

Travel Healthy In-Room Dining Menu

Kimpton Hotels & Restaurants has teamed up with renowned health expert and bestselling author Joy Bauer to create these Travel Healthy menu options.

Joy's Healthy Breakfasts

Slim-Style Oatmeal

Heart healthy oats topped with fresh berries & toasted chopped nuts with sugar, honey, maple syrup or sugar substitute on the side

Nutritional Information:

Calories: 243
Carbohydrates: 44 grams
Saturated Fat: 0 grams
Fiber: 7 grams

Protein: 8 grams
Total Fat: 6 grams
Sodium: 0 mg

Healthy Garden Omelet

One whole egg whipped with 3 egg whites cooked with seasonal vegetables, fresh herbs & reduced-fat cheese

Nutritional Information:

Calories: 270
Carbohydrates: 8 grams
Saturated Fat: 5 grams
Fiber: 2 grams

Protein: 27 grams
Total Fat: 15 grams
Sodium: 456 mg

Yogurt-Berry Parfait

Layers of creamy nonfat vanilla yogurt, low fat crunchy granola & mixed fresh berries

Nutritional Information:

Calories: 445
Carbohydrates: 90 grams
Saturated Fat: 2 grams
Fiber: 7 grams

Protein: 12 grams
Total Fat: 6 grams
Sodium: 221 mg

Joy's All Day Healthy Options

Whole Wheat Pasta with Seasonal Vegetables and Fresh Herb Goat Cheese

Whole wheat pasta tossed with red peppers, onions, spinach, scallions, zucchini, olive oil, fresh herbs & goat cheese

Nutritional Information:

Calories: 430
Carbohydrates: 67 grams
Saturated Fat: 4.5 grams
Fiber: 3 grams

Protein: 20 grams
Total Fat: 12 grams
Sodium: 145 mg
Cholesterol: 13 mg

Grilled Chicken Salad with Lemon Dressing

Crispy fresh romaine lettuce topped with grilled chicken, pine nuts, grated parmesan cheese & tossed with fresh lemon dressing

Nutritional Information:

Calories: 400
Carbohydrates: 7 grams
Saturated Fat: 4.5 grams
Fiber: 5 grams

Protein: 42 grams
Total Fat: 23 grams
Sodium: 325 mg
Cholesterol: 105 mg

Smokey Turkey Burger Melt

Lean turkey burger spiced with sage, rosemary, garlic & smoked paprika topped with melted low fat mozzarella cheese, lettuce, tomato & pickles, served on toasted whole wheat bread

Nutritional Information:

Calories: 467
Carbohydrates: 31 grams
Saturated Fat: 4.5 grams
Fiber: 5 grams

Protein: 45.8 grams
Total Fat: 16 grams
Sodium: 700 mg
Cholesterol: 110 mg

Chicken Breast with Fresh Herbs

Grilled chicken breast cooked in slow roasted mushroom thyme sauce with fresh chard & whole grain wild rice

Nutritional Information:

Calories: 351
Carbohydrates: 31 grams
Saturated Fat: 1.5 grams
Fiber: 4 grams

Protein: 37 grams
Total Fat: 9 grams
Sodium: 525 mg
Cholesterol: 90 mg

Menus approved by Joy Bauer – America's Favorite Nutritionist