



## Fresh Vegan Menu for the week of February 04, 2019

### **Breakfast:**

**Breakfast 1: Rams Breakaway Breakfast Bake-** West Coast style vegan breakfast fritatta with zucchini, Vegan smoky garbanzo “bacon”, butternut, spinach, tomato and basil with caramelized onions, yam home fries and pesto aioli (350 cal- Reg, 430 cal- Large, Allergens: None)

**Breakfast 2: Patriots Potato “Skins”-** Sweet potato “skins” stuffed with Foodsmith veggie chili, soy free garbanzo scramble, leaf spinach, and scallions (330 cal- Regular, 420 cal- Large, Allergens: Raw Onion)

**Breakfast 3: Maddy’s “Green Eggs and Ham”-** Foodsmith Vegan soy free garbanzo scramble infused with kale and spinach with roasted yams, and house smoked Vegan plant protein garbanzo “ham steak” (340 cal- Regular, 430 cal- Large, Allergens: None)

**Breakfast 4: Vegan Breakfast Sandwich-** Foodsmith vegan black bean and grain sausage pattie and Vegan “egg” sandwich with vegan coconut almond biscuit, grilled avocado, spinach, kale, yams and tomato (370 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

**Breakfast 5: Swirly Zucchini Strata Muffins-** Vegan pesto soy-free zucchini muffins with quinoa, winter squash, roasted peppers, and Bloomsdale spinach (340 cal- Regular, 460 cal- Large, Allergens: None)

**Breakfast 6: Greek Omelet-** Foodsmith hand folded soy-free garbanzo “omelet”, stuffed with artichokes, roasted tomatoes, spinach, sweet potato hash, olive and almond relish (340 cal- Regular, 430 cal- Large, Allergens: Eggs, Tree Nuts)

### **Lunch:**

**Lunch 1- Jerusalem Sabih Street Salad-** Street food style chopped salad of cucumber, fennel, tomato, sweet peppers, spice roasted zucchini and winter squash, chickpeas, chopped greens and Zhoug vinaigrette (340 cal- Regular, 420 cal- Large, Allergens: None)

**Lunch 2- Buffalo Yam and Bean Salad-** Roasted yams and black beans tossed in Texas Pete hot sauce and Paleo “ranch” dressing, with celery and fennel on a bed of mixed greens with grated carrots, sliced cucumbers, sweet peppers, tomatoes and buffalo ranch on the side (340 cal- Regular, 430 cal- Large, Allergens: None)

**Lunch 3- Foodsmith Spaghetti Bolognese-** Pinnacle Ranch garlic roasted spaghetti squash with Vegan mushroom and lentil “Sunday Gravy”, fresh tomatoes and basil, Bloomsdale spinach, winter squash and roasted zucchini (330 cal- Regular, 420 cal- Large, Allergens: None)

**Lunch 4- Marakesh Falaffel Burger Bowl-** House made zucchini falaffel burger with exotic spices, cranberries and mint, on a bowl of turmeric brown rice, zucchini, tomatoes, cabbage, spinach, and paprika-almond aioli (340 cal- Regular, 420 cal- Large, Allergens: Tree Nuts)

**Lunch 5- Vegan Dolmas Salad Plate-** Chickpea and brown rice “dolmas” on a bed of quinoa “taboulleh”, with Foodsmith salad mix, roasted tomatoes and Bermuda onions, and Paleo creamy sesame tahini dressing (365 cal- Regular, 450 Cal- Large, Allergens: None)

**Lunch 6- Eli’s Blackened Zucchini Salad-** Blackened zucchini filets, over a crunch salad of Foodsmith salad mix, crunchy cucumbers, rainbow cherry tomatoes, sweet peppers, artichokes, garbanzos, olives, and tomato basil creole dressing (330 cal- Regular, 420 cal- Large, Allergens: None)

#### **Dinner:**

**Dinner 1- Roland’s Chick-un and Mushroom Fricassée-** Garlic and herb seared Foodsmith vegan garbanzo “steak”, sliced over zucchini “fettucini”, spinach, asparagus, butternut, and creamy dairy free mushroom fricasee (340 cal- Regular, 430 cal- Large, Allergens: None)

**Dinner 2- Gridiron Sausage and Peppers-** Grilled Vegan plant based Italian “sausage” with garlicky kale, caramelized peppers and onions, roasted yams, and smoked paprika aioli (330 cal- Regular, 420 cal- Large, Allergens: None)

**Dinner 3- Smoky Espresso Rubbed Eggplant “Steak”-** Smoky grilled espresso spice rubbed eggplant steaks, Coke Farms Romanesco broccoli, cauliflower and sweet potato colcannon, and avocado oregano aioli (310 cal- Regular, 400 cal- Large, Allergens: None)

**Dinner 4- Catalan Spiced Vegan “Turkey”-** Smoky Spanish spice rubbed Foodsmith Vegan garbanzo filets, sliced over sweet and sour braised Coke Farms’ Swiss chard, smashed Coke Farms rutabagas, and dairy free creamy mustard herb glaze (340 cal- Regular, 440 cal- Large, Allergens: None)

**Dinner 5- Yucatan Mojo Veggie Pattie-** Seared vegan grain and bean veggie pattie cooked with tomato onion mojo, with ginger garlic bok choy, Island spiced brown rice, and pineapple vinegar hot relish (340 cal- Regular, 420 cal- Large, Allergens: None)

**Dinner 6- Vegan Breaded Cutlet Milanese-** Flax and almond crusted Vegan “pork” chop, with fennel onion piperade, arugula sweet potato salad, horseradish parsley gremolata, and a fresh lemon squeeze (350 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)