



Fresh Vegan Menu for the week of October 29, 2018

Breakfast:

Breakfast 1: Lebanese H'Ushmee Cauliflower Hash- Lebanese sweet spiced breakfast of simmered sweet onions and tomatoes, over roasted cauliflower, spinach and zucchini hash, with scrambled tofu-garbanzo "eggs", chickpeas, parsley, and almonds (340 cal- Regular, 420 cal- Large, Allergens: Soy, Tree Nuts)

Breakfast 2: Smoked Butternut Frittata- Scrambled tofu-garbanzo "eggs" frittata with smoked winter squash, oven roasted dry farmed tomatoes, spinach, parsley, roasted sweet potatoes and sweet basil pesto (340 cal- Regular, 460 cal- Large, Allergens: Soy)

Breakfast 3: Catalan Style Empanada Breakfast Bowl- Catalan style spiced black bean hash, with green chilies and onions, roasted winter squash, spinach and raisins, with scrambled tofu-garbanzo "eggs" (340 cal- Regular, 430 cal- Large, Allergens: Raw Onion, Soy)

Breakfast 4: American Breakfast- scrambled tofu-garbanzo "eggs", Foodsmith house made Vegan sausage patties, spinach, Paleo yam and spaghetti squash "hash browns", grilled tomato (340 cal- Reg, 440 cal- Large, Allergens: Soy)

Breakfast 5: Castroville Crockpot Chicken Hash - scrambled tofu-garbanzo "eggs" over a Central Coast hash of brussels sprouts, artichokes, sweet potatoes, green chilies, kale and dairy-free creamy pesto (330 cal- Regular, 420 cal- Large, Allergens: Soy)

Breakfast 6: Paleo Congee Breakfast- Thai style cauliflower rice "Congee" with ginger-chili Vegan protein shreds, scrambled tofu-garbanzo "eggs", carrot, spinach, edamame, scallions, and cilantro (330 cal- Regular, 420 cal- Large): Cilantro, Raw Onion, Soy)

Lunch:

Lunch 1- Calypso Black Bean Salad- Black bean and yam salad with calypso mango chutney aioli, celery and spicy mustard, romaine and Happy Boy mixed greens, rainbow heirloom tomatoes, cucumbers, red bell peppers, black beans, mint, and tropical pineapple ginger dressing (350 cal- Regular, 460 cal- Large, Allergens: None)

Lunch 2- Vegan "Beef Gyro" Salad- Lemon and herb marinated grilled Foodsmith Vegan bean and veggie "Beef Steak" sliced over chopped Romaine and mixed greens, roasted tomatoes and red onions, quinoa, cool cucumbers, artichokes, olives, and roasted red pepper dressing (340 cal- Regular, 440 cal- Large, Allergens: None)

Lunch 3- Mediterranean Veggie Burger Bowl- Spinach, flax and herb Vegan patty, on a bed of sautéed mushrooms, kale, peppers and onions, roasted yams, with green olive and parsley aioli (340 cal-Regular, 430 cal- Large, Allergens: None)

Lunch 4- Kickin' Cold Fried "Chick-Un"— Cajun spiced oven "fried" Foodsmith Vegan "chick-un", over crunchy romaine, cabbage and mixed greens, roasted beets, radishes, tomatoes, cucumbers, kidney beans, herbs and mock Vegan ranch aioli (340 cal- Regular, 440 cal- Large, Allergens: None)

Lunch 5- Arroz sin Pollo- Slow cooked Latin American style Vegan black beans with Lundberg brown rice stir fried with peppers and onions, zucchini, carrots and cabbage in a spicy tomato sauce with garlic sautéed greens (360 cal- Regular, 450 cal- Large, Allergens: None)

Lunch 6- Holmes' Hawaiian Beet Poke Bowl- Marinated Chioggia beets, with sesame, scallion, lime and cilantro, with a salad of shredded cabbage, mixed greens, grated carrot, mango, sunomono vegetables, edamame, and cold cauliflower "sticky rice" (30 cal- Regular, 470 cal- Large, Allergens: Cilantro, Raw Onion, Soy)

Dinner:

Dinner 1- Chickpea Tikka Masala- Spiced house cooked chickpeas in creamy Vegan ginger and exotic spice infused tomato sauce with spinach, zucchini, chickpea, and sweet potato and cauliflower Aloo Gobhi (340 cal- Regular, 450 Cal- Large, Allergens: Cilantro, Tree Nuts)

Dinner 2- Papa's Greek Keftedes- Greek style Vegan lentil-gabanzo meatballs, with spinach, Lundberg brown rice, roasted peppers and broccoli, and tomato sauce with artichokes, mint and olives (340 cal- Regular, 440 cal- Large, Allergens: None)

Dinner 3- Andalusian Gypsy Stew- Traditional Spanish Gypsy vegetable stew with white beans, sweet potatoes, green beans, tomatoes, kale and smoky vegetable broth with paprika and ancho chili (340 cal- Regular, 450 Cal- Large, Allergens: None)

Dinner 4- Jamaican Coconut Curry- Jamaican style tempeh curry in a ginger and lime infused coconut-cauliflower "cream", with baby bok choy, Happy Boy Winter Squash, spinach, Island style tropical brown rice, and cilantro (370 cal- Regular, 450 cal- Large, Allergens: Cilantro, Soy, Tree Nuts)

Dinner 5- Cuban Black Bean Picadillo Warrior Bowl- Latin style black bean Picadillo, with cinnamon, nutmeg, olives, raisins and parsley with Happy Boy Dino kale, and chili-cumin roasted yams and brown rice (370 cal- Regular, 480 cal- Large, Allergens: None)

Dinner 6- Chef Jamie's Seasonal Special- Something yummy from our crazy creative kitchen!