



Fresh Vegan Menu for the week of May 13, 2019

Breakfast:

Breakfast 1: Eli's Grilled Veggies and "Eggs"- Grilled garden veggies, scrambled Vegan garbanzo "eggs", spinach salad, yams, and spicy herb chimichurri sauce (340 cal- Regular, 430 cal- Large, Allergens: None)

Breakfast 2: NorCal Breakfast Bake- Protein and energy packed Vegan breakfast bake with asparagus, mushrooms, spinach, broccoli, kale and sweet potato hash (355 cal- Regular, 440 cal- Large, Allergens: None)

Breakfast 3: Farmer's Breakfast Bowl- Nutrient dense breakfast of Vegan garbanzo "eggs", roasted tomatoes, spinach, fennel onion piperade, yams, quinoa and kale- the best way to start the day! (345 cal- Regular, 425 cal- Large, Allergens: Eggs)

Breakfast 4- Riley's Breakfast Meatball Sliders- Paleo breakfast Vegan "meatball" sliders with chopped garbanzos, grated zucchini and mushroom duxelles, spinach, yam "slider buns" and dairy-free roasted tomato red eye gravy (340 cal- Regular, 420 cal- Large) Allergens: None

Breakfast 5- Vegan Quiche Florentine- Vegan grain free garbanzo "custard" quiche baked with a coconut and almond pastry crust filled with leaf spinach, roasted tomatoes, caramelized onions, asparagus, fresh herbs, roasted winter squash and a side of local berries (350 cal- Regular, 440 cal- Large) Allergens: Eggs, Tree Nuts

Breakfast 6- Corned Chick-un Hash- Corned spiced mushroom and zucchini hash, seared and served with yams, spinach, scrambled egg-egg white blend and fresh parsley (365 cal- Regular, 455 cal- Large, Allergens: None)

Lunch:

Lunch 1- Chickpea Salad Puttanesca- Herb roasted garbanzos, Foodsmith mixed greens and herbs, cherry tomatoes, sweet bells, cucumbers, radishes, basil, and olive and caper balsamic vinaigrette (340 cal- Regular, 420 cal- Large, Allergens: None)

Lunch 2- Tuesday Night Blue Plate Special- Classic Foodsmith Vegan grain and nut "meatloaf", sweet potato mash, dairy free creamed collard greens, and garlicky tomato passata sauce (360 cal- Regular, 470 cal- Large, Allergens: Tree Nuts)

Lunch 3- Yam and Bean Salad Genovese- Roasted yams and kidney beans, slivered celery, tomato concasse, in a balsamic pesto aioli, with Ligurian green olives, Foodsmith salad mix, roasted red bells, wedged tomatoes, cucumbers and basil balsamic vinaigrette (340 cal- Regular, 420 cal- Large, Allergens: None)

Lunch 4- Tofu Pad Krapow- Organic ground tofu, stir fried with shallots, ginger, garlic, asparagus, green beans, red sweet peppers, hot chilies, Thai basil, with spinach, and coconut brown rice (340 cal- Reg, 430 cal- Large, Allergens: Tree Nuts, Soy)

Lunch 5- Black Bean Salpicon Taco Salad Bowl- Taco spice black beans, in a Salpicon salad of cucumber, radishes, red onions, tomatoes, jalepeño, cilantro, orange and lime, mixed greens, and Paleo avocado-poblano ranch dressing (360 cal- Regular, 450 cal- Large Allergens: Cilantro, Raw Onion)

Lunch 6- Ragtime Red Bean Avocado Salad— Southern style red bean salad with avocado aioli, celery, parsley, with Foodsmith greens, shaved fennel, cherry tomatoes, cool cukes, sweet bells, kidney beans, and lemon parsley vinaigrette (360 cal- Regular, 460 cal- Large, Allergens: Seafood, Shellfish)

Dinner:

Dinner 1- Creole Red Bean Etouffée- Creole crockpot red beans and rice in a Vegan Etouffée sauce with Cajun “dirty” rice, roasted zucchini and tomatoes, and chopped green onions and parsley (340 cal- Regular, 430 Cal- Large, Allergens: Raw Onions)

Dinner 2- Grilled “Steak” Diane- Grilled Foodsmith Vegan “steak” cutlet with Vegan dairy free creamy tarragon mustard sauce, sweet potatoes colcannon, and garlic and chili sautéed Coke Farms Kale (330 cal- Regular, 410 cal- Large, Allergens: None)

Dinner 3- Bintang Indonesian Sambal Tempeh- Indonesian spicy stir fry with marinated tempeh, local sesame green beans, snap peas, sweet peppers, and ginger cauliflower brown rice (340 cal- Regular, 430 Cal- Large, Allergens: Soy)

Dinner 4- Caipiriña Brazilian Curry- Brazilian style coconut and lime curry with yams, broccoli, green beans, kale, spinach, butternut, and fresh mint (360 cal- Regular, 450 Cal- Large, Allergens: Tree Nuts)

Dinner 5- Vegan “Turkey” Picatta- Garlic and herb seared Vegan garbanzo protein cutlets, braised Coke Farms kale, local asparagus spears, quinoa pilaf, lemon-herb picatta sauce, fresh tomato (330 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Dinner 6- Mango Grilled Caribbean Veggie Plate- Island style spiced grilled seasonal veggies, plantain mofongo, callaloo collards, Bahamian mango salsa (360 cal- Regular, 440 Cal- Large, Allergens: Cilantro)