



PLANT BASED MENU

BREAKFAST

Tofu Scrambles

Sides: whole wheat toast, house nut butter, jams

Fried Cauliflower Rice with Scrambled Tofu

Tofu and Potato Scramble

Tandoori Tofu Scramble Tacos

Sweet Potato and Chorizo, Tofu Scramble
Burritos,
cut in half

Tofu Scramble with Barley, Sun-dried Tomatoes
and Squash

Breakfast Nachos with Tofu Scramble and
Tempeh Bacon

Bowls

Chai Roasted Muesli

Apple Oatmeal with Chocolate Tahini, Coconut

Medjool Date, Raspberry and Chia Seed
Oatmeal

Masala Oatmeal with Peas, Carrots

Rosemary Granola with Fig, Hazelnut

Peanut Butter Maple Granola with Pecan, Coconut

Steel-cut Oatmeal with Blood Orange and
Raspberry

Steel Cut Oatmeal with Wild Mushrooms

Quinoa Bowl with Chia Seeds, Almonds,
Blueberries

Farro, Dried Figs, Cinnamon, Orange Porridge

Quinoa Porridge with Acai, Walnuts and Pinenuts

Quiche

10 slices [soy &tofu, no egg]

Spinach, Leek and Carrot Quiche

Sundried Tomato Quiche

Mushroom and Kale Quiche

Tempeh Bacon and Leek Quiche

Roasted Pepper and Tomato, Sweet Potato Quiche

Spinach, Artichoke and Mozzarella Tofu Frittata



LUNCH

SALADS

Roots

Beet Salad with Avocado, Grapefruit, Citrus Vinaigrette

Moroccan Sweet Potato Salad, Cucumbers, Cherry Tomatoes, Mint Vinaigrette

Beet Salad with Avocado, Grapefruit, Citrus Vinaigrette

Greens

Beet Greens with Garlic, Sherry Vinaigrette

Broccoli Salad with Cashews, Orecchiette, Peanut Dressing

Broccoli Quinoa Salad with Grapes, Almonds, Lemon Poppy Vinaigrette

Caesar Salad with Romaine, Red Onions, Croutons and Vegan Caesar Dressing

Braised Kale with Caramelized Onions, Sweet Peppers, Cumin Vinaigrette

Brussels Sprouts with Almonds, Candied Walnuts, Red Wine Vinaigrette

Brussels Sprout Salad with Roasted Radish, Herbed Dressing

Snap Pea Salad with Almonds, Herbed Vinaigrette

Ginger Mushrooms, Spinach and Soy Vinaigrette

Kale and Roasted Corn Stir Fry

Sautéed Broccoli Rabe with pickled Shallots, Red Wine Vinaigrette

Grains

White Bean Salad with Peas, Spring Herb Pistou

Lentil Salad with Carrots, Bell Peppers, Golden Raisins, Red Wine Vinaigrette

Lentil Salad with Roasted Cauliflower, Almonds, Dates

Farro Salad with Kale, Mushroom

Barley and Avocado Tabbouleh

HANDHELDS

10 servings (Choice of French, ciabatta, whole wheat, multigrain bread)

Tofu/Tempeh

Grilled Tofu Tikka Sandwich with Coriander Chutney

BBQ Tofu Sandwich with Bok Choy and Grilled Red Onions

Tofu Cubano Sandwich with Watercress, Pickles, Whole Grain Mustard Spread

Marinated Tofu Sandwich with Cabbage, Carrots, Cucumber and Nuoc Cham

Tempeh Reuben with Sauerkraut and 1001 Island Dressing

Mushroom

Portobello Philly Sandwich with 'Provolone' and Rapini

Portobello Sandwich with Kale, Tomatoes and Dijon Sauce

Oyster Mushroom Po' Boy with Cucumber Slaw and Cajun Remoulade



Roasted/Fried/Sundried

Spinach Falafel with Tahini Dressing and Pita

Spinach Pinwheels with Sundried Tomato, Basil

Roasted Sweet Potato and Cauliflower Hummus Wraps

Roasted Eggplant Pesto Sandwich with Tomatoes, Sprouts

Chickpea Panelle Sandwich with Spinach, Roasted Bell Peppers

Fried Green Tomato Sandwich with Red Onions, Green Leaf, Creole Remoulade

Creamy Butternut Squash Pasta with Broccoli and Kale

Tacos

Cauliflower Tacos with Mango, Bell Peppers and Avocado

Butternut Squash Tacos with Tempeh Chorizo

Asian Crispy Tofu Burrito

Thai Curry Tofu Tacos

Lentil Sloppy Joe with Pea Tendrils

SIDES

Falafel

Falafel with Flax Seed and Tahini Sauce

Roasted Beet Falafel with Cilantro Tahini Dip
Chai

Legumes

Hearty Bean Cassoulet

White Bean and Spinach Chipotle Casserole

Baked Beans with Mushroom, Roasted Bell Pepper

Vegetable Cottage Pie with Black Bean, Cauliflower Potato Mash

Casseroles

Butternut Squash Mac and Cheese Casserole

Sweet Potato Casserole with Crunchy Oat Crumble

Polenta Bake with Caramelized Onions, Portobello Bacon

Cheesy Leek and Celeriac Potato Gratin

Mediterranean Vegetable Gratin

Chickpea and Eggplant Moussaka

Lentil Bolognese Potato Bake

