



Fresh Vegan Menu for the week of May 27, 2019

Breakfast:

Breakfast 1: N'awlins Muffaletta Breakfast Hash- Creole spiced veggie hash with chopped olives, mushrooms, cauliflower, onions, celery, roasted peppers, yams, spinach, scrambled garbanzo “eggs”, and Vegan cajun aioli (340 cal- Regular, 430 cal- Large, Allergens: None)

Breakfast 2: The Captain’s Boathouse 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 Picadillo Scramble- Scrambled Foodsmith garbanzo “eggs” with Cuban style Bison picadillo, olives, raisins, roasted peppers, spinach, kale, butternut and mint pesto (340 cal- Regular, 430 cal- Large, Allergens: None)

Breakfast 4: Tortilla Espagnola Catalan- traditional Catalanian frittata with Foodsmith garbanzo egg-less 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 5: S.O.S. Chorizo Gravy and eggs- Grain free coconut, psyllium husk and flax biscuits, topped with dairy-free creamy cauliflower and black bean “chorizo gravy”, spinach, sliced tomato, and scrambled garbanzo “eggs” (360 cal- Regular, 450 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- Thai Trinity Tofu Bang Bang Salad- Shredded ginger lime grilled tofu, three-cabbage Vietnamese slaw, grated carrots, daikon, sweet pepper julienne, cilantro, basil and mint with spicy ginger lime dressing, and raw cashews (330 cal- Regular, 420 cal- Large, Allergens: Cilantro, Soy, Tree Nuts)

Lunch 2- Maddy’s Mojo Black Bean Warrior Bowl- Mojo crockpot black beans, in a bowl of cauliflower and Lundberg brown Spanish rice, roasted butternut, roasted tomato and zucchini confit, leaf spinach, avocado-poblano “crema”, fresh oregano (330 cal- Regular, 430 cal- Large, Allergens: None)

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

Lunch 4- Creamy Buffalo “Wing” Cauliflower Casserole- Paleo dairy free cauliflower and chickpea casserole with buffalo hot sauce, spinach, mushrooms, asparagus, broccoli and cauliflower rice smoth-

ered in rich cauliflower ranch cream sauce and baked (340 cal- Regular, 440 cal- Large, Allergens: None)

Lunch 5- Mykonos Greek 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- Chipotle Green Deviled “Eggless” Salad- a big scoop of garbanzo and yam salad with celery, parsley, Maddy’s house made pickles and avocado chipotle Vegan aioli, with chopped Romaine, pickled Bermuda onions and peppers, cucumbers, cherry tomatoes, and Foodsmith creamy avocado dressing (330 cal- Regular, 420 cal- Large, Allergens: None)

Dinner:

Dinner 1- Vegan Chickpea Kerala Curry- Dairy free creamy Kerala style sweet spiced garbanzo and veggie stew with turmeric roasted cauliflower and zucchini aloo gobi, 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- Vegan Sweet and Sour Mushroom and Broccoli- Vegan sweet and sour mushroom stir fry, with broccoli and red bells, cashews, green onions, and ginger cauliflower rice (340 cal- Regular, 430 cal- Large, Allergens: Tree Nuts, Raw Onion)

Dinner 4- Gaucho Style Grilled Veggie “Kebabs” - Skewer-free Argentine spiced grilled peppers, mushrooms and zucchini, oven roasted sweet potato “fries”, garlicky spinach, and roasted tomato mint chimichurri (340 cal- Regular, 450 cal- Large, Allergens: None)

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

Dinner 6- North Beach Veggie Ragout and “Polenta”- Lemon-garlic veggie ragout in fennel onion tomato piperade and served over cauliflower “polenta”, sautéed asparagus and spinach with chopped parsley (330 cal- Regular, 420 cal- Large, Allergens: None)