

Asheville Yoga Center Yummies!

Swag Bag

Brown bag lunch featuring a California style turkey, avocado, & hummus wrap/w cucumbers, tomatoes, carrots, spinach, lettuce, and hempseed vinaigrette, Sun chips and side of grapes

Korito Burrito

Korean style steak (or Tofu) burrito w/ lime scented rice, lettuce, aromatic fresh herbs, cucumber-carrot Kimchi & “Seoul” sauce

***Avail GF as “bowl” and VEGAN**

Sun-Dilla

Grilled veggie, spinach & black bean quesadilla w/smoked cheddar, salsa fresca and Verde sauce

The Gift

Grilled Thai chili chicken (or tofu) salad w/lettuce, crushed peanuts, cucumbers, carrots, red bell pepper, fresh aromatic herbs, red onion and side of Thai peanut dressing

GF