

## Appetizers

- *Roasted Red Pepper Hummus*
- ❖ *Slow cooked chickpeas, roasted red pepper, tahini & spices, served w/ fresh vegetables & pita bread*
- *Smoked Tofu Spread*
- ❖ *Organic tofu, spices, lemon & dill herbs*
- *Spinach Artichoke Dip*
- ❖ *Steamed spinach, garlic, cannellini beans, artichokes & spices served w/ French bread*
- *Fresh Fruit Platter*
- ❖ *Strawberries, watermelon, cantaloupe, grapes & pineapple*

## Soups

- *Creamy Kale & Potato Chowder*
- ❖ *Puréed kale, gold potatoes, onions, garlic, spices & coconut milk*
- *Minestrone Soup*
- ❖ *Tomatoes, kidney beans, carrots, celery, potatoes, zucchini, cabbage, peas, pasta & spices*
- *Lentil Soup*
- ❖ *Carrots, potatoes, ginger, lentils & spices*

## Salads

- *Green House Salad:*
- ❖ *Romaine lettuce, tomatoes, cucumbers, & carrots w/ choice of dressing; ranch, creamy balsamic or blue cheese*
- *Caesar Salad*
- ❖ *Romaine lettuce, kale, red cabbage & French bread croutons w/ Caesar dressing*
- *Couscous Salad*
- ❖ *Diced tomatoes, cucumbers, pearl couscous, lemon & olive oil dressing*
- *Red Potato Salad*
- ❖ *Potatoes, red onions, celery & a mix of spices in a creamy dressing*
- *Asian Cole Slaw*
- ❖ *Red & Green cabbage, carrots in a sweet sesame dressing*
- *Tropical Rice Salad*
- ❖ *Jasmine rice, long bean, Om herbs, lemon grass, mango, coconut, vegan fish sauce*

## Entrees

- *Shepard's Pie*
- ❖ *Seasoned lentils, peas, carrots, green beans, mashed potatoes, cheddar cheese topping*
  
- *Baked Ziti*
- ❖ *Penne, Beyond sausage, tofu ricotta, spinach & tomato sauce, topped w/ dairy-free cheese*
  
- *Sausage & Pepper Kabobs*
- ❖ *Veggie sausage, peppers, zucchini & red onions on a skewer baked in tomato sauce*
  
- *Stuffed Peppers*
- ❖ *Bell peppers filled w/ mushrooms & rice, topped w/ tomato sauce & parmesan*
  
- *Vegetable Lasagna*
- ❖ *Lasagna layered w/ tomato sauce, tofu ricotta, zucchini, mushrooms & spinach, topped w/ dairy-free cheese*
  
- *Baked Enchiladas*
- ❖ *Soyrizo, kidney beans, bell peppers & dairy free cheese topped w/ homemade sauce wrapped & baked in tortillas*
  
- *Hawaiian Kabobs*
- ❖ *Bell peppers, pineapple, zucchini & Beyond Sausage slices on skewers in tangy Hawaiian sauce*
  
- *Coconut Curry*
- ❖ *Butternut squash, peas, carrots, in a coconut curry sauce*
  
- *Vegetable Lo Mein*
- ❖ *Stir fried vegetables w/ chow mein noodles*
  
- *Pad Thai*
- ❖ *Rice noodles & cabbage w/ tamarind sauce, served w/ chili lime tofu, peanuts, cilantro, green onions & limes*

## Sides

- *Homestyle Baked Beans*
- ❖ *Slow cooked baked beans in a southern bbq sauce*
  
- *Mashed Potatoes w/ Gravy*
- ❖ *Classic mashed yukon gold potatoes w/ gravy*
  
- *Corn on the Cob*
- ❖ *Rolled in mayo & parmesan*
  
- *Roasted Brussels Sprouts*
- ❖ *Oven roasted w/ garlic & sliced almonds*
  
- *Sautéed Collard Greens*
- ❖ *Cooked w/ garlic, salt, pepper & olive oil*
  
- *Baked Mac & Cheese*
- ❖ *Elbow macaroni w/ homemade sauce topped w/ cashew & gouda cheese, bread crumbs & spices*
  
- *Pesto Pasta Salad*
- ❖ *Penne, asparagus, cherry tomatoes & bell peppers tossed in a pine nut basil pesto*
  
- *Sautéed Vegetables*
- ❖ *Kale, bell peppers, carrots, red onions & zucchini*
  
- *Pasta Primavera*
- ❖ *Penne pasta, cherry tomatoes, carrots & asparagus in a creamy tomato sauce*
  
