

Turtle Reef Snorkel Menu

MENU ITEM	INGREDIENTS
Fruit Tray	Pineapple, orange, or seasonal fruit
Chocolate Chip Cookies	Flour, sugar, chocolate chips, cocoa butter, soy lecithin, milk, margarine (palm oil, water), citric acid, eggs, soy, wheat
Chips & Salsa	Chips: whole grain corn, water, vegetable oil, salt Salsa: tomatoes, onion, garlic, jalapeno, pineapple, lime, cilantro, salt, pepper
Spring Mix w/ Trilogy Dressing	Spring Mix Croutons: enriched flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil (with rosemary extract and ascorbic acid (to preserve freshness)), whey, salt, sugar, yeast, 2% of less of spices, dehydrated parsley, onion powdered paprika (color), turmeric (color), extractive of paprika (color), spice extractive, enzymes. Shredded Parmesan: Parmesan cheese, (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor. Contains milk) Dressing: Water, rice vinegar, apple cider vinegar, Italian seasoning, olive oil, canola oil and blue cheese mix (blue cheese (cultured pasteurized milk, salt, enzymes), salt, monosodium glutamate, modified corn syrup, maltodextrin, natural and artificial flavor, onion, spices, garlic, less than 2% of: guar gum, calcium stearate added to reduce caking ,dried. Contains: Milk and Soy. Vegetarian

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Spring Mix w/ Pineapple Ginger Vinaigrette or Balsamic Vinegar Dressing	Spring Mix Croutons: enriched flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil (with rosemary extract and ascorbic acid (to preserve freshness)), whey, salt, sugar, yeast, 2% of less of spices, dehydrated parsley, onion powdered paprika (color), turmeric (color), extractive of paprika (color), spice extractive, enzymes Parmesan Cheese: (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor. Dressing Options: • Pineapple Ginger Vinaigrette Dressing: Pineapple, carrot, ginger, rice wine vinegar, red wine vinegar, sesame oil, garlic, olive oil, salt, brown sugar, gluten-free shoyu, cilantro. • Organic Balsamic Vinegar Dressing (packaged): Organic Wine Vinegar, Cooked Organic Grape Must. Contains Naturally Occurring Sulfites.
Vegan Eggplant Wrap	Spring mix, clover sprouts, carrots, cucumber, eggplant, onions, salt, pepper, pineapple vinaigrette (pineapple, carrot, ginger, rice wine vinegar, red wine vinegar, sesame oil, garlic, olive oil, salt, brown sugar, gluten free shoyu & cilantro) gluten-free wrap. Vegan/Vegetarian & Dairy/Gluten Free

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Kalbi Chicken Sandwich On Croissant	Shoyu Chicken: Chicken, gluten-free shoyu, sugar, ginger, pineapple juice, garlic. Gluten-Free Teriyaki Glaze: Gluten-free shoyu, water, pineapple juice, rice vinegar, garlic, jalapeno peppers, ginger, cornstarch, brown sugar, salt & apple cider vinegar. Butter Croissant: enriched flour (wheat flour, niacin iron, thiamin mononitrate, riboflavin, folic acid), butter [cream, water, partially skimmed milk (milk, vitamin a palmitate, vitamin d3), natural flavor], yeast, contains 2% or less of the following: sugar, eggs, nonfat dry milk, whole milk powder (with vitamins A & D), wheat gluten, salt, ascorbic acid, enzymes. Mayonnaise, red onions, carrots, cilantro, ginger
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