

# VEGAN

## APPETIZERS

### ROASTED GARLIC MUSHROOMS

With fresh Thyme and Rosemary

### MOROCCAN-SPICED CAULIFLOWER BITES

With Turmeric Yogurt Dip

### TOFU PEANUT SATAY AND CUCUMBER SKEWERS

Topped with Toasty Peanuts and fresh Mint

### LEMONY CHICKPEA BRUSCHETTA

Fresh Basil

### WONTON CRIPS WITH FRESH GUACAMOLE

Salsa cilantro

### CAULIFLOWER LATKES

Homemade Apple Sauce and Raisins

### TARTE PROVENÇALE WITH ROASTED CHERRY TOMATO

Pignoli nuts, Fresh Basil

### CANNELLINI BEAN PUREE & WILD MUSHROOM BRUSCHETTA

Truffle oil

### IMPOSSIBLE MEATBALL

Honey and Harissa glaze

### CRUDITES WITH AVOCADO AND SESAME DIP

Toasted Sesame seeds

### GRILLED GARDEN VEGETABLE SKEWERS

Basil Pesto

### TURMERIC PINEAPPLE TOFU KABOBS

Soy Ginger Turmeric Marinade and fresh pineapple cubes

### GLASSIC EGGPLANT CAPONATA

Garlic Confit, Basil Oil on a Crostini

### SAUTEED MUSHROOM AND PINENUTS CROSTINIS

Basil reduction

### PERSIAN CUCUMBER SLICES, VEGAN CREME FRAICHE, ROASTED TOMATO

Fresh dill

### CROSTINI WITH VEGAN RICOTTA AND FIG PRESERVES

Roasted Plums

### ZUCCHINI BRUSCHETTA

Green Goddess drip

### VERRINE CUP WITH HOMEMADE HUMMUS AND CRUDITÉS

Pignoli nuts

### CRISPY ARTICHOKE CAKES

Garlic Lemon Tartar Sauce

## SALADS

### FRENCH SHREDDED CARROT SALAD

Fresh Tarragon and garlic vinaigrette

### KALE SALAD WITH PARMESAN AND LEMON DRESSING

Toasted Pumpkin Seeds

### ROASTED CURRY CAULIFLOWER AND BABY SPINACH, BLOOD ORANGES, SHAVED RED ONION

Ginger Coconut Vinaigrette

### ASIAN CASHEW CRUNCH WITH SHREDDED BRUSSELS SPROUTS AND RED CABBAGE

Roasted Slivered Almonds, Fresh Cilantro, Sesame Ginger Dressing

### QUINOA SALAD WITH AVOCADO, RADISH, SCALLIONS, PARSLEY

Garlic Lemon Vinaigrette

### MOROCCAN SALAD WITH ORGANIC MESCLUN, FENNEL

Topped with Pomegranate and Pistachio

### RED AND GOLDEN BEET SALAD

Toasted Walnuts, Shallot Vinaigrette

### ORGANIC MESCLUN MOROCCAN SALAD, FENNEL, POMEGRANATE AND PISTACHIO

Cilantro Citrus Vinaigrette

### SHREDDED RED CABBAGE, CARROT AND MINT SALAD

Citrus Shallot Vinaigrette

### TABOULEH SALAD WITH EXTRA FINE BULGUR, CHOPPED PARSLEY, TOMATO, SCALLIONS

Fresh Mint, Fresh lemon juice

### "SWAZI" SALAD WITH BEETS, MINCED FRESH GINGER, ROMAINE, RADISH, AVOCADO

Topped with crushed roasted peanuts, lemon olive oil dressing

### FARRO SALAD WITH ARUGULA, SLICED GREEN APPLE AND TOASTED PECAN

Shallot Vinaigrette

### SEARED TOFU TABOULEH WITH EXTRA FINE BULGUR, PARSLEY, TOMATO, SCALLION

Mint Lemon Olive Oil Dressing

### CURRIED BROCCOLI CHICKPEA SALAD

Lemon Garlic Vinaigrette

### KALE SALAD WITH MISO AND PISTACHIOS

Soy Ginger Vinaigrette

### FRENCH LENTIL SALAD AND SCALLIONS

Balsamic Vinaigrette

### FRESH EGGPLANT CAPONATA WITH FRESH BASIL AND PIGNOLI NUTS

Balsamic Vinaigrette

