



local • organic • fresh

Fresh Vegan Menu for the week of November 19, 2018

Breakfast:

Breakfast 1: Santa Fe Veggie Chili and Eggs- Foodsmith 3 bean chili with hatch green chilies, onions and peppers, yams, zucchini and leaf spinach, scrambled tofu garbanzo “eggs” and scallions (340 cal- Regular, 430 cal- Large, Allergens: Raw Onion)

Breakfast 2: Fran’s Kim Chee Thang- House made kale and cabbage Kim Chee, with Lundberg brown rice, roasted sweet potatoes, spinach, peppers and onions and Sriracha scrambled soy free plant protein-garbanzo blend (360 cal- Regular, 470 cal- Large, Allergens: None)

Breakfast 3: Black Bean Oat “Chorizo” Torta- Foodsmith soy free garbanzo “egg” blend baked with Alberto’s house made black bean and oat Vegan chorizo, Coke Farms kale, roasted yams, spinach, roasted peppers and scallions (350 cal- Regular, 450 cal- Large, Allergens: None)

Breakfast 4:

Breakfast 5:

Breakfast 6:

Lunch:

Lunch 1- Roasted Chick-un Waldorf Salad- Herb roasted chickpeas and yams with celery, Granny Smith apples, red grapes, Coke Farms celery, fennel, and basil garlic aioli, over crunchy Foodsmith organic lettuce blend, cucumbers, sweet peppers, kidney beans, almonds and Foodsmith balsamic (340 cal- Regular, 430 cal- Large, Allergens: Tree Nuts)

Lunch 2- Caribbean Black Bean Salad- Cajun spiced black beans, mango-pineapple chutney, sweet bells, grated carrots, cukes, cherry tomatoes, sweet spiced yams, Foodsmith organic lettuce blend, and pineapple mint dressing (350 cal- Regular, 440 cal- Large, Allergens: None)

Lunch 3- Chipotle Southwest Vegan Bowl- Lundberg brown rice and grated zucchini in chipotle enchilada sauce with Coke Farm’s cabbage carrot slaw, black beans, brown rice, winter squash, kale, grated carrot “cheese” and cilantro (350 cal- Regular, 450 cal- Large, Allergens: Cilantro)

Lunch 4-

Lunch 5-

Dinner 6-

Dinner:

Dinner 1- Indian “Butter” Chickpeas- Organic house cooked garbanzos simmered in a dairy free Vegan Indian curry with coconut and cauliflower “cream”, tomatoes, sweet peppers, Coke Farm’s green chard, and biryani brown Jasmine rice (340 cal- Regular, 450 cal- Large, Allergens: Cilantro, Tree Nuts)

Dinner 2- Paleo Portabello Tetrazzini- Roasted Portobello mushrooms, with braised greens, zucchini “noodles”, roasted winter squash, and dairy free creamy mushroom and garlic cauliflower “gravy” (330 cal- Regular, 410 cal- Large, Allergens: None)

Dinner 3- Grilled Vegan Steak Romesco- Lemon and herb grilled garbanzo-plant protein “steak”, with herb roasted zucchini and tomatoes, butternut and Hannah sweet potatoes, spinach and Spanish roasted pepper almond sauce (310 cal- Regular, 390 Cal- Large, Allergens: Tree Nuts)

Dinner 4-

Dinner 5-

Dinner 6-