



Fresh Vegan Menu for the week of September 14, 2020

Foodsmith Vegan meals are the healthiest and most unprocessed Vegan meals you can buy anywhere. Our 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, edamame 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: Tico Style Gallo Pinto- Paleo Costa Rican breakfast with spiced pinto beans and cauliflower rice with roasted peppers, onions, zucchini and Latin spices, with scrambled garbanzo “eggs” and mock Salsa Lizano (330 cal- Reg, 420 cal- Large, Allergens: None)

Breakfast 2: Huevos Rancheros- Spicy black beans over spinach and cabbage slaw, sweet potato summer veggie hash, with scrambled garbanzo “eggs” and salsa roja (340 cal Regular, 430 cal, Large, Allergens: None)

Breakfast 3: Italian Breakfast Strata- Layers of arugula, summer squash, tomatoes, basil, and yams in a baked garbanzo custard casserole with leaf spinach and marinara (325 cal-Regular, 430 cal-Large, Allergens: None)

Breakfast 4: Gaucho Chimichurri Breakfast Bowl- Coffee and paprika rubbed grass fed Vegan Foodsmith juicy “steak” cutlets, grilled, sliced Gaucho style, over roasted hash of summer squash, tomatoes, peppers, and kale with scrambled Vegan “eggs” and herb chimichurri (360 cal- Regular, 430 cal- Large, Allergens: None)

Breakfast 5: Paleo Twice Baked Sweet Potatoes- Sweet potato skins stuffed with veggie chili, kale, sweet onions, scrambled garbanzo “eggs” and dairy free green chili ‘cream” sauce over leaf spinach (330 cal- Regular, 420 cal- Large, Allergens: None)

Breakfast 6: Norwegian Benedict- Grilled zucchini slices, spinach salad, roasted yam “muffins”, grilled tomatoes, and dairy free cauliflower cream “hollandaise” (350 cal- Regular, 440 cal- Large, Allergens: None)

Lunch:

Lunch 1- Swedish Chickpea Salad- Organic garbanzos with grapes, apples, celery, Meyer lemon-avocado aioli, tarragon, and almonds on a bed of Happy Boy mixed greens, with cherry tomatoes, cucumbers, radishes, and parsley green goddess dressing (340 cal- Regular, 430 cal- Large, Allergens: Tree Nuts)

Lunch 2- Low Country Cauliflower Scampi- Creole spiced cauliflower over zucchini and butternut "linguini" with sungold tomatoes, spinach, Spring onions, fennel and Paleo cauliflower and parsley "butter" sauce (345 cal- Regular, 430 cal- Large, Allergens: None)

Lunch 3- Moroccan Chickpea Tagine- Sweet spiced braised garbanzo and veggie tagine with apricots and mint, spring veggies, in a dairy free light and fragrant cauliflower tomato sauce, over spinach and turmeric cauliflower rice (350 cal- Regular, 450 cal- Large) Allergens: None

Lunch 4- Smoked BBQ Tofu Salad- House smoked tofu and fajita peppers over crunchy mixed greens, shredded carrots, chili-lime yams, cucumbers, cilantro and scallions with chipotle mock ranch aioli (330 cal- Regular, 420 cal- Large, Allergens: Cilantro, Raw Onions, Soy)

Lunch 5- Brazilian Galinhada- Iconic Brazilian cazuela of coconut stewed black beans, lemon, tomatoes, sweet rainbow bell peppers, celery, and local green beans, over turmeric and smoked paprika brown rice with parsley and cilantro (380 cal- Regular, 470 cal- Large, Allergens: Cilantro, Tree Nuts)

Lunch 6- Summer Veggie Chili- Summer squashes, beans and peppers, slow simmered in tomatoes and spiced with Hatch green chilis and smoky chipotles, roasted yams, Bloomsdale spinach and scallions (350 cal- Regular, 440 cal- Large, Allergens: Raw Onions)

Dinner:

Dinner 1- Vietnamese Lemongrass Tofu Satay- grilled sweet and fragrant spiced lemongrass and Peruvian ginger Tofu, with quick stir fried Coke Farm's Nappa Cabbage slaw, ginger-cilantro brown rice and almond coconut satay sauce (330 cal- Regular, 420 cal- Large, Allergens: Cilantro, Raw Onions, Soy, Tree Nuts)

Dinner 2- Summer "Spaghetti" Bolognese- Pinnacle Ranch spaghetti squash with mushroom "Sunday Gravy", fresh tomatoes and basil, and roasted Happy Boy zucchini (310 cal- Regular, 390 cal- Large, Allergens: None)

Dinner 3- Fungo Fra' Diavolo- Grilled portobello steak over roasted summer squashes with local green beans, and spicy tomato sauce and fresh parsley (310 cal- Regular, 380 Cal- Large, Allergens: None)

Dinner 4- Vegan Salisbury Steak- Vegan Salisbury Steak over kale and roasted garlic broccoli, grilled tomato wand Paleo dairy-free mushroom onion "gravy", and brown rice (330 cal- Regular, 420 Cal- Large, Allergens: None)

Dinner 5- Peruvian Aji de "Bean-ina"- Peruvian style dairy free creamy and spicy crockpot stew with heirloom beans, roasted okra and tomatoes, brown rice, and garlic braised green chard (330 cal- Regular, 410 Cal- Large, Allergens: Allergens: None)

Dinner 6- Fettucini Carbonara- Roasted veggies and smoked tofu, garbanzo beans, zucchini noodles, cherry tomatoes, spinach and roasted sweet onions in a Paleo dairy free Caronara sauce (340 cal- Regular, 430 cal- Large, Allergens: Soy)