



Fresh Vegan Menu for the week of June 03, 2024

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: Vegan Arepas Bowl- Vegan cauliflower arepas, topped with vegan black bean “chorizo”, spinach, zucchini, tomatoes, scrambled garbanzo “eggs”, and salsa fresca (340 cal- Regular, 430 cal- Large, Allergens: Cilantro, Raw Onions, Tree Nuts)

Breakfast 2: Pesto Summer Scramble- Basil roasted zucchini, sweet peppers, mushrooms, spinach, vegan lentil-oat and apple sausage, yams, and pesto topped scrambled garbanzo “eggs” (360 cal- Regular, 450 cal- Large, Allergens: None)

Breakfast 3: The Best Vegan MLT Frittata Ever- Mushrooms, summer tomatoes, spinach and basil eggless creamy garbanzo frittata with sweet potato home fries (330 cal- Regular, 420 cal- Large, Allergens: None)

Breakfast 4: Southwest Breakfast Bowl- Chili roasted yams and black bean hash, roasted peppers and summer squash, kale, scrambled eggless garbanzo blend, and salsa verde (320 cal- Regular, 410 cal- Large, Allergens: Cilantro)

Breakfast 5: Mike’s ‘Mazing Mushroom Veggie “Omelet”- Parsley vegan garbanzo “omelet”, with house smoked mushrooms, baby broccoli, leaf spinach, roasted yams, red pepper coulis, and local Coke Farm strawberries (340 cal- Regular, 420 cal- Large, Allergens: None)

Breakfast 6- Green Shakshuka- Spinach, green sweet peppers, sweet onions, curry spiced garbanzos, Foodsmith Vegan scramble and kale chimmichurri (360 cal- Regular, 440 cal- Large, Allergens: Beef, Cilantro, Eggs)

Lunch:

Lunch 1- Ethiopian Berbere Chickpeas- Spicy Ethiopian style baked chickpea casserole with cauliflower and lentil “cous cous” pilaf, Coke Farms broccoli, and roasted tomato almond vinaigrette (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Lunch 2- Mediterranean Garbanzo Salad - Romaine and mixed greens, balsamic-basil marinated garbanzos, cukes, sweet peppers, tomatoes, radishes, olives, basil, and Foodsmith creamy Greek dressing (350 cal- Regular, 440 cal- Large, Allergens: None)

Lunch 3- Grilled Portobello and Green Beans Almondine - Grilled balsamic marinated portobellos, shallot basted local green beans, roasted sweet potatoes, spinach and creamy Almondine sauce (330 cal- Regular, 430 cal- Large, Allergens: Tree Nuts)

Lunch 4- Mediterranean Garbanzo Salad - Romaine and mixed greens, balsamic-basil marinated garbanzos, cukes, sweet peppers, tomatoes, radishes, olives, basil, and Foodsmith balsamic vinaigrette (350 cal- Regular, 440 cal- Large, Allergens: None)

Lunch 5- Sweet and Sour Tofu Adobo- Filipino style ginger lime marinated tofu, stir fried Coke Farm broccoli, summer peppers and onions, cauliflower rice, and Vegan adobo sauce (330 cal- Regular, 420 Cal- Large, Allergens: Cilantro, Raw Onions, Soy)

Lunch 6- Spicy Black Bean Taco Bowl- Chile garlic simmered black beans, over cauliflower cilantro-lime “rice”, roasted zucchini, cabbage, chile rojo, and avocado aioli (330 cal- Regular, 420 cal- Large, Allergens: Cilantro)

Dinner:

Dinner 1- Piri Piri Tempeh- African piri-piri chili and oregano grilled tempeh, crispy roasted sweet potato fries, spinach and summer tomato mint salad (340 cal- Regular, 450 cal- Large, Allergens: Soy)

Dinner 2- Polpettone Della Nonna- Roasted vegan “meatballs” with grated zucchini, lentils, mushrooms and herbs on cauliflower “polenta” and garlic sautéed spinach, rich balsamic tomato sugo and fresh basil (350 cal- Regular, 430 cal- Large, Allergens: None)

Dinner 3- Nat’s Tuscan Creamy Veggie Skillet- Roasted herbed chickpea and veggie stew, in a dairy free creamy garlic spinach and sun dried tomato sauce, over zucchini noodles, roasted butternut, spinach and fresh basil (360 cal-Regular, 450 cal- Large, Allergens: None)

Dinner 4- Belize Style Style Baked Portobello- Sweet spiced roasted portobello with green beans, peppers and tomatoes, roasted summer squash, Lundberg brown rice and mango-nopales salsa (330 cal- Regular, 410 cal- Large, Allergens: Cilantro, Raw Onion)

Dinner 5- Grilled Alabama BBQ Chick-un— Grilled BBQ spiced Foodsmith vegan “chick-un” cutlet, with Southern style tomato braised collard greens, cauliflower “grits” and Vegan Alabama white BBQ sauce (350 cal- Regular, 440 cal- Large, Allergens: None)

Dinner 6- Cubano Mojo Zucchini “Tenderloin”- with dairy free coconut creamed kale, roasted summer veggie and yam hash, Lundberg brown rice and lemon tomato olive salsa (340 cal- Regular, 430 Cal- Large, Allergens: Raw Onions, Tree Nuts)