



Fresh Vegan Menu for the week of May 13, 2024

Foodsmith Vegan meals are the healthiest and most unprocessed Vegan meals you can buy anywhere. Our Vegan meals are always gluten free and dairy free, and are free of ALL animal products. We make many of our own signature protein alternates from scratch using clean plant based protein sources like lentils, peas, quinoa, edamame and legumes, and we source organic tofu and tempeh for certain meals, along with healthy plant based fats and the freshest organic produce direct from local farms.

Breakfast:

Breakfast 1: Santa Fe 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: Spicy Sonora 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: 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 Plant 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: Northeast Style Vegan “Scrapple and Eggs”- Classic New England style Vegan plant based scrapple patties, pan seared and served with Vegan scrambled garbanzo “eggs”, sweet potato home fry and veggie hash, leaf spinach and Vegan ketchup (325 cal- Regular, 410 cal- Large, Allergens: Eggs)

Lunch:

Lunch 1- Lockhart BBQ Smoked Vegan “Turkey” Cutlet Plate- Texas style smoked BBQ Vegan Foodsmith “turkey” cutlet, with Vegan mustard BBQ sauce, cauliflower “mac”, and slow braised sweet and sour collards (350 cal- Regular, 460 cal- Large, Allergens: Raw Onions)

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- Xiao's Chinese Tofu Noodle Bowl- Ginger chili ground tofu, zucchini and spaghetti squash "noodles", Asian braising greens, sliced onions, grated carrots, peppers, Lundberg brown rice and sesame spinach in a sweet and spicy orange Paleo stir fry sauce (330 cal- Regular, 420 Cal- Large, Allergens: Cilantro, Raw Onion, Soy)

Lunch 4- Lebanese Veggie Shawarma - Sweet spiced harissa grilled eggplant and zucchini with romaine and spinach, roasted Spring onions and tomatoes, sweet Lebanese cucumbers, radishes, garbanzos, green olives, and creamy Meyer lemon garlic tahini dressing (330 cal- Regular, 410 cal- Large, Allergens: None)

Lunch 5- Hatch Style Black Bean and Veggie Chili- New Mexico style black bean chili with Hatch green chilis, fire roasted tomatoes, cumin roasted zucchini, rainbow peppers, roasted butternut, Bloomsdale spinach, avocado lime crema and chopped scallions (340 cal-Regular, 430 cal- Large, Allergens: None)

Lunch 6- Chipotle Vegan Sausage Skillet- Crowd pleaser alert! Grilled Vegan plant based sausages, over a colorful skillet of seared spice dusted sweet onions, tri-color peppers, asparagus batons, fresh parsley and oregano, and creole mustard sauce (330 cal- Regular, 420 cal- Large, Allergens: None)

Dinner:

Dinner 1- Montego Bay Mango Jerk "Chickun" — Grilled jerk spiced Foodsmith plant protein cutlets with mashed yams and plantains, coconut braised collard greens and mango mint chutney- Ya Mon! (330 cal- Regular, 440 cal- Large, Allergens: Soy)

Dinner 2- Puy Navarin Printaniere- 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 fricasee, yam "fries", cauliflower rice and Aji Amarillo Sauce (330 cal- Regular, 430 Cal- Large, Allergens: Cilantro, Soy)

Dinner 4- Shanghai 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)

Dinner 5- Spring Veggie "Hobo Pack"- 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 6- Riley's Vegan Spring Fettucini Alfredo- Fresh zucchini "noodles", with sweet onions, smoked portobello mushrooms, spinach, sweet peas, and pesto cauliflower Alfredo (330 cal- Reg, 420 cal- Large, Allergens: None)