



Fresh Vegan Menu for the week of May 06, 2024

Breakfast:

Breakfast 1: Grilled Garden Veggie Breakfast- Grilled garden veggies, scrambled Vegan garbanzo “eggs”, spinach salad, yams, and spicy herb chimichurri (360 cal- Regular, 450 cal- Large, Allergens: None)

Breakfast 2: South Shore Breakfast Casserole- 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: Alsatian Country Breakfast- French countryside breakfast of breakfast of Vegan garbanzo “eggs”, roasted tomatoes, spinach, fennel onion piperade, yams, quinoa and kale- Très Bon! (345 cal- Regular, 425 cal- Large, Allergens: Eggs)

Breakfast 4- Riley’s Breakfast Sliders- Vegan 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- Paleo 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- Cornwall Chick-un Hash- Corned spiced mushroom and zucchini hash, seared and served with yams, spinach, scrambled Vegan garbanzo blend and fresh parsley (365 cal- Regular, 455 cal- Large, Allergens: None)

Lunch:

Lunch 1- Ciao Bella Chick-un Puttanesca- Herb and garlic roasted house made Vegan plant protein cutlet, simmered in a classic sauce of olives, capers, red peppers, tomatoes, onions and oregano, with butternut squash “spaghetti” and chili garlic broccoli, leaf spinach and parsley (330 cal- Reg, 420 Cal- Large, Allergens: None)

Lunch 2- Mom’s 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- Ligurian Niçoise Salad- Organic romaine and mixed greens, lentil apple dill salad, sweet red peppers, rainbow cherry tomatoes, shaved fennel, kidney beans, Kalamata olives, basil, with basil green olive Balsamic vinaigrette (350 cal- Regular, 450 cal- Large, Allergens: None)

Lunch 4- Syrian Falaffel Pattie Plate- Chickpea and zucchini burger with exotic spices, cranberries and mint, on cauliflower turmeric “rice”, turmeric roasted zucchini and tomatoes, cabbage, spinach, and creamy paprika-almond “tahini” (340 cal- Regular, 430 cal- Large, Allergens: Tree Nuts)

Lunch 5- Bobby’s Smoky Paprika Grilled Eggplant Steak- Paprika and sage rubbed eggplant steaks, with Paleo zucchini and cauliflower succotash, braised collard greens and warm adobo vinaigrette (320 cal- Regular, 410 Cal- Large, Allergens: None)

Lunch 6- Vegan Tofu Poke Bowl- Slow cooked marinated tofu, with sesame, scallion, lime and cilantro, with a salad of shredded cabbage, mixed greens, grated radish, mango, edamame, sunomono vegetables, and cold cauliflower “sticky rice” (360 cal- Regular, 470 cal- Large, Allergens: Cilantro, Raw Onion, Soy)

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 Vegan “Steak” Chez Floyd- 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- 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- Grilled Vegan “Turkey” Picatta- Garlic and sage grilled Vegan garbanzo protein cutlets, braised Coke Farms kale, local asparagus spears, quinoa pilaf, lemon-herb gremolata, fresh tomato (330 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Dinner 6- Jerusalem Lentil Sofrito- Sephardic style slow braised lentil stew, with olive oil braised garlic and onion sofrito, boiled sweet potato confit, za’atar roasted cauliflower and green beans (340 cal- Reg, 430 cal- Large, Allergens: None)