



Fresh Vegan Menu for the week of December 10, 2018

Breakfast:

Breakfast 1: Vegan Breakfast Fried Rice- Lundberg fried brown rice, with mushrooms, cabbage, ginger, sweet peppers, scallions, vegan sausage, sesame and sriracha with scrambled tofu-garbanzo “eggs” (330 cal- Regular, 410 cal- Large)

Breakfast 2: Moroccan Breakfast Skillet- Exotic harissa spiced chickpeas and yams, Swiss chard, raisins, tomatoes, grated carrots, scrambled tofu garbanzo “eggs”, and mint (330 cal- regular, 420 cal- Large)

Breakfast 3: 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)

Breakfast 4: Jamaican Jerk Breakfast Hash- Jerk spiced plantains, island style yams, black beans, calaloo coconut greens, onions, and mushrooms and scrambled tofu-garbanzo blend (340 cal- Regular, 430 cal- Large)

Breakfast 5: Hot and Sour Breakfast Pho- Not just for dinner, our version of the Vietnamese classic with spaghetti squash Vermicelli, shredded veggies, ginger garlic tofu, coconut aminos, hot and sour broth, edamame, with scallion and cilantro (330 cal Regular, 410 cal- Large)

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

Lunch:

Lunch 1- Pok Pok Salad- Foodsmith version of the Thai staple salad, Shredded green papaya, carrots, radishes, green beans, tomatoes, ginger sesame tofu, cabbage, romaine and spicy lime sriracha dressing (320 cal- Regular, 400 cal- Large)

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)

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 red onion, and Vegan Louie dressing (340 cal-Regular, 430 cal- Large)

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

Lunch 5- Vegan “Cuban Sandwich” Bowl- Smoked Mojo marinated eggplant, with Sonoma Brinery pickles, Coke Farms cabbage, black bean-sweet potato hash, and grain mustard sauce (330 cal- Regular, 420 cal- Large)

Lunch 6- Vegan Escabeche Bowl- Lemon lime marinated bean and vegetable salad, with carrots, celery, fennel, sweet potatoes, radishes, cucumbers, and onions, with parsley and mint (330 cal- Regular, 420 cal- Large)

Dinner:

Dinner 1- Szechuan Tofu Stir Fry- Szechuan spiced tofu stir fried with green beans, broccoli, carrots, water chestnuts, and coconut aminos over Lundberg brown rice with scallions and almonds (330 cal- Regular, 420 Cal- Large)

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)

Dinner 3- Korean Tofu Mushroom Bowl- Korean 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)

Dinner 4- Steakhouse Steak and “Potatoes”- Argentine style marinated veggies, 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)

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)

Dinner 6- Creole Sweet Potato and Collard Skillet- Cajun spiced skillet roast of Happy Boy collards, cauliflower and mushroom “blackeyed peas”, sweet southern onions, spiced sweet potato and black bean hash (330 cal- Regular, 430 cal- Large)