



## Fresh Vegan Menu for the week of September 22, 2025

Foodsmith 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 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: Turkish Breakfast Bowl-** Turkish spiced chickpea stew, with green chilies, tomatoes, apricots, and spices, spinach, scrambled Vegan “eggs” and parsley (340 cal- Regular, 430 cal- Large, Allergens: None)

**Breakfast 2: Sicilian Pizza Breakfast Casserole-** Vegan breakfast bake with egg-less Vegan custard, house made garlicky Italian Vegan sausage, roasted zucchini “pepperoni”, Coke Farms sweet Italian peppers and onions, basil and marinara over leaf spinach (340 cal-Regular, 430 cal- Large, Allergens: None)

**Breakfast 3: Indian Paratha-** Traditional Indian street food garbanzo “eggs” breakfast bowl stuffed with curried chickpeas, green beans, peppers, tomatoes, and ginger-mango chutney (340 cal- Reg, 450 cal- Large, Allergens: None)

**Breakfast 4: Vegan Breakfast Tlayuda-** Vegan coconut flour tostada with Vegan black bean chorizo “sausage”, grated zucchini, spinach, roasted peppers and onions, scrambled Vegan “eggs” and salsa roja (360 cal- Reg, 450 cal- Lg, Allergens: Tree Nuts)

**Breakfast 5: Commander’s Palace Creole Veggies and Grits-** Vegan Creole breakfast “grits” with sautéed spinach, tomato-fennel relish, Creole spiced veggies and scrambled Vegan “eggs” (340 cal-Regular, 430 cal- Large, Allergens: None)

**Breakfast 6: Sonja’s Vegan Pancake Casserole-** Delicious grain free, plant protein Vegan pancake casserole with a side of Foodsmith black bean flax sausage, almond butter, and fresh strawberries (330 cal- Reg., 440 cal- Large, Allergens: Tree Nuts)

### Lunch:

**Lunch 1- Ensalada Catalan-** Catalanian salad of fennel and paprika dusted garbanzos and yams, fennel, oranges, artichokes, olives, spinach and mixed greens, lemon vinaigrette (340 cal- Regular, 430 cal. Large, Allergens: None)

**Lunch 2- New Mexico “Sausage” and Peppers-** Grilled vegan plant based “sausage” link, split and topped with Hatch green chilies, rainbow peppers and sweet onions in adobo, with cauliflower Spanish “rice”, leaf spinach and herb avocado crema (350 cal- Regular, 450 cal- Large, Allergens: None)

**Lunch 3- Puerto Rican Pattie Bowl-** Sweet spiced Island style black bean, zucchini and veggie pattie, with cabbage, spinach, kale, spice roasted plantains, Paleo mango “catsup” and dill pickles (340 cal- Regular, 430 cal- Large, Allergens: None)

**Lunch 4- Eritrean Lentil Tagine-** Spicy North African style lentil tagine with celery, onions, peppers, cranberries, almonds, parsley in turmeric cauliflower rice pilaf, and smoked paprika aioli, leaf spinach and mint (360 cal- Regular, 470 cal- Large, Allergens: Tree Nuts)

**Lunch 5- Deviled Egg-less Salad-** Chopped garbanzo “egg-less” salad with celery, pickles, scallions, and Tabasco avocado garlic aioli, with romaine and mixed greens, cucumbers, sweet peppers, tomatoes, and Foodsmith creamy basil apple dressing (345 cal- Regular, 430 cal- Large, Allergens: None)

**Lunch 6- Chilies Rellenos de Frijol-** Green Poblano peppers stuffed with Oaxacan spiced ground black beans, lentils and grated zucchini, with leaf spinach, winter squash calabacitas, and creamy salsa verde (330 cal- Reg, 420 cal- Large, Allergens: Cilantro)

#### **Dinner:**

**Dinner 1- Lebanese Braised Chickpea Stew-** Lebanese spiced garbanzos, in a creamy lemon, olive, fennel and tomato sauce with Z’atar and parsley, roasted butternut, brussels spouts and herbs (340 cal- Regular, 430 cal- Large, Allergens: None)

**Dinner 2- Oaxacan Pastel de Papa-** Oaxacan Shepherd’s Pie with cocoa-chili black bean hash, Happy Boy collard greens, calabacitas, and spiced sweet potato mash (370 cal- Regular, 460 cal- Large, Allergens: Cilantro)

**Dinner 3- Tempeh Phrik King-** Traditional Thai style dry red curry with organic fermented tempeh, green beans, red peppers, sliced carrots and Lundberg brown rice (360 cal- Regular, 470 Cal- Large, Allergens: Cilantro, Raw Onion, Soy, Tree Nuts)

**Dinner 4- Carolina BBQ Vegan “Turkey”-** Sweet and sour vinegar mustard BBQ house made Soy free Vegan “turkey”, spiced yam mash, Paleo creamed kale (360 cal- Regular, 450 Cal- Large, Allergens: None)

**Dinner 5- Holmes’ Truck Stop Chili “Mac and Cheese”-** Vegan 3 bean chili, with turmeric roasted cauliflower “macaroni”, Bloomsdale spinach and smoked cauliflower and butternut squash “cheese” sauce (360 cal- Regular, 470 Cal- Large, Allergens: None)

**Dinner 6- Benihana Tonkatsu-** Local Globe eggplant cutlets crusted in 5 spice coconut almond and flax crust, with Lundberg brown rice, chili stir fried broccoli, and ginger and cocoa spiced Paleo Tonkatsu sauce (330 cal- Reg, 420 cal- Large, Allergens: Raw Onion, Tree Nuts)