands Resort



### **Wellness Lunch One**

Tossed fresh garden salad with romaine, baby greens, vine ripe tomatoes, cucumbers and assorted dressings  
Whole-wheat penne pasta salad primavera  
Gazpacho soup with chive laced sour cream  
Mediterranean grilled chicken  
Herb grilled vegetables  
Buttermilk ranch roasted new potatoes  
Haricot verte with toasted walnuts and red bell peppers  
Whole wheat rolls with herb infused olive oil or garlic butter  
Seasonal fruit cobbler

### **Wellness Lunch Two**

Sunshine spinach salad with fresh raspberries, blueberries, strawberries toasted almonds and raspberry vinaigrette  
Tabouille salad with tomatoes, cucumbers, carrots, fresh mint and lemon  
Baked eggplant parmigiana  
Spinach stuffed jumbo seashells in a fire roasted marinara sauce  
Classic lasagna  
Steamed seasonal vegetables  
Fresh fruit trifle made with creamy yogurt and ginger snap crust

### **Wellness Lunch Three**

Baby arugula and mixed green salad with grilled portabellas, roasted red bell pepper, artichoke hearts and balsamic vinaigrette  
Greek whole-wheat orzo salad with fresh vine ripe tomatoes, baby spinach and feta  
Honey lime roasted salmon filet  
Chicken breast piccata  
Herb roasted seasonal vegetables  
Assorted cakes and pies



**LEGACY WELLNESS**  
at Lake Lanier Islands Resort



*Freshly baked rolls, seasonal fresh fruit and a dessert station accompany all dinners*

### **Wellness Dinner One**

Tossed fresh garden salad with romaine, baby greens, tomatoes, cucumbers and assorted dressings  
Tuscan white bean salad  
Whole-wheat couscous salad  
Sliced herb roasted turkey breast with apricot mango chutney sauce  
Bourbon peppercorn London broil with wild mushroom cabernet sauce  
Naturally caramelized root vegetables  
Sautéed Swiss chard with pan roasted shallots  
Sweet potato gnocchi with toasted walnuts, tarragon and olive oil

### **Wellness Dinner Two**

Spinach salad with crimini mushrooms, roasted red onions, mandarine oranges, dried cranberries with a light honey poppy seed dressing  
Vine ripe tomato, cucumber and Vidalia salad with sweet basil vinaigrette  
Asian wild rice salad with water chestnuts and edamame  
Pecan crusted pork loin with Georgia peach sweet and sour sauce  
Pan seared chicken breast with lemon and white wine caper sauce  
Roasted asparagus, red bell pepper and pine nuts  
Steamed broccoli, cauliflower and baby carrots  
Whole grain penne pasta with San Marzano tomatoes, portabella mushrooms and wilted spinach

### **Wellness Dinner Three**

Mixed baby greens salad with artichokes, roasted red peppers, goat cheese and sweet Vidalia dressing  
Marinated Mediterranean garden vegetables  
Black bean and corn salad  
Southwestern grilled chicken breast with fresh pico de gallo, avocado mousse and whole-wheat tortillas  
Oven roasted salmon filet, sautéed fennel and lemon cucumber dill relish  
Herb grilled vegetable medley  
Honey, orange and ginger glazed baby carrots  
Baked potato bar with roasted russet and sweet potatoes with appropriate healthy side condiments