



OMELETTES

Ask for TAP Omelettes(3-4 egg whites + 1 oz or one slice of cheese , served with 1-2 slices whole wheat bread)

Armando's Omelette
Western
Canadian

BREAKFAST

Shakshuka

SANDWICHES

Low Fat Tuna
Egg Salad
Avocado

LUNCH

WRAPS (PAS YISRAEL TAP
Counts as Starch and Protein

Tuna (low fat)
Egg
Avocado
Salamon
Grilled Vegetables

SALAD

Ask for TAP amount of dressing on the side sugar free if possible / reduced fat dressing on side

Tuna / Low Fat *** Counts as Protein & Fat

Greek ***Counts as protein and veggies - Ask for the feta cheese on the side and use half the portion)

Create Your Own

Roasted Sweet Potato & Quinoa Salad ***Counts as Vegetable Fat and Starch

MAIN DISHES

Grilled Tilapia (Counts as full meal)

Salmon Dish (Counts as full meal Approx 6 oz. of Fish served with Broccoli and Baked potato)

Stuff Portabella Mushroom (1 oz or one slice of cheese)

PERSONAL PIE

Low Fat Whole Wheat Veg Pizza Wrap (Tap Pas Yisrael)

SIDE DISHES

Counts as free with PAM

Grilled Vegetables

Broccoli

Cauliflower