

Local. Seasonal. Sustainable.

Our Menu Features Macro-Friendly
Locally Grown Farm to Table
Cuisine Created Personally
Just For You



by
MEAL



Our menu is lovingly created and carefully selected from local farms where possible. You will enjoy free-range farm-raised eggs, chicken and beef, dairy, and other seasonally available ingredients. Many Vegetarian options are also available. Our wholesome ingredients come from the farmers and businesses we know, in and around the local area, and are mostly organic.

Menu Key
df: gluten-free
df: dairy-free
vg: vegetarian
v: vegan
(*) contains nuts
zero waste

The House of Rose BREAKFAST OPTIONS

Farm Fresh Egg White Omelettes (vg, gf)
Veggies & Scrambled Farm Eggs (vg, gf)

Protein Waffles
Blueberry Protein Pancakes

Yogurt Bowl Parfait (vg)
Variety of Smoothies (vg)

The House of Rose PRE, POST & INTRA WORKOUT SNACK OPTIONS

Smoothies (vg)
Protein Balls
Protein Oat Bars

Protein Bars
Mocha Latte Smoothies (vg)
Freshly Squeezed Juice (vg)

Creami Protein Ice Cream
Coffee, Latte, Espresso
Tea & Juice



The House of Rose LUNCH OPTIONS

Cajun Grilled Chicken Salad Bowl (df)
Shredded Smoked Pork Tenderloin Tacos (df)

Chipotle Style Rice Bowls w/ Pork (df)

Chicken or Beef Shish Kebabs (gf, df)
Assorted Desserts

The House of Rose DINNER OPTIONS

Garden Fresh Farm Salad (vg, gf)
Butternut Squash Soup (vg, gf)

Turkey Mushroom Meatballs w/ Zoodles (vg, gf)

Cauliflower Vegetable Fried Rice topped w/
Feta, Veggies & Choice of Meat (gf)

The House of Rose DESSERT OPTIONS

Pumpkin Parfait (vg, gf)
Chocolate Protein Oats Pudding (df)

Creami Protein Ice Cream
Protein Brownies

Coffee, Latte, Espresso
Tea & Juice

The House of Rose BEVERAGE OPTIONS

We are an alcohol free environment.

Variety of Diet Sodas
Iced Tea

Freshly Squeezed Juice
Mineral Water

Coffee, Latte, Espresso
Loose Leaf Teas

**ECO
ETHOS**

We continuously aspire to improve our impact on the environment through recycling, reducing plastic waste, managing food waste and training our teams on what we each can do to keep the Smokey Mountains - and our planet - clean. Read more about our initiative here.

BY MACROS

We take time to work with local farms and cooperatives to bring you the best locally sourced food ingredients. Our yearly rotating menus, we incorporate freshly grown fruits and vegetables, locally raised chicken, beef, eggs and dairy. Please note, all meal options are made buffet style. You can pick the amount based on your own individual macro needs. Food scales are available throughout the property for your convenience.

Please note, the menu may change based upon seasonal & local availability. It will be deliciously made with love every time. :)

PROTEINS

Egg Whites
Protein Powder
Protein Bars
Protein Balls

Chicken Breast
Lean Ground Turkey
Filet Mignon
Pork Tenderloin
Pulled Pork

Shrimp
Cod
Trout
Salmon
Canned Tuna

Cottage Cheese
Fat Free Greek Yogurt

CARBS

Oats
Yogurt

All Vegetables
All Fruits

Beans
Chickpeas
Lentils

STARCHES

Oatmeal
Rice
Rice Noodles
Quinoa

Pasta
Cereal
Bread
Potato

Polenta
Buckwheat

FATS

Peanut Butter
Almond Butter
Avocado
Nuts

Ghee
Cheeses
Olive Oils



OUR PLEDGE ON
FOOD WASTE

Every day we actively work toward a zero waste food retreat center. We aspire to be conscious not only about the ingredients we use, but also what we throw away. In 2023, we are pledging to turn food scraps into nutrient dense fertilizer to grow new food out of old food. We also measure our trash every day so we know how much we throw away and why. We look forward to diverting half of our waste in 2023 from landfill and reduce waste by 50% that we create in the first place. This makes a big difference in both our bottom line and our environmental impact. Cheers to being green! Read more about our pledge here.