



Fresh Vegan Menu for the week of January 28, 2019

Breakfast:

Breakfast 1: Tico Style Gallo Pinto- Paleo Costa Rican breakfast with crockpot black beans and Lundberg brown rice with roasted peppers, onions, zucchini and Latin spices, with scrambled garbanzo “eggs” and pico de gallo (360 cal- Reg, 450 cal- Large, Allergens: Cilantro, Raw Onion)

Breakfast 2: Vegan Stuffed Breakfast Peppers- Sweet and spicy Foodsmith style Vegan sausage stuffed bell peppers with grated zucchini, and herbs, Bloomsdale spinach, scrambled garbanzo “eggs”, roasted yams and creamy dairy-free green chili sauce (360 cal- Regular, 450 cal- Large, Allergens: None)

Breakfast 3: Syrian Breakfast Hash- Sweet spiced garbanzos, simmered with sweet onions, winter squash and tomatoes, over roasted cauliflower and butternut hash, with garbanzo “eggs”, parsley, and almonds (370 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Breakfast 4: Vrinda’s Breakfast Arepas- Vegan grain-free coconut and cassava flour arepas with Vegan black beans, spinach, roasted peppers, yams, and onions, scrambled garbanzo “eggs” and salsa roja (360 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Breakfast 5: Vegan Winter Spiced Pancakes- Vegan grain free plant protein rich baked spiced pancakes, with almond butter, cinnamon and ginger roasted apples and coconut crumble (350 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Breakfast 6: Mini Breakfast Meatloaves- Fresh house made Vegan grain sausage and veggie breakfast loaf with spinach, sweet potatoes, cauliflower grits and Vegan green chili gravy (360 cal- Regular, 450 cal- Large, Allergens: None)

Lunch:

Lunch 1- Chick”un” and Avocado Caprese Salad- Roasted chickpeas with sliced tomatoes, shaved fennel, sweet peppers, radishes, sweet basil, Coke farms romaine, spinach, arugula, and Happy Boy mixed greens, avocado aioli and balsamic vinaigrette (360 cal- Regular, 470 cal- Large, Allergens: None)

Lunch 2- Vegan Souvlaki Salad- Grilled chili cumin and lemon marinated Vegan soy free “meatless meat”, over a salad of Coke Farm’s romaine, Happy Boy baby greens, roasted yams, tomatoes, cucumbers, fennel, sweet peppers, sesame seeds and chimichurri tahini dressing (370 cal- Regular, 450 cal- Large, Allergens: Cilantro, Tree Nuts)

Lunch 3- Vegan Veggie “Alfredo”- Spice roasted mushrooms over zucchini Fettucine, spinach, fennel, winter squash, cherry tomatoes, dairy free cauliflower pesto “Alfredo” and sweet basil (350 cal- Regular, 440 cal- Large, Allergens: None)

Lunch 4- “Carne Asada” Barbacoa Salad Bowl- Vegan soy free carne asada with fajita peppers and onions, tomatoes, candy cane radishes, grated carrots, black beans, Coke Farms romaine, cabbage and mixed greens, roasted butternut and creamy cumin and avocado lime dressing (370 cal- Regular, 460 cal- Large, Allergens: None)

Lunch 5- Korean BBQ Black Bean Burger Bowl- Crazy delicious black bean and mushroom burger with ginger and Korean Gojuchuang, with ginger Lundberg brown rice, garlic steamed broccoli, house Kim Chee and sesame ginger sriracha aioli (360 cal- Regular, 460 cal- Large, Allergens: None)

Lunch 6- Chef Jamie’s Seasonal Special- Culinary creativity from our farms to your table!

Dinner:

Dinner 1- Vegan Black Bean Molé- Slow simmered black beans in a Vegan cashew and raw cacao mole sauce, with island spiced roasted Happy Boy zucchini, garlicky Dino kale, cinnamon yam mash and yerba buena (370 cal- Regular, 460 cal- Large, Allergens: None)

Dinner 2- Foodsmith Egg Roll Bowl- Ginger garlic wok fried ground tofu with local cabbage, carrots, zucchini, and peppers, with Paleo egg roll sauce, leaf spinach, ginger brown rice, scallions and cilantro (360 cal- Regular, 420 cal- Large, Allergens: Cilantro, Raw Onion, Soy)

Dinner 3- “Chick-un” Cacciatore- Classic hunter style seared house made soy-free vegan “chick-un”, braised with mushrooms, peppers, onions, balsamic tomatoes, winter squash, vegetable broth and herbs, with Swiss Chard and zucchini noodles (350 cal- Regular, 430 cal- Large, Allergens: None)

Dinner 4- Vij’s Creamy Eggplant Keema Curry- Local globe eggplant stewed in turmeric and exotic spice flavored dairy free creamy tomato and ginger curry with sweet onions, winter squash, and Savoy spinach over turmeric brown rice with mint (330 cal- Regular, 410 cal- Large, Allergens: Tree Nuts)

Dinner 5- Commander’s Palace Bayou Gumbo- Creole style veggie and red bean gumbo with celery, zucchini, tomatoes, herbs and creole spices over Southern style collard greens and Lundberg dirty rice (360 cal- Regular, 470 cal- Large, Allergens: None)

Dinner 6- Sweet Spiced Crockpot Black Bean “Carnitas”- Sweet spiced carnitas style soy-free black bean and garbanzo Vegan “carnitas”, with caramelized onions and apples, braised cabbage, and cauliflower mash (370 cal- Regular, 460 cal- Large, Allergens: None)