



Fresh Vegan Menu for the week of April 29, 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: Good Morning Monterey Breakfast Bake- Happy Boy butternut, kale, zucchini, spinach and herb Vegan garbanzo casserole with roasted yams and leaf spinach (330 cal- Regular, 440 cal- Large) Allergens: None

Breakfast 2: Tangiers Breakfast Hash- Moroccan spiced garbanzos, green chilies, tomatoes, spinach, apricots and raisins, roasted yams, scrambled garbanzo eggless blend, and exotic spice aioli (330 cal- Regular, 420 cal- Large) Allergens: None

Breakfast 3: Stuffed Breakfast Chiles Rellenos- Spinach, mushroom, spring onion, asparagus, fresh herbs and Foodsmith garbanzo eggless blend baked in sweet peppers with leaf spinach and roasted yams (325 cal- Regular, 395 cal- Large) Allergens: None

Breakfast 4- Malawach Yemeni- Delicious flaky gluten and grain free griddle flatbread, with capers and pickled onions, scrambled Foodsmith garbanzo blend, spinach, tomato, and dairy free zhoug labneh (330 cal- Regular, 410 cal- Large) Allergens: Tree Nuts

Breakfast 5- Creamy Chia Seed Scramble- Creamy dairy free Vegan chia seed garbanzo scramble, cherry tomato-avocado salad, spinach, kale, asparagus, quinoa, and chimmichurri aioli (330 cal- Regular, 420 cal- Large) Allergens: None

Breakfast 6- Paleo Chilaquiles- Roasted sweet potatoes on a bed of fresh spinach, smothered with black beans, roasted peppers, garbanzo scramble, chile rojo sauce, and topped with fresh tomatoes, cilantro and dairy free avocado lime "crema" (340 cal- Regular, 440 cal- Large, Allergens: Cilantro)

Lunch:

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

Lunch 2- Tofu Chow Fun- Stir fried ginger garlic spaghetti squash and zucchini "chow fun" with organic tofu, slivered cabbage, carrots, celery, onions, broccoli, and cilantro with Paleo pineapple Chow Fun

sauce, brown rice and sliced almonds (350 cal- Regular, 460 cal- Large) Allergens: Cilantro, Raw Onion, Soy, Tree Nuts

Lunch 3- Little Havana Black Bean Picadillo Plate- Latin style black bean stew, with cinnamon, nutmeg, olives, raisins and parsley with Happy Boy Dino kale, and chili-cumin roasted butternut, zucchini, tomatoes and mint (340 cal- Regular, 450 cal- Large) Allergens: None

Lunch 4- Baked Chick-un Reuben- Katz's deli pastrami spiced Foodsmith plant protein cutlet, baked with house made sauerkraut, caraway sweet potato fries, spinach, tomato and Paleo "Russian dressing" sauce (340 cal- Regular, 430 cal- Large, Allergens: None)

Lunch 5- Laotian "Lettuce Wrap" Salad- Chilled salad of ground tofu cooked with ginger, thai peppers, green onions, lime juice, cilantro and mint over shredded cabbage and Romaine, cucumbers, sweet peppers, shredded carrots, snap peas and red onions with carrot ginger lime vinaigrette (330 cal- Regular, 420 cal- Large) Allergens: Cilantro, Raw Onion, Soy)

Lunch 6- Montego Bay Jerk Vegan Plate Lunch- Jamaican style grilled jerk spiced portobello bowl, over Island style cauliflower and brown rice pilaf, okra, roasted plantains, and mango mint salsa (340 cal- Regular, 430 cal- Large, Allergens: Beef)

Dinner:

Dinner 1- Syrian Kibbeh Hamda- Moroccan spiced Vegan quinoa and lentil loaf with ground zucchini, cranberries, almonds, herbs and spices pressed and baked, with creamy roasted garlic tomato sauce, roasted yams and braised greens (340 cal- Regular, 470 cal- Large, Allergens: None)

Dinner 2- Spring Vegetable Pot au Feu- Classic French slow cooked stew of white beans, local green beans and asparagus, carrots and celery, and garlic braised Swiss Chard in a light lemon and cauliflower "cream" (370 cal- Regular, 460 cal- Large, Allergens: Tree Nuts)

Dinner 3- Black Bean Birria Taco Bowl- Slow cooked black beans in house made Adobo sauce, over Spanish brown rice, roasted La Bandera tri-color sweet peppers, fresh tomatoes and guacamole aioli (350 cal- Regular, 460 Cal- Large, Allergens: None)

Dinner 4- Eggplant "Katsu"- Eggplant steak baked with a 5-spice cashew almond crust, over chili-garlic veggies, ginger brown rice and topped with pineapple sweetened Tonkatsu sauce (410 cal- Regular, 500 Cal- Large) Allergens: Tree Nuts

Dinner 5- Falaffel Zucchini Kofta- Sweet spiced ground garbanzo patties with grated zucchini and herbs with turmeric brown rice, curry roasted zucchini and tomato confit, creamy Vegan garlic sauce and mint (340 cal- Regular, 450 cal- Large) Allergens: None

Dinner 6- Veggie "Pasta" Creole Primavera- Farmers Market spring veggies, zucchini fettuccini, tempeh nuggets, basil, winter squash, and dairy free Creole cauliflower "Alfredo" sauce (310 cal- Regular, 390 Cal- Large) Allergens: Soy