- *Spicy Chili*
- ❖ *Slow cooked kidney beans, Beyond crumbles & spices*
  
- *Spanish Rice*
- ❖ *Seasoned rice cooked w/ tomatoes, bell peppers & onions*
  
- *Jalapeño Cornbread*
- ❖ *Homestyle cornbread baked w/ jalapeños*
  
- *Vegetable Stir Fry*
- ❖ *Broccoli, cauliflower, carrots, mushrooms & peas cooked in a garlic & chili sauce*
  
- *Rice*
- ❖ *Choice of Jasmine, Basmati or Brown rice*

## Desserts

- *Carrot Mini Cakes*
- ❖ *Carrot, roasted walnut, ginger, vanilla icing*
  
- *Coconut Mini Cakes*
- ❖ *Coconut, pineapple, vanilla icing*
  
- *Coco brownies*
- ❖ *Chocolate brownie with Peanut butter frosting*
  
- *Blueberry lemon Gluten Free Scone*
- ❖ *Dense flaky, blueberries & lemon with vanilla icing*
  
- *Peach Cobbler Bars*
- ❖ *Peach, Cinnamon*

## Italian Sample Menu

- Spinach Artichoke Dip
- ❖ Steamed spinach, garlic, cannellini beans, artichokes & spices served w/ French bread
  
- Caesar Salad
- ❖ Romaine lettuce, kale, red cabbage & French bread croutons w/ Caesar dressing
  
- Minestrone Soup
- ❖ Tomatoes, kidney beans, carrots, celery, potatoes, zucchini, cabbage, peas, pasta & spices
  
- Sausage & Pepper Kabobs
- ❖ Veggie sausage, peppers, zucchini & red onions on a skewer baked in tomato sauce
  
- Baked Ziti
- ❖ Penne, tofu ricotta, spinach & tomato sauce, topped w/ dairy-free cheese
  
- Sautéed Vegetables
- ❖ Kale, bell peppers, carrots, red onions & zucchini

## Comfort Food Sample Menu

- Smoked Tofu Spread
- ❖ Organic tofu, spices, lemon & dill herbs
  
- Green House Salad:
- ❖ Romaine lettuce, tomatoes, cucumbers, & carrots w/ choice of dressing; ranch, creamy balsamic or blue cheese
  
- Creamy Kale & Potato Chowder
- ❖ Puréed kale, gold potatoes, onions, garlic, spices & coconut milk
  
- Shepard's Pie
- ❖ Seasoned lentils, peas, carrots, green beans, mashed potatoes, cheddar cheese topping
  
- Baked Mac & Cheese
- ❖ Elbow macaroni w/ homemade sauce topped w/ cashew & gouda cheese, bread crumbs & spices
  
- Homestyle Baked Beans
- ❖ Slow cooked baked beans in a southern bbq sauce

## Tex-Mex Sample Menu

- *Homestyle Salsa & Guacamole*
- ❖ *Fresh homemade salsa & guacamole served w/ tortilla chips*
  
- *Tropical Rice Salad*
- ❖ *Jasmine rice, long bean, Om herbs, lemon grass, mango, coconut, vegan fish sauce*
  
- *Spicy Chili*
- ❖ *Slow cooked kidney beans, Beyond crumbles & spices*
  
- *Baked Enchiladas*
- ❖ *Soyrizo, kidney beans, bell peppers & vegan cheese topped w/ homemade sauce wrapped & baked in tortillas*
  
- *Spanish Rice*
- ❖ *Seasoned rice cooked w/ tomatoes, bell peppers & onions*
  
- *Jalapeño Cornbread*
- ❖ *Homestyle cornbread baked w/ jalapeños*

## Far East Sample Menu

- *Asian Cole Slaw*
- ❖ *Red & Green cabbage, carrots in a sweet sesame dressing*
  
- *Lentil Soup*
- ❖ *Carrots, potatoes, ginger, lentils & spices*
  
- *Hawaiian Kabobs*
- ❖ *Bell peppers, pineapple, zucchini & seitan on skewers in tangy Hawaiian sauce*
  
- *Pad Thai*
- ❖ *Rice noodles & cabbage w/ tamarind sauce, served w/ chili lime tofu, peanuts, cilantro, green onions & limes*
  
- *Rice*
- ❖ *Choice of Jasmine, Basmati or Brown rice*

