



Fresh Vegan Menu for the week of March 23, 2020

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: Country Breakfast Skillet- House made Vegan grain and lveggie sausage crumbles, sweet onions, bell peppers, spinach, smoked paprika, and grated cauliflower grits, roasted yams with scrambled garbanzo blend and mild enchilada sauce (350 cal- Regular, 440 cal- Large) Allergens: None

Breakfast 2: Spring Veggie Zucchini Strata- Fresh zucchini noodles, in an Foodsmith vegan “egg” strata with roasted peppers and spring onions, local asparagus, fresh herbs, and roasted yams (340 cal- Regular, 430 cal- Large) Allergens: None

Breakfast 3: Black Bean Breakfast Burrito Bowl- Chili spiced black beans with fajita peppers, sweet potatoes, cabbage, roasted zucchini, scrambled garbanzo blend and pico de gallo (330 cal- Regular, 410 cal- Large) Allergens: Cilantro

Breakfast 4- Foodsmith B.L.A.S.T. Vegan Omelet- Vegan house made “Bac-un”, leek, asparagus, spinach and tomato garbanzo omelet, with roasted yams and a side of roasted yams (340 cal Regular, 430 cal- Large) Allergens: None

Breakfast 5- Vegan Breakfast Casserole- Vegan house made sausage crumble, baked in a Vegan grain free maple kissed breakfast dough with spinach, caramelized onions, roasted tomatoes, winter squash and spinach (340 cal- Regular, 420 cal- Large) Allergens: Tree Nuts

Breakfast 6- Erika’s Smoked Mushroom “Fritters”- Foodsmith house smoked portobellos, on Vegan baked plantain “fritters”, with Bloomsdale spinach, fresh tomato, and cucumber and avocado aioli on the side (330 cal- Regular, 410 cal- Large) Allergens: None

Lunch:

Lunch 1- Taj Mahal Madras Curry- Tandoori garbanzos in a dairy free creamy Madras curry, with spring sugar snaps, sweet peppers, roasted winter squash, Lundberg brown rice, scallions and cilantro (360 cal- Regular, 450 cal- Large) Allergens: Tree Nuts, Raw Onions, Cilantro

Lunch 2- Nashville Hot Black Bean Chili- Nashville style spiced red chili with black beans and veggies, with spinach and dairy free lime-avocado crema (340 cal- Regular, 430 cal- Large) Allergens: Raw Onions

Lunch 3- Super Duper Spaghetti Squash Casserole- Roasted zucchini, sweet bell peppers, cabbage, and quinoa, tossed with spaghetti squash “noodles”, taco spiced tomato sauce and topped with dairy free butternut “cheese” sauce and baked until Crazy Delicious! (350 cal- Regular, 430 cal- Large) Allergens: None

Lunch 4- Crazy Joe’s Nasi Goreng- Tempeh and Vegan ginger “sausage” stir fried with veggies, cabbage, pineapples, carrots, tamari, snow peas, and Lundberg brown rice with scallion and cilantro (350 cal- Regular, 430 cal- Large) Allergens: Raw Onions, Cilantro

Lunch 5- Chick-un Cutlet “Milanese”- grain free almond and herb crusted Foodsmith Vegan plant based cutlet, baked until crispy, with lemony caramelized onion and garlic kale, zucchini fettucini, classic marinara and sweet basil (360 cal- Regular, 460 cal- Large) Allergens: Tree Nuts, Eggs

Lunch 6- Omar’s Black Bean Tostada Bowl- House cooked black beans with Latin spices, over brown rice, a Paleo grain free cauliflower “tostada”, with roasted zucchini, cabbage, chile rojo, and avocado aioli (350 cal- Regular, 440 cal- Large) Allergens: Shellfish, Seafood

Dinner:

Dinner 1- Kung Pao Tofu- Ginger garlic stir fried tofu with organic broccoli, carrots, peppers, onions, celery and snap peas with spicy Vegan Kung Pao sauce, Lundberg brown rice, cashews, scallions and cilantro (340 cal- Regular, 450 cal- Large) Allergens: Raw Onions, Cilantro, Soy, Tree Nuts

Dinner 2- Moroccan Chickpea Tagine- Sweet spiced garbanzo tagine with apricots and mint, spring veggies, in a dairy free light and fragrant cauliflower tomato sauce, over spinach and turmeric brown rice (340 cal- Regular, 440 cal- Large) Allergens: None

Dinner 3- Tandoori Zucchini Vindaloo- Tandoori spiced zucchini steaks, with sweet peppers, yams, cauliflower and Lundberg brown Biryani “rice”, spinach, creamy coconut cauliflower vindaloo sauce and fresh mint (330 cal- Regular, 400 Cal- Large) Allergens: Tree Nuts

Dinner 4- Puerto Rican Pastelon- Boricua style lasagna with layers of plantain and cauliflower “bread”, picadillo style black beans, and asparagus, with butternut and tomato, and topped with cilantro and lime (340 cal- Reg, 450 cal- Large) Allergens: Tree Nuts, Cilantro

Dinner 5- Tom Kha “Gai”- traditional yellow Spring coconut and cauliflower curry with snap peas, sweet peppers and carrots, zucchini and butternut in a Paleo cinnamon ginger spiced creamy coconut curry sauce with Lundberg brown rice (330 cal- Reg, 410 cal-Large) Allergens: Tree Nuts, Raw Onions, Cilantro

Dinner 6- Brunswick Stew- Dairy free creamy South Georgia style slow braised stew with heirloom shell beans, with Happy Boy Farm’s winter squash, greens and Coke Farm’s brussels sprouts and fresh parsley (340 cal- Reg, 420 cal- Large) Allergens: None