### MEDITERANEAN "GREEK" SALAD WITH ORZO, TOMATO, CUCUMBER, RED ONION AND FETA

Lemon Vinaigrette

### POMEGRANATE VEGAN GOAT CHEESE BITES

Honey and Thyme

### HEIRLOOM TOMATOES WITH SHALLOTS

Fresh Tarragon and Basil

# ENTREES

## **ROASTED EGGPLANT, GRAPE TOMATOES CARAMELIZED ONIONS**

With Fresh Herbs, Basil Pesto, over Basmati Rice

## **RICE AND BEANS BOWL**

Basmati rice and stewed black and red beans, topped with homemade salsa, cilantro, black olives and avocado

## **GREEN BEANS, CHICKPEAS AND CARROTS CURRY COCONUT MILK**

Over Basmati Rice

## **THAI PEANUT COCONUT CAULIFLOWER, GREEN PEAS CURRY**

Served over Basmati Rice

## **PASTA PRIMAVERA WITH ASSORTED SEASONAL VEGETABLE**

Olive oil and Garlic

## **ZAUTEED ZUCCHINIS WITH CASHEW AND GREEN ONIONS**

On Bulgur Pilaf

## **CAULIFLOWER STEAKS WITH LEMON SALSA VERDE**

Toasted Pine Nuts

## **FUSILLI WITH ROASTED EGGPLANT**

Vegan Goat Cheese and Pine Nuts

## **ROTINI PASTA WITH ASPARAGUS AND PEAS**

Basil and Kale Pesto

## **CHILI CON TOFU**

Fresh Tomato, cilantro

## **VEGAN MUSHROOMS BOURGUIGNON, CREMINI AND PORTOBELLO MUSHROOMS**

Pearl Onions, Carrots, Fresh Thyme, Cabernet Red Wine Sauce

## **ARTICHOKE AND POTATO PAN SAUTEED WITH PARSLEY GARLIC LEMON SAUCE**

Served with Tabouleh

## **VEGETABLE LASAGNA WITH ZUCCHINI AND EGGPLANT**

Light Garlic Tomato Sauce

## **VEGETABLE RICE NOODLE STYR-FRY**

Ginger and Basil

## **AUTUMN BOWL SERVED ALL YEAR AROUND**

Butternut squash, sautéed kale, white beans, and pickled onions served on a bed of basmati rice

## **VEGAN SWEET POTATO BURGERS**

Spicy Kimchi

## **CUMIN RUBBED TOFU WITH GACAMOLE**

Sauteed Onion Basmati rice

## **ISRAELI COUSCOUS WITH SWISS CHARD, SAUTEED MUSHROOMS AND SCALLIONS**

Served with a refreshing Citrus Tequila Salad

## **OVEN ROASTED BRUSSELS SPROUT WITH A LEMON TAHINI YOGURT SAUCE**

Served with Farro Risotto and dried Porcini

## **ARTICHOKE EN COCOTTE WITH YUKON GOLDEN POTATOES, FRESH THYME, CHABLIS WINE, OLIVE OIL**

Fresh Thyme and Chablis Wine

## **HARISSA WHITE BEAN STEW**

Turmeric Yogurt

## **SEARED TOFU WITH ROASTED CAULIFLOWER FLORETS**

Herb-Caper Sauce

## **THAI PEANUT COCONUT CAULIFLOWER CHICKPEA CURRY**

Basmati Rice

# DESSERTS

## **POACHED PEAR WITH HONEY**

Cinnamon and Fresh Lemon

## **PEACH SALAD WITH BLUEBERRIES, STRAWBERRIES AND RASPBERRIES**

Mint Leaves

## **PISTACHIO POPPYSEED ORANGE YOGURT CAKE**

Orange Sorbet

## **VEGAN VANILLA CUPCAKES**

Raspberries on top

## **COCONUT CASHEW RICE PUDDING**

Shredded Coconut

## **DARK CHOCOLATE COVERED STRAWBERRIES**

Vegan Creme Fraiche

## **FRESH SEASONAL FRUIT SALAD**

Citrus and Mint

## **VEGAN PEACH COBBLER**

Roasted Peach

## **VEGAN INDIAN HALWA**

Grated Carrots, Chopped Pistachios and Almond Milk, Brown Sugar

## **VEGAN LAYERED CARROT CAKE**

Vanilla Frosting