



## Fresh Vegan Menu for the week of May 20, 2019

### Breakfast:

**Breakfast 1: Santa Fe Black Bean Scrambler-** Slow cooked black beans with sweet and spicy chilies, onions and spices simmered in veggie broth over spinach and roasted sweet potatoes with scrambled soy-free garbanzo “eggs” (330 cal- Regular, 440 cal- Large, Allergens: None)

**Breakfast 2: Cody Cowboy Breakfast Bowl-** Spiced chickpeas with asparagus, peppers, onion, kale and roasted sweet potatoes with scrambled soy-free garbanzo “eggs” and salsa fresca (330 cal- Regular, 410 cal- Large, Allergens: Cilantro, Raw Onion)

**Breakfast 3: Vegan Lentil Chile Colorado-** Black Beluga lentils slow cooked in Ancho red chile sauce, Coke Farm’s Dino kale, roasted yams, topped with t scrambled soy-free garbanzo “eggs” and cilantro (340 cal- Regular, 430 cal- Large, Allergens: Cilantro)

**Breakfast 4: Green Veggie Chile Verde-** Vegan green three bean veggie chili with hatch green chilies, kale, spinach, onions and peppers, zucchini and leaf spinach, scrambled soy-free garbanzo “eggs” and scallion (340 cal- Regular, 450 cal- Large, Allergens: Raw Onion)

**Breakfast 5: Gluten Free Protein Pancakes-** Gluten free pancakes made with banana, sweet potato, coconut flour, flax, and plant protein, with fresh berry compote on the side, and roasted sweet potatoes (330 cal- Regular, 420 cal- Large, Allergens: Tree Nuts)

### Breakfast 6: Chef’s Special

### Lunch:

**Lunch 1- Memphis BBQ Smoked Two Bean Salad-** Memphis style style smoked yams, kidney and black beans tossed in hot sauce and Vegan “ranch” dressing on a bed of mixed greens with carrots, radishes, cucumbers, sweet peppers, tomatoes and spring onions with buffalo ranch on the side (340 cal- Regular, 430 cal- Large) Allergens: Raw Onion

**Lunch 2- Mimi’s Smoked Tomato Quinoa Club Salad-** Chopped Romaine and Bloomsdale spinach, smokey tomato quinoa salad, sliced tomatoes, shaved fennel, carrots, cucumbers, roasted yams, kidney beans and Foodsmith Balsamic dressing (360 cal- Regular, 450 cal- Large, Allergens: None)

**Lunch 3- Lebanese Veggie Shawarma -** Sweet spiced harissa grilled eggplant and zucchini with romaine and spinach, roasted Spring onions and tomatoes, sweet Lebanese cucumbers, Coke Farm’s radishes, garbanzos, green olives, and creamy Meyer lemon garlic tahini dressing (330 cal- Regular, 410 cal- Large, Allergens: None)

**Lunch 4- Nat’s Sweet Potato and Broccoli Salad-** Southern style yam and broccoli slaw with basil mayo, over shredded cabbage slaw, tomatoes, sweet peppers, kidney beans, cashews, and lemon basil aioli on the side (340 cal- Regular, 430 cal- Large, Allergens: Tree Nuts)

**Lunch 5- Spring “Fettucini” Ragu-** Garlic roasted zucchini and asparagus “fettucini” with sugar snaps, spring onions, arugula, spinach, butternut, slow cooked dairy free creamy Diestel Vegan mushroom bolognese, and tomato basil salad (320 cal- Regular, 410 cal- Large, Allergens: None)

**Lunch 6- Yellow Beet Aguachile Salad Bowl-** yellow beets gently steamed in chile broth in a cool and crunchy salad of cucumber, jicama, fennel, red cabbage, radish, tomatoes, black beans, mixed greens, and avocado-lime Louie dressing and fresh mint (340 cal- Regular, 450 cal- Large, Allergens: None)

#### **Dinner:**

**Dinner 1- Spring Veggie Melange “En Papillote”-** lemon and herb baked eggplant, fingerling potatoes, asparagus, leeks, zucchini, turnips, spinach and parsley, topped with arugula pesto (320 cal- Regular, 390 cal- Large, Allergens: None)

**Dinner 2- Irish Spring Vegetable Stew-** Black Beluga lentils in a dairy free cauliflower “cream” gravy with onions, carrots, Spring peas, local asparagus, spinach and herbs with cauliflower and white sweet potato purée and fresh mint (330 cal- Regular, 440 cal- Large, Allergens: None)

**Dinner 3- Pisco Lomo Saltado-** Peruvian cumin garlic and parsley tempeh stir fry with spring onion, asparagus, sweet pepper fricassee, yam “fries”, cauliflower rice and Aji Amarillo Sauce (330 cal- Regular, 430 Cal- Large, Allergens: Cilantro, Soy)

**Dinner 4- Yotam’s Harissa Marinated Vegan Roast-** Foodsmith Vegan garbanzo protein cutlets, marinated in harissa paste, roasted and sliced with lemon cauliflower and brown rice pilaf, sweet and sour roasted zucchini, fennel and yams, and Za’atar (340 cal- Regular, 430 cal- Large, Allergens: None)

**Dinner 5- Sicilian White Bean Scarpariello-** Veggie and white bean stew with pickled peppers, artichokes, fennel, Dino Kale, snap peas, white beans, and a light roasted garlic tomato broth, with fresh oregano and parsley (330 cal- Regular, 420 cal- Large, Allergens: None)

**Dinner 6- Chinese 5-Spice Grilled Zucchini Steak-** with spaghetti squash “chow mein”, ginger garlic broccoli and sweet peppers, Lundberg brown rice, and pineapple sweet and sour sauce (320 cal- Regular, 410 Cal- Large, Allergens: Cilantro, Raw Onion)