



local • organic • fresh

Fresh Vegan Menu Week of June 03, 2019

Breakfast:

Breakfast 1: Southern “Cast Iron” Breakfast Skillet- House made Vegan grain and veggie sausage, sweet onions, bell peppers, spinach, smoked paprika, and grated cauliflower grits, with scrambled soy free garbanzo “eggs” and mild enchilada sauce (340 cal- Regular, 430 cal- Large) Allergens: None

Breakfast 2: Santa Cruz Power Breakfast Strata- Fresh zucchini noodles, in a garbanzo strata bake with roasted peppers and spring onions, local asparagus, fresh herbs, and roasted yams (360 cal- Regular, 450 cal- Large) Allergens: None

Breakfast 3: Laredo Black Bean Breakfast Bowl- Slow cooked black beans and rice with chili taco spice, fajita peppers, sweet potatoes, cabbage, roasted zucchini, scrambled soy free garbanzo “eggs” and pico de gallo (360 cal- Regular, 440 cal- Large) Allergens: Cilantro, Raw Onion

Breakfast 4- Billy’s Vegan Sausage and Brussels Scramble- Foodsmith house made fennel quinoa, black bean and oat “sausage”, Billy’s roasted shaved brussels and mushrooms, spinach, scrambled soy free garbanzo “eggs”, roasted garlic aioli (340 cal- Regular, 430 cal- Large) Allergens: None

Breakfast 5- Vegan “Bac-un” Zucchini Flapjacks- Grain free zucchini, cauliflower, bac-un, and herb griddled plant protein flapjacks, sweet potato hash, with leaf spinach, salsa fresca, and avocado mousse (360 cal- Regular, 450 cal- Large) Allergens: Tree Nuts, Raw Onion, Cilantro

Breakfast 6- Vrinda’s Crazy Arepas Con Huevos- Grain free cauliflower and almond meal arepas, stuffed with smoky black bean purée, cabbage, tomatoes, scrambled soy free garbanzo “eggs”, and creamy avocado cilantro sauce (340 ca- Regular, 430 cal- Large) Allergens: Cilantro, Tree Nuts

Lunch:

Lunch 1- Taj Mahal Curry Salad- Tandoori roasted yams and garbanzos, tossed with celery, Spring onions, Granny Smith apples, apricots, and Paleo curry mayo with baby spinach, grated carrots, sugar snaps, slivered almonds, scallions and cilantro (340 cal- Regular, 430 cal- Large) Allergens: Tree Nuts, Raw Onions, Cilantro

Lunch 2- Bali Hai Tempeh “Rice” Bowl- Tempeh and Vegan “sausage” stir fried with veggies, cabbage, pineapples, carrots, snow peas, and cauliflower rice with scallion and cilantro (350 cal- Regular, 440 cal- Large) Allergens: Raw Onions, Cilantro, Soy

Lunch 3- Swanton Farm Berry Salad- Coke Farm’s snap peas, radishes, asparagus, fennel, Savoy spinach, Happy Boy mixed greens, strawberries, quinoa, almonds and Meyer Lemon Green Goddess dressing (350 cal- Regular, 430 cal- Large) Allergens: Tree Nuts

Lunch 4- Buffalo Wild Wing Texas Chili- Vegan spicy Texas style cauliflower and veggie chili, with zucchini, spinach winter squash and dairy free lime-avocado crema (340 cal- Regular, 430 cal- Large) Allergens: Raw Onions

Lunch 5- Chick-un Salad “Milanese”- Grain free almond and herb crusted Foodsmith vegan garbanzo protein cutlet, baby greens and arugula, tomatoes, cucumbers, local asparagus, radishes, and Foodsmith lemon Dijon dressing (360 cal- Regular, 460 cal- Large) Allergens: Tree Nuts

Lunch 6- Bayou Red Bean Caesar Salad- Cajun spiced red beans, organic salad mix, cucumbers, tomatoes, shaved fennel, zucchini and radishes and spicy Vegan creole Mock Caesar dressing (350 cal- Regular, 440 cal- Large) Allergens: None

Dinner:

Dinner 1- Chick-un Catalan- Smoky paprika braised Foodsmith vegan garbanzo cutlets, roasted tomatoes, artichokes, orange zest, cocoa, Jerez Sherry vinegar, olives, sweet bells, cauliflower rice, spinach, pepitas and mint (340 cal- Reg, 430 cal- Large) Allergens: None

Dinner 2- Moroccan Spiced Veggie Tagine- Sweet spiced braised chickpea and eggplant tagine with apricots and mint, spring veggies, in a dairy free light and fragrant cauliflower tomato sauce, over spinach and turmeric cauliflower rice (350 cal- Regular, 450 cal- Large) Allergens: None

Dinner 3- Sri Lankan Tempeh Vindaloo- Tandoori spiced tempeh, sweet spiced zucchini, cauliflower Biryani “rice”, creamy cauliflower coconut Vindaloo sauce and fresh mint (340 cal- Regular, 430 Cal- Large) Allergens: Soy, Tree Nuts

Dinner 4- Vegan Tom Yum- 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 (340 cal- Reg, 430 cal-Large) Allergens: Tree Nuts, Raw Onions, Cilantro

Dinner 5- Puerto Rico Pastelon Pie- 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 (360 cal- Reg, 430 cal- Large) Allergens: Tree Nuts, Cilantro

Dinner 6- Hong Kong Tofu Hot Pot- Ginger garlic stir fried tofu with organic broccoli, carrots, peppers, onions, celery and snap peas with spicy Vegan stir fry sauce, cashews, scallions and cilantro (340 cal- Regular, 450 cal- Large) Allergens: Raw Onions, Cilantro, Tree Nuts, Soy