

## Plant-based menu

### APPETIZERS

Chickpea Cutlets with Avocado-Tomatillo Salsa

Focaccia and olive artichoke tapenade

Toasted Naan bread and guacamole

### ENTREES

Spinach, Black bean, Corn, and Poblano Pepper Enchiladas

*(soft corn tortillas with a colorful mixture of spinach, black beans, corn, and Poblano peppers)*

Lentil Chorizo and Portobello Mushroom Tacos

*(traditional Mexican tortillas filled with succulent lentil chorizo, mushrooms, fresh vegetables, salsa, guacamole and cashew sour cream)*

Falafel with Vegetables, Hummus, and Tahini

*(pita breads stuffed with crispy chickpea patties with seasonal vegetables, smooth chickpea paste, sesame blend and fresh vegetables)*

Butternut Squash-Crusted Vegetable Pizza

*(A crust of corn and roasted butternut squash topped with seasonal vegetables, tomatoes, and house-made almond parmesan)*

Roasted Vegetable Lasagna

*(rich layers of roasted vegetables, pasta, tomato sauce, herbs, and house-made almond parmesan)*

Linguini in a Delectable Cashew-Alfredo Sauce with Roasted Summer Vegetables

### VEGETABLE SIDES

Dark Leafy Greens

Vegetable Root Bake

*(colorful seasonal root veggies lathered in herbs and spices)*

Roasted Asparagus

Lemony Green Beans

### SALADS

Quinoa Arugula Salad with a light lime-herb dressing

Kale Waldorf Salad

*(kale, apples, celery, walnuts, dried cranberries, and tangy mayo dressing)*

Kale and Roasted Beet Salad with Maple Balsamic Dressing

Baby Greens Bean Salad with Homemade Vinaigrette

**SOUPS**

Lentil-Vegetable Soup

Corn chowder

Leek-Butternut Soup

Specialty Grains

Millet Pilaf with Corn and Pine Nuts

*(a rich buttery millet dish with corn and pine nuts)*

Bulgar wheat Pilaf

*(a hearty aromatic blend of bulgar wheat, spices, and vegetables)*

Brown Rice Pilaf

*(brown rice with tender vegetables and spices)*

**DESSERTS**

Sun Spheres

*(an energy burst of dried fruit, nuts and spices)*

No-bake Fudge Brownies

*(a delicious blend of black beans full of chocolatey flavor)*

Chocolate Zucchini Bread

*(crusty health bread with zucchini and chocolate)*

Blueberry Bars

*(wholesome oatmeal bars with blueberries, coconut, and honey)*

Carrot Cake

**DRINKS**

Hibiscus-Licorice Iced Tea

*(an herb tea full of Vitamin C and detox properties)*