



## Fresh Vegan Menu for the week of April 22, 2019

### Breakfast:

**Breakfast 1: Barcelona Tortilla Espagnola-** traditional Catalanian frittata with Foodsmith garbanzo blend, smoked Foodsmith Vegan “turkey”, roasted sweet potatoes, local asparagus, roasted peppers, spinach, parsley, and green Romesco Verde (340 cal- Regular, 430 cal- Large, Allergens: Tree Nuts)

**Breakfast 2: Classic American Breakfast-** House made Foodsmith vegan black bean and lentil and zucchini “sausage” patty, scrambled Foodsmith garbanzo “eggs”, leaf spinach, spaghetti squash “hash browns”, grilled tomato (340 cal- Regular, 440 cal- Large, Allergens: None)

**Breakfast 3: Foodsmith Vegan Chorizo Scramble-** Scrambled Foodsmith garbanzo “eggs” with Alberto's house made black bean and oat chorizo, Coke Farms kale, Bloomsdale spinach, roasted yams, fajita peppers and scallions (340 cal- Regular, 450 cal- Large, Allergens: None)

**Breakfast 4: Mushroom and Local Asparagus Omelette-** Delightful spring vegan omelette with roasted mushrooms, fresh local asparagus, spinach, tomatoes, basil, and roasted sweet potatoes (330 cal- Regular, 420 cal- Large, Allergens: None)

**Breakfast 5: Low Carb Croques Madame-** Grain free coconut, psyllium husk and flax biscuits, topped with dairy-free creamy cauliflower and onion “gravy”, spinach, sliced tomato, zucchini and herbs (340 cal- Regular, 430 cal- Large, Allergens: Tree Nuts)

**Breakfast 6- Elvis’ Chocolate Zucchini Vegan Waffle-** Grain free plant protein zucchini cocoa and banana waffle with almond butter, and fresh fruit (320 cal- Reg, 430 cal- Large, Allergens: Tree Nuts)

### Lunch:

**Lunch 1- Saigon Tofu Cabbage Salad-** Shredded ginger lime grilled tofu, three-cabbage Vietnamese slaw, grated carrots, daikon, sweet pepper julienne, cilantro, basil and mint with ginger lime dressing, and raw cashews (330 cal- Regular, 420 cal- Large, Allergens: Cilantro, Soy, Tree Nuts)

**Lunch 2- Creamy Buffalo “Wing” Cauliflower Bake-** Paleo dairy free cauliflower and chickpea casserole with buffalo hot sauce, spinach, mushrooms, asparagus, broccoli and cauliflower rice smothered in rich cauliflower ranch cream sauce and baked (340 cal- Regular, 440 cal- Large, Allergens: None)

**Lunch 3- Roasted Beet and Fennel Salad-** Roasted Happy Boy beets, fennel apple lentil salad, Foodsmith organic mixed greens and Romaine, grated carrots, cucumbers, cherry tomatoes, and creamy red wine vinaigrette (340 cal- Regular, 430 cal- Large, Allergens: None)

**Lunch 4- St. Augustine Empanada Bowl-** Sweet spiced latin flavored black beans, sultanas, roasted organic sweet potatoes, green kale, peppers, zucchini, butternut squash, and chimmichurri aioli (330 cal- Regular, 420 cal- Large, Allergens: None)

**Lunch 5- Athena Style Spinach Salad-** Organic spinach, herb roasted garbanzos, cherry tomatoes, cucumbers, Kalamata olives, sweet peppers, shaved fennel, artichokes, and basil-oregano balsamic dressing (310 cal- Regular, 400 cal- Large, Allergens: None)

**Lunch 6- Southern Belle “Eggless” Salad-** a big scoop of garbanzo and yam salad with spicy mustard, celery, Foodsmith vegan “fakin’ bacon”, parsley and Sonoma Brinery pickles, with chopped Romaine, pickled Bermuda onions and fennel, cherry tomatoes, and Foodsmith creamy dijon vinaigrette (340 cal- Regular, 460 cal- Large, Allergens: None)

#### **Dinner:**

**Dinner 1- Vegan Chickpea Biryani-** Dairy free creamy Kerala style sweet spiced garbanzo and veggie stew with turmeric roasted cauliflower and zucchini, braised Coke Farm’s greens, and mint (320 cal - Reg, 410 cal- Large, Allergens: Tree Nuts)

**Dinner 2- Vegan Polpettone Fiorentina-** Lentil and sweet potato “meatloaf” stuffed with carrots, celery, onions, spinach and parsley, with Coke Farm’s garlic braised Swiss chard and a roasted mushroom, onion tomato ragout with fresh basil (330 cal- Regular, 420 Cal- Large, Allergens: None)

**Dinner 3- Kalbi Tofu Djinn-** Korean Kalbi marinated organic grilled tofu, quick kale and cabbage kim chee, sesame spinach, and ginger brown rice (350 cal- Regular, 450 cal- Large, Allergens: Raw Onion, Soy)

**Dinner 4- Thai Vegan Meatballs-** Thai ginger and lime leaf infused quinoa, edamame and veggie meatballs, with ginger, garlic and scallions, over zucchini noodles, with pineapple sriracha tomato sauce and garlic peppers and broccoli (320 cal- Regular, 430 cal- Large, Allergens: Soy, Cilantro)

**Dinner 5- Spring Cleaning!—** A clean as can be grilled marinated Foodsmith vegan soy-free protein cutlet with spring vegetable fricassee, winter squash mash, and lemon caper tomato relish (330 cal- Regular, 420 Cal- Large, Allergens: None)

**Dinner 6- Fish Camp Veggie Ragout and “Grits”-** Cracker style Cajun spiced veggies sauté, served over cauliflower “grits”, sautéed asparagus and carrots with fennel onion tomato relish (320 cal- Regular, 430 cal- Large, Allergens: None)