



Fresh Vegan Menu for the week of November 26, 2018

Breakfast:

Breakfast 1: Winter Breakfast Hash- Roasted veggies, brown rice, winter squash, kale, caramelized onions, mushrooms, tofu garbanzo scramble, and basil pesto (340 cal- Regular, 450 cal- Large)

Breakfast 2: Chipotle Black Bean Burrito Bowl- Chipotle black beans with fajita peppers, sweet potatoes, cabbage, roasted zucchini, spinach, scrambled tofu garbanzo blend and pico de gallo (350 cal- Regular, 430 cal- Large)

Breakfast 3: Welsh “Steak” and Eggs- Roasted zucchini steak, leaf spinach, yam home fries, tofu garbanzo scramble, and Vegan horseradish “cream” sauce (330 cal- Regular, 410 cal- Large)

Breakfast 4: Vegan Quiche Florentine- Foodsmith tofu-garbanzo “eggs” blended with spinach and baked with roasted portobellos, tomatoes and red onions, butternut, leaf spinach, yams and scallions (330 cal- Regular, 440 cal- Large)

Breakfast 5: “Biscuits and Gravy”- Roasted sweet potato “biscuits”, with braised greens, Foodsmith vegan black bean “sausage” and dairy free cauliflower-cashew gravy and grilled tomatoes (340 cal- Regular, 430 cal- Large)

Breakfast 6: Seasonal Paleo Breakfast Special- Something special from our inspired chef!

Lunch:

Lunch 1- Blackened Eggplant Spinach Salad- Cajun seasoned blackened eggplant steak, Happy Boy spinach, cranberries, tomatoes, green apples, roasted butternut, creamy cajun tomato dressing (330 cal- Regular, 420 cal- Large)

Lunch 2- Avocado Black Bean Salad- Black beans and roasted yams with celery, fresh dill, celery and fennel, spicy mustard and avocado lemon aioli with romaine and Happy Boy Farms mixed greens, tomatoes, cucumbers, shredded carrot, and balsamic vinaigrette (340 cal- Regular, 430 cal- Large)

Lunch 3- Paleo Smoky White 3 Bean Chili- Smoky 3 bean chili, kale, yams, green chilies, sweet onions, bell peppers, and spices in a Paleo cauliflower chili “cream” (340 cal- Regular, 430 cal- Large)

Lunch 4- Steamer Lane Winter Salad- Happy Boy mixed greens, cabbage and kale, lentils and chick-peas, roasted red beets, fennel, radishes, oranges, almonds and lemon-herb green goddess vinaigrette (330 cal- Regular, 420 cal- Large)

Lunch 5- Sesame Chick-un Salad- Happy Boy baby spinach and winter greens, pickled cucumber and red onion, rainbow tomatoes, shredded carrot, radish, scallions, edamame, and sesame ginger dressing (310 cal- Regular, 390 cal- Large)

Dinner 6- Cajun Sweet Potato Remoulade- Creole spiced roasted sweet potatoes, with fennel, celery, scallions and creole grain mustard remoulade, pinto beans, cucumbers, sweet peppers, cherry tomatoes, mixed greens and red wine dijon vinaigrette (340 cal- Regular, 430 cal- Large)

Dinner:

Dinner 1- Tapenade Crusted Portobello- Balsamic herb grilled Portobello, crusted with tomato olive tapenade, roasted brussels sprouts and winter squash, mashed turnips, leaf spinach and parsley (310 cal- Regular, 420 cal- Large)

Dinner 2- Swedish Vegan Kalpudding- Sweet spice and herb vegan grain and vegetable loaf, stuffed with caramelized cabbage, cranberries and veggies, with pan roasted Savoy cabbage, winter squash, and vinegar spiked sweet tomato glaze (350 cal- Regular, 440 Cal- Large)

Dinner 3- Twice Baked Sweet Potato- Roasted organic sweet potatoes filled with kale, chard, veggie chili, black beans, Vegan cauliflower carrot “cheese” sauce, and green onions (360 cal- Reg, 450 cal- Large)

Dinner 4- Roasted Tempeh “Grand Mère”- Pan roasted tempeh with dairy free “creamed” kale, mashed sweet potatoes and mushroom and herb pan jus (350 cal- Regular, 440 cal- Large)

Dinner 5- Nat’s Veggie Casserole- Spiced garbanzos and brown rice, braised cabbage, sweet onions, green bells, mushrooms, and Dijon parsley cauliflower cream sauce (380 cal- Regular, 470 cal- Large)

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