



## Fresh Vegan Menu for the week of June 10, 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- Chef Jamie's Seasonal Omelet-** Vegan seasonal soy free garbanzo custard "omelet" with yam home fries, spinach and herbs (340 cal- Regular, 440 cal- Large, Allergens: None)

### 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- 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 3- Vegan Egg Roll Bowl-** Stir fried ginger garlic tofu, shaved Nappa cabbage, onions, celery, zucchini noodles, carrots, spinach, brown rice and Paleo stir fry sauce with raw almonds, scallions and cilantro (340 cal- Regular, 450 cal- Large, Allergens: Soy, Tree Nuts, Cilantro, Raw Onion)

**Lunch 4- Syrian 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 5- Vegan Sloppy Joe Bowl-** Vegan lentil Sloppy Joe bowl, with cauliflower Mac, kale, spinach, yams, and Vegan Alabama style dairy free creamy Sloppy Joe sauce (420 cal- Regular, 510 cal- Large, Allergens: None)

**Lunch 6- Farm Fresh Seasonal Salad Special!-** Inspired by the freshest local ingredients, from our chef's to you!

**Dinner:**

**Dinner 1- Garlic and Basil 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- Vegan Tamale Pie-** Crockpot simmered fajita black beans, hatch green chilies, fire roasted tomatoes, spinach, collards, and cauliflower coconut "tamale" crust (330 cal- Regular, 420 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- Kona Style 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)