



## **Vegan/ Vegetarian Menu**

Please request vegan alternatives

Most items listed do not have a protein mentioned; feel free to request tofu, meatless grilled or breaded meatless chicken, meatless sausage or beef crumbles, meatless Italian sausage, meatless beef strips, veggie burger, meatless meatball, falafel, tempeh, smart dogs, tofu pups, tofurkey products, or dairy alternatives using almond, soy, hemp, or coconut milk, etc. Also if something mentions peanuts or peanut butter, I can use PB2 to make it lower calories.

- Vegan Roasted Cauliflower, Quartered Baby Portobello Mushrooms and Quinoa in Balsamic Vinaigrette
- French Ratatouille with Summer Squash, Peppers, capers in Tomato sauce over your Favorite Grain or Pasta
- Spring Soba Noodle Vegetable Salad with Organic Peanut Butter Dressing and Asian Vegetables
- Black bean, Mango, Corn, Peppers and Cilantro salad and Tortillas with Avocado to slice at service
- Italian Pasta Salad with Kidney Beans, Chick Peas, Peppers, Cucumbers, Shallots, Olives and Grape Tomatoes(w/ mozzarella if you like)
- Quinoa Paella with Sun Dried Tomatoes, Peas and Peppers
- Spring Vegetable Lasagna
- Summer Tomato, Pepper and Cucumber Gazpacho and Baguette
- Potato Crusted Quiche Florentine (Vegan or with Eggs)
- Jalapeño, Mint, Parsley, Lime, Toasted Pistachio, Parmesan, and Garlic Pesto with Penne Pasta and Sautéed Zucchini
- Italian Caponata with Summer Squash, Peppers, Eggplant, Capers, Green Olives over your favorite Grain or Pasta
- Vegan Fettuccine Alfredo with Asparagus and Mushrooms (Cashew Based Sauce)
- Edamame and Barley Salad with Peppers and Fresh Herbs
- Black Bean Burgers on Whole Wheat Buns with Baked Sweet Potato Fries
- Penne ala Vodka Sauce with Peas, Mushrooms and Peppers
- Steel-Cut Oat Risotto with Butternut Squash and Mushrooms
- Cheese and Rice Stuffed Pablano Peppers in Tomato Sauce
- Tex Mex Soup
- African Spicy Peanut Soup with Brown Rice
- Lentil and Swiss Chard Stew
- Chana Masala (Spicy Chickpeas) with Spinach



- Vegan Artichoke and Tomato Soup and Salad
- Wild Mushroom and Mascarpone Soup with Croutons
- Twice Baked Sweet Potatoes with Ginger Lime Peanut Sauce and Salad
- Winter Vegetable Shepherds Pie
- Meatless Beef Bourguignon
- Lentil Cumin Chili
- Goat Cheese and Chive Stuffed Tomatoes
- Kale, Edamame and Quinoa salad with Mango
- Vegetarian Italian Sausage Lasagna
- Julienned Zucchini Pesto and Whole Wheat Spaghetti
- Grilled Cauliflower Steaks Topped With Hummus, Rosemary, Garlic and Chili Flake
- Winter Greens and Walnut Pesto Farro Risotto
- Roasted Butternut Squash and Chickpeas with Tahini Dressing
- Winter Roasted Vegetable Gazpacho and Rolls
- Asian Peanut Noodle Salad with Carrots, Scallions, and Peppers and Cilantro with Meatless Chicken
- Almond and Vegetable Stir Fry
- Perogie Lasagna with Mashed Potato, Cabbage, and topped with Cheddar
- Lentil Meatloaf over Rutabaga mash
- Risotto with Winter Squash with Apples and Sage
- Spinach Panneer
- Indian Orange Lentil Stew with Beet Greens
- Green Papaya, Pickled Carrot, Celery and Cucumber and Peanut salad
- Oven Baked Vegan Quinoa Mexican Casserole
- Asparagus and Portobello Pasta in Lemon, White Wine and Garlic Sauce
- Farro Salad with Turnips and Swiss Chard
- Farro Tomato Sauce and Rigatoni
- Cheese Calzone with Ricotta, Mozzarella and Parmesan
- Three Mushroom Stuffed Shells
- Apple and Sweet Potato Soup
- Black Bean Chili with Orange and Cumin
- Grilled Kale, Radicchio, Quinoa and Almonds with Balsamic Orange Glaze
- Vegetarian Pumpkin Lasagna
- Mushroom Risotto
- Sweet Potato and Lentil Veggie Burgers with Whole Grain Buns and Zucchini Fries
- Santa Fe Pasta Shells with Black Beans, Corn, and Fire Roasted Tomatoes
- Frangelico Butternut Squash Soup with Rolls



- Chickpea and Tomato Soup with French Baguette
- Curried Mac and Cheese topped with Asparagus and Broiled Provolone
- Celeriac Soup with Whole Wheat Bread
- Butternut Squash Ravioli with Butter Sage Sauce
- Acorn Squash and Polenta stacks in Tomato Sauce topped with Mozzarella
- Spanakopita – Greek Style Casserole with Spinach, Leeks and Feta in Filo.
- Minestrone Soup
- Madras Vegetarian Curry with Potatoes, Green Beans and Carrots
- Creamy Cashew Kale and Chickpeas
- Potato and Mushroom Pie
- Butternut Squash Mac & Cheese
- Summer Pea Pesto with Farfella Pasta
- Root Vegetable Cassoulet with Cannellini Beans
- Italian Green Bean, Cannellini and Garbanzo Bean Salad with Baby Potatoes
- Vegetarian Bean Enchiladas with Rice
- Eggplant Parmesan Casserole over Penne
- Orzo Pasta with Dried Cherries, Pine Nuts and Arugula with Ricotta Salata
- Summer Vegetable Gratin
- Vegetable Stromboli with Peppers, Mushroom, Zucchini, Provolone and Mozzarella with Tomato sauce
- Baby Collards with French Green Lentils and Carrots
- Vegetarian Farro and Black Bean Chili Mac Casserole with Monterey Jack and Cheddar
- Spring Vegetable Lasagna
- Mushroom Barley Risotto
- Mediterranean Risotto with Artichokes, Sun Dried Tomatoes, and Olives
- Kale and Cannellini Bean Soup
- Broccoli Quiche (Vegan or with Eggs)
- Vegan ToNo Salad with Whole Wheat Bread and Fruit Salad
- Quiche Lorraine (Vegan or with Eggs)

#### **Seasonal Salads –**

- **Most dressings can be made oil free if requested**
- **If you ever want a large batch of a summer salad for a picnic just add \$50 to your order**
- **One Salad is included in all orders. Extra salads at \$50 each**



- **Feel free to add a protein to a salad to make it a full meal choice**
- Baby Mixed greens with Blueberries, Almonds, Goat Cheese and Fat Free Blueberry Vinaigrette
- Raspberry, Candied Pecans, Red Onion and Spinach Salad with Raspberry Lemon Vinaigrette
- Jicama, Mango, and red Pepper salad in Avocado Cilantro Lime Dressing
- Creamy Cucumber salad using avocado instead of dairy
- Kale, Strawberry and Toasted Walnut Salad with Lemon Tahini Dressing
- Spicy Kale Salad with Pecorino, Currants and Pine Nuts
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- Blackberry and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Summer Tomato Caprese Salad with Basil Lemon Vinaigrette and Reduced Balsamic
- Broccoli slaw
- Cole Slaw
- Three Color Potato salad
- Three Color Pasta Salad
- Macaroni Salad
- Bacon Ranch Potato Salad

#### **Always Available Salads**

- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Cesar salad
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing