



Fresh Vegan Menu for the week of February 11, 2019

Breakfast:

Breakfast 1: Foodsmith Veggie Chili and Eggs- Vegan 3 bean chili with hatch green chilies, onions and peppers, zucchini, winter squash and leaf spinach, scrambled soy free garbanzo “eggs” and scallion (360 cal- Regular, 470 cal- Large, Allergens: Raw Onion)

Breakfast 2: Hong Kong Breakfast Bowl- House made kale and cabbage Kim Chee, with Lundberg brown rice, roasted sweet potatoes, edamame, peppers and onions and Sriracha scrambled soy free garbanzo “eggs” (370 cal- Regular, 470 cal- Large, Allergens: Soy)

Breakfast 3: Big Al’s Black Bean Chorizo Cazuela Bake- Foodsmith scrambled soy free garbanzo “eggs” baked with Alberto’s house made black bean and oat “chorizo”, Coke Farms kale, roasted yams, spinach, roasted peppers and scallions (360 cal- Regular, 470 cal- Large, Allergens: Raw Onions)

Breakfast 4: Classic Western Omelet- scrambled soy free garbanzo “egg” omelet filled with tomatoes spinach, roasted peppers and onions, yam home fries and a side of fresh fruit (360 cal- Regular, 455 cal- Large Allergens: None)

Breakfast 5: Foodsmith “Chick-un” Before-the-Egg Hash- Spiced scrambled soy free garbanzo “eggs” with peppers, mushrooms, sweet onion, kale, zucchini and roasted sweet potatoes with chimichurri aioli (360 cal- Regular, 450 cal- Large Allergens: Cilantro)

Breakfast 6: Vegan Low Carb “Biscuits and Gravy”- Classic Southern Diner style Paleo and Keto grain free “biscuits” with leaf spinach, scrambled soy free garbanzo “eggs”, and cauliflower-coconut creamy Vegan gravy (410 cal- Regular, 530 cal- Large, Allergens: Tree Nuts)

Lunch:

Lunch 1- Vegan Sonora Waldorf Salad- Roasted winter squash with celery, Granny Smith apples, red grapes, Coke Farms fennel, and basil garlic aioli, over crunchy Foodsmith organic lettuce blend, cucumbers, sweet peppers, kidney beans, almonds and Foodsmith balsamic (380 cal- Regular, 480 cal- Large, Allergens: Tree Nuts)

Lunch 2- Vegan Green Devil(ed) “Egg” Salad- a big scoop of garbanzo-yam salad with spicy mustard, horseradish, avocado, celery, chopped Vegan “bacon”, parsley and Sonoma Brinery pickles, with chopped Romaine, pickled Bermuda onions and fennel, cherry tomatoes, cucumbers, garbanzos and Foodsmith creamy dijon vinaigrette (360 cal- Regular, 460 cal- Large Allergens: Raw Onion)

Lunch 3- Chipotle Black Bean Enchilada Bowl- Slow cooked black beans and grated zucchini in chipotle enchilada sauce with Coke Farm’s cabbage slaw, winter squash, kale, grated carrot “cheese” and cilantro (370 cal- Regular, 460 cal- Large, Allergens: Cilantro)

Lunch 4- Foodsmith Winter Salad- Happy Boy mixed greens, roasted red beets, fennel, radishes, spiced winter squash, kidney beans, quinoa, almonds and lemon-parsley vinaigrette (370 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Lunch 5- Montego Bay Salad- Jamaican jerk roasted yams and black beans in mango-pineapple chutney aioli, sweet bell peppers, grated carrots, cukes, cherry tomatoes, Foodsmith organic lettuce blend, and pineapple mint dressing (330 cal- Regular, 420 cal- Large, Allergens: None)

Dinner 6- Chef Jamie's Seasonal Special- Something fresh and tasty from our farmers to your table!

Dinner:

Dinner 1- Indian "Butter" Chickpeas- Garbanzo beans simmered in a dairy free Vegan Indian curry with coconut and cauliflower "cream", tomatoes, sweet peppers, Coke Farm's green chard, and brown biryani rice (350 cal- Regular, 470 cal- Large, Allergens: Cilantro, Tree Nuts)

Dinner 2- My Mom's Vegan "Turkey" Tetrazzini- Roasted house made Vegan garbanzo "turkey", with braised greens, zucchini "noodles", winter squash and dairy free creamy Southern style mushroom and garlic cauliflower "gravy" (380 cal- Regular, 480 cal- Large, Allergens: None)

Dinner 3- Lemon-Herb Roasted Chick-un Cutlet Tapenade Romesco- Lemon and herb baked Vegan "chick-un", with herb roasted zucchini and tomatoes, winter squash and Hannah sweet potatoes, spinach and Spanish roasted pepper almond and olive sauce (370 cal- Regular, 460 Cal- Large, Allergens: Tree Nuts)

Dinner 4- Hawaiian Luau Stuffed Peppers- sweet peppers stuffed with minced vegetables, brown rice, winter squash, organic Peruvian ginger, scallions, and pineapple sweet and sour sauce, with cumin stir fried Coke Farms Savoy cabbage and Hannah Sweet potatoes (380 cal- Regular, 480 cal- Large Allergens: None)

Dinner 5- Fidel's Havana Style Ropa Vieja- Slow simmered Foodsmith Vegan soy-free "beef" crumble in a sweet spiced tomato sauce, with Spanish brown rice, spinach, and thyme roasted Happy Boy broccoli and carrots (360 cal- Regular, 470 cal- Large Allergens: None)

Dinner 6- KB's Vegan Sloppy Joe Bowl- Vegan lentil Sloppy Joe bowl, with cauliflower Mac, kale, spinach, yams, and Paleo Alabama style dairy free creamy Sloppy Joe sauce (420 cal- Regular, 510 cal- Large, Allergens: Tree Nuts)