



Fresh Vegan Menu for the week of May 06, 2019

Breakfast:

Breakfast 1: Good Morning Monterey Breakfast Bake- Happy Boy butternut, Castroville artichokes, kale, zucchini, spinach and herb Vegan casserole with yams and leaf spinach (330 cal- Regular, 420 cal- Large, Allergens: None)

Breakfast 2: Spice Road Breakfast Hash- Exotic spiced zucchini, green chilies, tomatoes, spinach, apricots and raisins, roasted yams, soy-free garbanzo scramble, and exotic spice aioli (330 cal- Regular, 410 cal- Large, Allergens: None)

Breakfast 3: Breakfast Chilies Rellenos- Spinach, mushroom, spring onion, asparagus, black bean chorizo, fresh herbs and soy-free garbanzo blend baked in sweet peppers with leaf spinach and roasted yams (325 cal- Regular, 395 cal- Large, Allergens: None)

Breakfast 4- Katz's Deli Breakfast Plate- Delicious flaky gluten and grain free griddle flatbread, with capers and pickled onions, scrambled soy-free garbanzo blend, spinach, tomato, and dairy free zhoug labneh (340 cal- Regular, 420 cal- Large Allergens: Tree Nuts)

Breakfast 5- Creamy Avo-Chia Scrambler- Creamy dairy free chia seed soy-free garbanzo, cherry tomato and avocado scramble with spinach, kale, asparagus, quinoa, and chimichurri aioli (350 cal- Regular, 440 cal- Large, Allergens: None)

Breakfast 6- Keto Spring Berry "Coffee Cake"- Vegan dairy, sugar and grain free high protein "coffee cake" with Meyer lemon, and Madagascar vanilla bean over spring berry medley (340 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Lunch:

Lunch 1- Grilled Eggplant Banh Mi Salad- Globe eggplant steak, marinated in lime. ginger and chilies and grilled, served over a crunchy salad of mixed greens and cabbage, pickled carrots and daikon, sliced cucumbers, tomatoes, edamame, and sriracha aioli with cilantro and mint (310 cal- Regular, 390 cal- Large, Allergens: Cilantro, Soy)

Lunch 2- Lebanese Shawerma Mezze Platter- Roasted house made falaffel with cauliflower tabouleh, shredded romaine, roasted tomatoes and zucchini-sweet onion hummus, olives, cucumbers, garbanzos and Vegan cashew-coconut tzatziki (330 cal- Regular, 400 cal- Large, Allergens: Tree Nuts)

Lunch 3- Vegan Dan Dan Donburri- Stir fried ginger garlic spaghetti squash and zucchini "noodles" with ginger-garlic slivered cabbage, carrots, celery, onions, broccoli, edamame, and cilantro with Vegan creamy Donburri sauce, scallion, cilantro and sliced almonds (330 cal- Regular, 420 cal- Large, Allergens: Tree Nuts, Cilantro, Raw Onion, Soy)

Lunch 4- Cambodian Laarb Salad- Chilled salad of ground tofu cooked with ginger, hot chili peppers, green onions, lime juice, cilantro and mint over shredded cabbage and Romaine, cucumbers, sweet peppers, shredded carrots, snap peas, edamame, and red onions with carrot ginger lime vinaigrette (330 cal- Regular, 420 cal- Large, Allergens: Cilantro, Raw Onions, Soy)

Lunch 5- Grilled Veggie Tapenade Club Salad- Grilled zucchini, eggplant and peppers, mixed olive, tomato and pepper salad, Foodsmith mixed greens and spinach, cucumbers, kidney beans, basil olive dressing (320 cal- Regular, 390 cal- Large, Allergens: None)

Lunch 6- Rao's Famous Vegan Meatball "Sub Sandwich"- Inspired by the famous Rao's meatball recipe, Vegan grain and legume "meatballs" with grated mushrooms and herbs, roasted and served open face on sweet potato "sub" with fresh spinach, basil marinara and creamy dairy free roasted garlic "mozzarella" (340 cal- Regular, 430 Cal- Large, Allergens- None)

Dinner:

Dinner 1- Easy Peasy Chick-un Bruschetta Bake- Herb roasted Foodsmith Vegan chick-un cutlets over roasted butternut, zucchini, spinach, onions, peppers, artichokes and olives, topped with garlic tomato bruschetta sauce and fresh basil- Yum! (330 cal- Regular, 430 cal- Large, Allergens- None)

Dinner 2- Mom's Paleo Mushroom Pot Pie- Roasted herbed mushrooms, local green beans and asparagus, butternut, carrots, onions and celery in a dairy free cauliflower "cream" sauce, topped with a gluten free cauliflower herb crust (370 cal- Regular, 460 cal- Large, Allergens: Tree Nuts)

Dinner 3- Sicilian Zucchini Pizza Bake- Italian style mushroom, brown rice, ground zucchini, herbs and spices stuffed into zucchini and baked with creamy roasted garlic tomato sauce, and braised local garlicky greens (330 cal- Regular, 410 cal- Large, Allergens: None)

Dinner 4- Aloha Eggplant "Katsu"- Eggplant steak baked with a 5-spice cashew almond flax crust, over chili-garlic wok veggies, ginger brown rice and topped with Vegan Tonkatsu sauce (340 cal- Regular, 430 Cal- Large, Allergens: Tree Nuts)

Dinner 5- Veggie "Pasta" Primavera- Farmers Market spring veggies, zucchini fettuccini, roasted winter squash, basil, and dairy free pesto cauliflower "Alfredo" sauce (310 cal- Regular, 390 Cal- Large, Allergens: None)

Dinner 6- Chili-Sage Grilled Zucchini Tenderloin- Smoked ancho and sage rubbed summer squash "tenderloin", grilled and sliced, with chipotle cauliflower scalloped sweet potatoes, Coke Farms Swiss Chard, and Allison's fennel garlic Soubise sauce (330 cal- Reg, 420 cal- Large, Allergens: None)