



## Fresh Vegan Menu for the week of January 21, 2019

### **Breakfast:**

**Breakfast 1: Buffalo Vegan Egg-less Muffins-** Buffalo winter squash, tomatoes scallions and parsley eggless Vegan “muffins” with spinach and avocado lime “aioli” (330 cal- Regular, 440 cal- Large, Allergens: None)

**Breakfast 2: Moroccan Breakfast Skillet-** Exotic harissa spiced chickpeas and yams, Swiss chard, raisins, tomatoes, grated carrots, scrambled garbanzo “eggs”, and mint (330 cal- regular, 420 cal- Large, Allergens: None)

**Breakfast 3: Vegan Breakfast Fried Rice-** Lundberg fried brown rice, with mushrooms, cabbage, ginger, sweet peppers, scallions, vegan sausage, sesame and sriracha with scrambled garbanzo “eggs” (330 cal- Regular, 410 cal- Large, Allergens: Raw Onions)

**Breakfast 4: Caribbean Breakfast Hash-** Island spiced plantains, island style yams, black beans, calaloo coconut greens, onions, and mushrooms and scrambled garbanzo “eggs” (340 cal- Regular, 430 cal- Large, Allergens: None)

**Breakfast 5: Alberto’s Chorizo Machaca-** Vegan oat and black bean chorizo with black beans, scrambled garbanzo “eggs”, green chilies, spinach, kale, butternut, scallions, cilantro and salsa roja (365 cal Regular, 450 cal- Large, Allergens: Raw Onion, Cilantro)

**Breakfast 6: Chef’s special- our chefs seasonal creation!**

### **Lunch:**

**Lunch 1- Korean Tofu “Seoul Bowl”-** Chili ginger sesame stir fried tofu, over ginger brown rice, zucchini noodles, house made Kimchi, sesame spinach, scallions and sesame seeds (340 cal- Regular, 430 cal- Large, Allergens: Beef, Raw Onion)

**Lunch 2- Cashew Basil Salad-** Roasted yams, raw cashews, basil pesto aioli, celery, scallions, Happy Boy mixed greens and baby spinach, grated carrots, crunchy cucumbers, and sweet bells, with pesto aioli on the side (340 cal- Regular, 430 cal- Large, Allergens: Tree Nuts)

**Lunch 3- Avocado-Lime Bean Salad Louie-** Avocado lime 3 bean salad over Happy Boy greens and romaine, fresh beets, cherry tomatoes, green olives, cucumbers, shaved fennel and carrots, and Vegan Louie dressing (340 cal-Regular, 430 cal- Large, Allergens: None)

**Lunch 4- Coconut-Almond Tofu Satay Salad-** Coconut-almond grilled tofu, sweet peppers, scallions, celery, mangoes, cranberries, local cucumbers, rainbow tomatoes, grated carrots, and mint over romaine and mixed greens and creamy ginger coconut dressing (330 cal- Regular, 420 cal- Large, Allergens: Soy)

**Lunch 5- Vegan “Cuban Sandwich” Bowl-** Smoked Mojo marinated vegan garbanzo protein, with Sonoma Brinery pickles, Coke Farms cabbage, black bean-sweet potato hash, and grain mustard sauce (330 cal- Regular, 420 cal- Large, Allergens: None)

**Lunch 6- Vegan Ceviche Bowl-** Lemon lime marinated bean and vegetable salad, with carrots, celery, fennel, sweet potatoes, radishes, cucumbers, and fennel, with parsley and mint (330 cal- Regular, 420 cal- Large, Allergens: None)

**Dinner:**

**Dinner 1- Vegan “Chick-un” Fiorentina-** Garlic and herb roasted plant protein “chick-un” cutlet, dairy free “creamed” kale, garlic broccoli and winter squash, tomato concasse (360 cal- Regular, 470 Cal- Large, Allergens: None)

**Dinner 2- Hungarian Style Goulash-** Ground lentils, garbanzos and mushrooms simmered with Hungarian paprika, sweet onions, tomatoes, cabbage, peppers, and parsley (330 cal- Regular, 420 Cal- Large, Allergens: None)

**Dinner 3- Steakhouse Steak and “Potatoes”-** Argentine style marinated Foodsmith vegan “steak”, grilled and sliced with roasted garlic cauliflower and white sweet potato mash, Paleo dairy free creamed kale, and Vegan horseradish “sour cream” sauce (330 cal- Regular, 410 cal- Large, Allergens: None)

**Dinner 4- Ponzu Tofu Mushroom Bowl-** Ponzu glazed tofu with ginger garlic baby bok choy, braised Tokyo turnips and mushrooms, Coke Farm’s spaghetti squash, scallions and cilantro (330 cal- Regular, 420 cal- Large, Allergens: Soy, Raw Onion, Cilantro)

**Dinner 5- Flax Almond and Herb Crusted Eggplant Schnitzel-** Local eggplant steaks, crusted with flax, almonds and herbs, and oven roasted, with braised greens, sliced tomato, German sweet potato salad, and Meyer lemon (320 cal- Regular, 400 cal- Large, Allergens: Tree Nuts)

**Dinner 6- Creole Sweet Potato and Collard Skillet-** Cajun spiced skillet roast of Happy Boy collards, cauliflower and mushroom “black eyed peas”, sweet southern onions, spiced sweet potato and black bean hash (330 cal- Regular, 430 cal- Large, Allergens: None)