



Harvest Half Marathon & 5K Recovery Station

September 09/14/2019

Fresh Fruits & Berries

Vegan Chilled Roasted Beet Cranberry/Green Apple Bisque

Whole Wheat Pasta Salad with Grilled Chicken

Shredded Beef Tamales

Peanut Butter or Humus with Pretzels

Greek Yogurt Assorted Flavors

Granola with Dried Fruit & Nuts

Cherokee Bottled Water

Chocolate Milk

Fruit Smoothies

*Courtesy of Harrah's Cherokee Casino Resort
Culinary Team*