



Fresh Vegan Menu for the week of May 20, 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: Tortilla Espagnola- traditional Catalonian 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 Diner 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- Roasted sweet potato biscuits, topped with dairy-free creamy cauliflower and onion “gravy”, spinach, sliced tomato, zucchini and herbs (340 cal- Regular, 430 cal- Large, Allergens: None)

Breakfast 6- Spring Veggie Scramble- Roasted zucchini, mushroom, sweet pepper and asparagus Vegan garbanzo scramble, with basil pesto and grilled Vegan plant based sausage (320 cal- Reg, 430 cal- Large, Allergens: None)

Lunch:

Lunch 1- Saigon Tofu Cabbage “Rice” Bowl- Stir fried ginger lime tofu with Nappa cabbage “quick kim chee”, caramelized baby bok choy, sweet peppers, Vegan ginger lime and basil Ga Kho sauce, cauliflower “rice”, cilantro and raw cashews (340 cal- Regular, 430 cal- Large, Allergens: Cilantro, Soy, Tree Nuts)

Lunch 2- Creamy Buffalo Garbanzo Casserole- Paleo dairy free chickpea casserole with creamy 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 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- My Mom's Famous "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 Sweet Potato Lentil "Meatloaf" Florentine- 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- Lemon Herb Grilled "Chick-un" — 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- Caroline's Southern 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)