

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

Cf: 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)

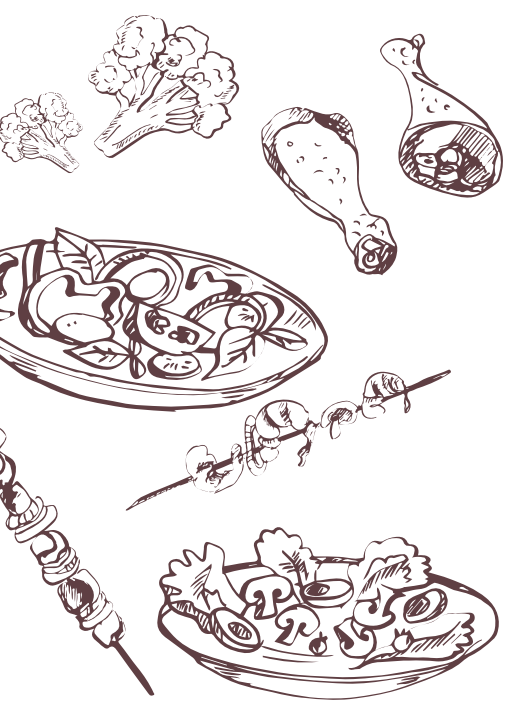
Freshly Squeezed Juice (vg)

Creami Protein Ice Cream

Coffee, Latte, Espresso

Tea & Juice





The House of Rose
LUNCH OPTIONS

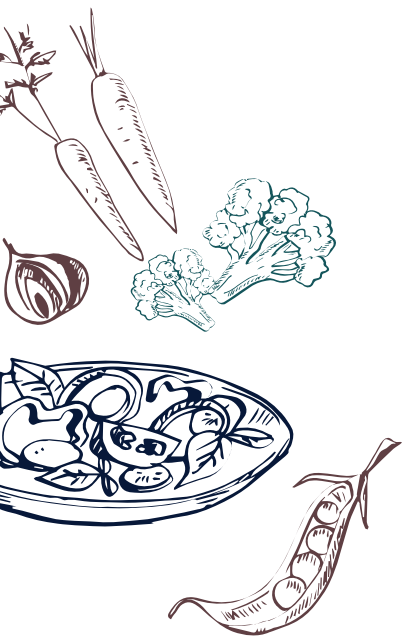
Cajun Grilled Chicken Salad Bowl (df)

Shredded Smoked Pork Tenderloin Tacos (df)

Chicken or Beef Shish Kebabs (gf, df)

Chipotle Style Rice Bowls w/ Pork (df)

Assorted Desserts



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)

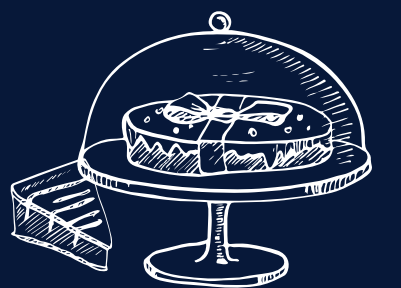
Creami Protein Ice Cream

Coffee, Latte, Espresso

Chocolate Protein Oats Pudding (df)

Protein Brownies

Tea & Juice



The House of Rose
BEVERAGE OPTIONS

We are an alcohol free environment.

Variety of Diet Sodas

Freshly Squeezed Juice

Coffee, Latte, Espresso

Iced Tea

Mineral Water

Loose Leaf Teas



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	Chicken Breast	Shrimp	Cottage Cheese
Protein Powder	Lean Ground Turkey	Cod	Fat Free Greek Yogurt
Protein Bars	Filet Mignon	Trout	
Protein Balls	Pork Tenderloin	Salmon	
	Pulled Pork	Canned Tuna	

CARBS

Oats	All Vegetables	Beans
Yogurt	All Fruits	Chickpeas
		Lentils

STARCHES

Oatmeal	Pasta	Polenta
Rice	Cereal	Buckwheat
Rice Noodles	Bread	
Quinoa	Potato	

FATS

Peanut Butter	Ghee
Almond Butter	Cheeses
Avocado	Olive Oils
Nuts	



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.](#)