

NHC food prep and allergy information:

The Nutrition & Health Conference meals and tastings are not only delicious, but also adhere to the high-standards we set forth in the teachings of the conference, and embody the guidelines of the [anti-inflammatory diet](#). This year, we worked with the Hyatt executive chef and [Chef Rebecca Katz, MS](#), to come up with the brain food you need to experience and absorb all the great info you'll get at the conference. Health-promoting food can be extremely tasty, and we prove it!

Our meals will be free of MSG, preservatives and artificial sweeteners. We try our best to accommodate the allergies and lifestyle choices of our guests, and are preparing vegetarian and gluten-free separately. Please be advised, however, that we are working in a large hotel kitchen and don't have total control of workspace and airborne elements. Buffet meals will have placards listing the meal items, wait staff can answer your questions about plated dishes, and you can defer to the [Nutrition & Health Conference mobile site](#) for menus and potential allergy issues (coming soon).

Vegetarian/vegetarian: all vegetarian dishes we serve are also vegan and fish free. Please advise wait staff if you require a special meal. We will not be serving shrimp, shellfish, red meat, chicken or pork.

Gluten-free: most dishes and desserts are gluten free. The Chef will not be using malt, soy sauce (we do use Tamari) or thickeners.

Lactose intolerance: we've tried to provide dairy substitutes, and kept most dairy out of the meals, but potential allergens will be listed on the website.

Other allergies: We received special requests on a number of allergies including nuts, soy, corn, peppers, apples, legumes and onion. Should you have any concerns, please ask staff.

In the menu lists below VEG = vegan, GF = gluten-free, DF = dairy-free, N = contains nuts, S = soy

Meal	Monday Menu
Break	Fruit Kabobs (VEG, GF, DF) with Greek Yogurt (GF) and Soy Yogurt (VEG, DF) Dipping Sauces
Lunch	Thai Sweet Potato Soup (VEG, GF, DF) Salmon with Lime-Ginger Glaze (GF, DF) <i>Or</i> Tofu with Lime-Ginger Glaze (VEG, GF, DF, S, for those that previously requested a vegan meal) Forbidden Black Rice and Edamame (VEG, GF, DF, N) Stir Fried Bok Choy with Ginger (VEG, DF) <i>Dessert:</i> Flourless Chocolate Date Nut Truffle Cake (VEG, GF, DF, N)
Faculty reception	Seared Ahi Tuna with Shichimi Spice on Rice Cake (GF, DF) Cucumber Cup with roasted Corn and Black Bean Salsa (VEG, GF, DF) Olive Manchego Bite (VEG, GF) Vietnamese Summer Rolls with Tofu with Tamari dipping sauce (VEG, GF, DF, S) Dates with Lemon, Feta and Walnuts (VEG, GF, N)

Meal	Tuesday Menu
Breakfast	<p>Fresh Seasonal Fruit and Berries (VEG, GF, DF) Gourmet Whole Grain Bagels from Noah's Bagels Cream Cheese: Regular Low Fat (GF), Cultured Organic (GF), Organic Tofu Spread (VEG, GF, DF, S) Smoked Wild Salmon (GF, DF) Sliced Tomatoes, Cucumber, Capers, Red Onion, Lemon wedges (VEG, GF, DF) Oatmeal Bar - Steel Cut Oats (VEG) Gluten Free Oatmeal (VEG, GF) Toppings: Walnuts, Flax Seeds, Chia Seeds, Warm Maple Syrup</p>
Break	<p>Chocolate Tasting with Wei of Chocolate (VEG, GF, DF) Raw Almonds and Walnuts (VEG, GF, DF, N)</p>
Lunch	<p>Arugula Salad with Shaved Fennel, Citrus Segments and Blood Orange Vinaigrette (VEG, GF, DF) Triple Citrus Wild Halibut with Moroccan Pesto (GF, DF) <i>Or</i> Middle Eastern Chickpea Burgers with Moroccan Pesto (VEG, GF, DF, for those that previously requested a vegan meal) Orange Pistachio Quinoa Tabouli (VEG, GF, DF, N) Mediterranean Seasoned Eggplant, Squash, Mixed Peppers, and Olives Stir Fry (VEG, GF [Tamari], DF)</p> <p><i>Dessert:</i> Legal Cookies (VEG, DF, N) Cardamom Mini Macaroons with Dark Chocolate (GF, DF)</p>

Meal	Wednesday Menu
Breakfast	<p>Fresh Seasonal Fruit and Berries (VEG, GF, DF) Multi Grain Whole Wheat Bread Almond muffins (DF) Napa Valley Preserves (VEG, GF, DF) Chef's Selection of Custom Bakeries Organic Egg Scramble with Spinach and Sundried Tomatoes (GF, DF) Dr. Weil's Tofu Scramble (VEG, GF, DF, S)</p>
Break	<p>Greek Olives (VEG, GF, DF) Baba Ganoush (VEG, GF, DF) Hummus (VEG, GF, DF) Tzatziki (VEG, GF) Mary's Gone Crackers flax crackers (VEG, DF, GF) Carrots and Celery Sticks (VEG, GF, DF)</p>