

MODEST MEALS (\$13 each)

Black Bean Soup

With chocoyotes (masa dumplings)

Rice Pilaf

With roasted carrots and herbs

Contains Gluten ▾

Caramelized Onion Pasta

Bursting with flavor!

Contains Gluten ▾

Chana Masala

Indian stewed chickpeas with rice

Moroccan Chickpea Tagine

A flavorful mix of spices, dates and preserved lemon

Sweet Potato and Kale Wrap

With tahini mustard dressing

Contains Gluten ▾

Maple Miso Whipped Butternut Squash

With crispy lentils and roasted broccoli

Contains Soy ▾

Spaghetti and Lentil Balls

With homemade tomato sauce

Contains Gluten ▾

Sweet Potato & Black Bean Hash

Hearty Tex-Mex flavors

INTERMEDIATE MEALS (\$18 each)

Miso Leek Pasta

Creamy and aromatic umami sauce

Contains Soy ▾ Contains Gluten ▾

Creamy Tomato Soup

"Campbell's style," with polenta croutons

Contains Tree Nuts ▾

Sushi Roll

Sweet potato and marinated tofu

Contains Soy ▾

Butternut Squash Mac 'n' Chz

Sweet and savory creamy goodness

Contains Gluten ▾ Contains Tree Nuts ▾

Greek Potato and White Bean Salad

In an herby lemon vinaigrette

Whipped Butter Beans

*With baked broccoli, chili oil and
crispy quinoa sprinkle*

Korean Baked Sweet Potato

*Stuffed with homemade kimchi and
served with rice and avocado*

Contains Soy ▾

BBQ Tempeh Bowl

*With southern style collard greens and
brown rice*

Contains Soy ▾

Golden Rice Bowl

*Turmeric coconut rice with garlicky
green beans and spicy tofu*

Contains Soy ▾ Contains Tree Nuts ▾

FIRST RATE MEALS (\$22 each)

Barley Bowl

With mixed roasted root vegetables, oranges and a bright vinaigrette

Baked Mac 'n' Chz

Broccoli filled, crispy breadcrumb topping and smokey mushrooms

Contains Tree Nuts ▾ Contains Gluten ▾

Vegan Caesar

Homemade grilled seitan, vegan caesar dressing and croutons over iceberg lettuce

Contains Gluten ▾
Contains Tree Nuts ▾ Contains Soy ▾

Miso Mushroom Burger

As juicy as non-meat, not processed burgers get! Topped with spicy mayo and cabbage slaw

Contains Soy ▾ Contains Gluten ▾
Contains Eggs ▾

Stuffed Acorn Squash

Quinoa, kale, lentils and pomegranate seeds

Tofu Katsu Curry

With rice and veggies

Contains Soy ▾ Contains Gluten ▾

Vegetarian Shepherd's Pie

Layered lentil, walnut and mushroom crumble, peas, carrots and potatoes, baked to perfection

Veggie Lentil Patties

Contains Tree Nuts ▾
Over herbed buckwheat and kale

Green Goddess Quinoa Bowl

Peas, broccoli, kale, chickpeas, avocado, and creamy herbed dressing

Harissa Sweet Potato & Black Bean Tacos

Orange cilantro salsa, cabbage and cashew crema

SNACKS/OTHERS

Pink (Beet) Hummus / \$10

8oz

“Carrot Cake” Raw Energy Bites / \$14

12 bites

Contains Tree Nuts ▾

Garlic & Rosemary Focaccia / \$22

6-8 servings

Contains Gluten ▾

Chocolate & Peanut Butter Chia Pudding / \$8

8 oz / 1 serving

Contains Peanuts ▾

Spinach and Artichoke Dip / \$12

8oz

Contains Tree Nuts ▾ Contains Soy ▾

Fresh Peanut and Lime Grated Beet Salad / \$11

12oz

Contains Peanuts ▾

Homemade Nut, Fruit & Seed Granola Bars / \$21

6 bars

Contains Tree Nuts ▾

Contains Peanuts ▾

DESSERTS

Walnut Stuffed Chocolate Dipped Dates / \$20

12 dates

GF Orange Sesame Cookies / \$30

10 cookies

Carrot Cake Cupcakes / \$20

4 cupcakes

Contains Tree Nuts ▾

Contains Gluten ▾ Contains Eggs ▾

Contains Soy ▾

Cinnamon Buns / \$35

6 buns

Contains Gluten ▾

Maple Pecan Scones / \$20

4 scones

Contains Gluten ▾ Contains Tree Nuts ▾

Lemon Poppyseed Loaf Cake / \$22

6-8 servings

Contains Gluten ▾ Contains Eggs ▾

Cranberry Orange Muffins / \$22

6 muffins

Contains Gluten ▾ Contains Eggs ▾

DRINKS

**Rose & Sumac Lemonade /
\$18**

32 oz/4 servings

**Homemade Digestive Tea (Dry
Herb Blend) / \$10**

Enough for four cups