

BRAIN FOOD DINNER PARTY

J5 X NEUOTRITION

We created this menu with the culinary team at SAIT (Southern Alberta Institute of Technology) for J5, a Public Relations firm hosting an event for stakeholders to discuss the development of a new Alzheimer's Disease centre. The coffee break snacks and buffet-style lunch featured dishes and beverages that are high in nutrients currently being investigated by neuroscientists in the fight against Alzheimer's and dementia.

MORNING COFFEE BREAK

Frittata Cupcakes / Eggs, Coconut Oil, Bell Peppers, Onion, Spinach, Garlic, Cheddar

Banana Cookies / Pecans, Coconut, Maple Syrup, Cinnamon, Banana

LUNCH

Turmeric Lemonade / Served Chilled

Prairie Grain Salad / Wild Rice, Quinoa, Sprouted Green Lentils, Sunflower Seeds, Pumpkin Seeds, Almonds, Spinach, Kale, Roasted Red Pepper Vinaigrette

Caesar Salad / Goat's Milk Yogurt Dressing (Nutritional Yeast, Eggs, Olive Oil, Lemon), Chickpeas, Romaine, Goat Cheese

Taco Salad / Corn Tortilla, Cherry Tomatoes, Avocado, Romaine, Corn, Cucumber, Bison, Aged Cheddar, Sour Cream

Grilled Sablefish Tacos / Corn Tortilla, Avocado & Mango Salsa, Bean Puree, Lacto-Fermented Carrots

Vegetable Curry / Broccoli, Lentils, Mushrooms, Red Peppers, Turmeric, Coconut, Yams, Swiss Chard

Cauliflower Rice Pilaf / Onions, Peas, Garlic, Gluten Free Soy Sauce, Olive Oil

Zucchini Spaghetti Pomodoro / Stewed Tomato Sauce, Fresh Herbs, Manchego

AFTERNOON COFFEE BREAK

Chicken Liver Hummus / Livers, Chickpeas, Basil, Rosemary, Olive Oil, Garlic, Tahini, Lemon

Artichoke Sesame Dip / Artichoke, Tahini, Lemon, Cayenne, Onion, Garlic

White Bean Dip / Cannellini Beans, Avocado, Garlic, Nutritional Yeast, Lemon, Tahini, Rosemary, Parsley

Tortilla Chips and Veggies

Berry Bites / Blueberries, Strawberries, Greek Yogurt, Hemp Seeds, Raw Cacao

Menu by



neurotrition
REAL FOOD. FOR THOUGHT

J5



SAIT