



Fresh Vegan Menu for the week of January 07, 2018

Breakfast:

Breakfast 1: Winter Breakfast Hash- Roasted veggies, brown rice, winter squash, kale, caramelized onions, mushrooms, soy free Foodsmith 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, soy free Foodsmith garbanzo scramble and pico de gallo (350 cal- Regular, 430 cal- Large)

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

Breakfast 4: Vegan Quiche Florentine- Soy free Foodsmith garbanzo scramble blended with spinach and baked with roasted portobellos, tomatoes and red onions, butternut, leaf spinach, yams and scalions (330 cal- Regular, 440 cal- Large)

Breakfast 5: Vegan Low Carb Breakfast Sandwich- Grain free cauliflower and coconut biscuit, with vegan black bean-oat sausage patty, creamy scrambled eggs, spinach and tomato (360 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Breakfast 6: Paleo Giant Cauliflower Blini- Grain free cauliflower and flax pancake with smoked mushrooms, creamy soy free Foodsmith garbanzo scramble, leaf spinach and dairy-free dill “creme fraiche” (350 cal- Regular, 430 cal- Large, Allergens: None)

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, Allergens: None)

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, Allergens: None)

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, Allergens: Cilantro, Raw Onion)

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, Allergens: Tree Nuts)

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, Allergens: Raw Onion)

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, Allergens: None)

Dinner:

Dinner 1- Roasted “Chick-un” “Grand Mère”- Pan roasted Foodsmith Vegan “Chick-un” cutlet with dairy free “creamed” kale, mashed sweet potatoes and mushroom and herb pan jus (350 cal- Regular, 440 cal- Large, Allergens: None)

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, Allergens: None)

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, Allergens: Raw Onion)

Dinner 4- Vegan Meatballs With Zoodles- House made Vegan grain and lentil meatballs with ground veggies and fresh herbs, over leaf spinach and zucchini “zoodles”, butternut and Vegan dairy free creamy caper-basil-tomato sauce (350 cal- Reg, 440 cal- Large, Allergens: None)

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, Allergens: None)

Dinner 6- Coconut Tofu Satay- Ginger lime and coconut marinated beef satay over Lundberg ginger brown rice, and broccoli slaw, with almonds radishes and mint (340 cal- Reg, 430 cal- Large, Allergens: Soy, Tree Nuts)