



-PLANT BASED MENU-

-Salads-

Mixed Green

*Mixed greens, heirloom tomatoes, cucumber, red onion, feta cheese alternative,
Balsamic vinaigrette*

Roasted Beet

Arugula, red and golden beets, candied walnuts, lemon vinaigrette

Chianti Poached Pear

Mixed greens, red wine poached pears, candied walnuts, white balsamic vinaigrette

Mediterranean

Romaine, tomato, red onion, pine nuts, olives, roasted red pepper, Greek dressing

Pomegranate Citrus

Arugula, shaved fennel, red onion, pomegranate, orange segments, O.J. vinaigrette

Strawberry Spinach

Baby spinach, strawberries, candied pecans, poppy seed dressing

Couscous Salad

*Couscous with arugula, rainbow carrots, grape tomatoes, haricot vers, sweet corn
Drizzled with citrus herb dressing*

Asian Zucchini Noodle Salad

*Raw zucchini noodles, lettuce, red cabbage, cucumber, peach slices,
Crushed peanuts, and sesame seeds drizzled with ginger miso dressing*

-Main Course-

Grilled Cauliflower “Steak”

Grilled cauliflower “steak” with roasted baby potatoes and seasonal greens

Topped with house made white wine sauce

Pasta Alfredo with Wild Mushrooms

*Fettuccini in a creamy vegan Alfredo sauce with RI Mushroom Co mushrooms, fresh herbs
and “farmesan” cheese*

Spicy Peanut Sesame Zoodles w/ Crispy Tofu

Zucchini noodles in a creamy peanut chili sauce

Topped with crispy tofu, green onions, and sesame seeds

Roasted Beet Quinoa

*Tri color quinoa, roasted beets, sunflower seeds, kale, and butternut squash with extra
virgin olive oil and fresh squeezed lemon juice*

Soba Noodle with Vegetables

Soba noodles, baby bok choy, carrots, edamame, and soy

Chickpea and Tomato Curry

*Curried chickpeas and Baby potatoes with coconut milk, basil, garlic, and sweet cherry
tomatoes. Served with basmati rice, naan bread and lime wedges*

Thai Vegetable Curry

Red Thai curry with bell peppers, bamboo shoots, carrots, ginger, and baby kale

Served with coconut rice

Ratatouille

Classic French ratatouille with local vegetables and herbs

-On the Side-

-Vegetable Sides-

Grilled Vegetables

Grilled in season vegetables drizzled with extra virgin olive oil and fresh herbs

Asparagus

Asparagus sautéed with garlic, rosemary, olive oil, and lemon

Balsamic Brussel Sprouts

*Roasted crispy Brussel sprouts, tossed with balsamic glaze,
Caramelized onions, and dried cranberries*

Haricot Verts

French style green beans sautéed in olive oil and garlic

Balsamic Glazed Carrots

*Gourmet farmers' carrots roasted in olive oil, garlic, parsley, and balsamic
Topped with balsamic glaze and fresh herbs*

Grilled Broccolini

Grilled Broccolini with Italian parsley, olive oil, and lemon

Roasted Broccoli

Roasted Broccoli florets with lemon

Baby Bok Choy

Baby bok choy grilled and roasted with sesame seeds, scallions, and soy glaze

Roasted Cauliflower

Cauliflower florets roasted and tossed in brown sugar soy chili sauce

Roasted Root Vegetables

Roasted beets, parsnips, rainbow carrots, sweet potatoes and butternut squash

With extra virgin olive oil and fresh herbs

White Bean & Heirloom Tomato Salad

Cannellini beans, heirloom grape tomatoes, fresh parsley, and red onion

Tossed in fresh squeezed lemon juice and extra virgin olive oil

-Starch Sides-

Penne Vodka

Penne pasta with house made vegan vodka sauce, Topped with basil

Redskin Mashed Potatoes

Baby red skin mashed potatoes made with almond milk, cashew cream and chives

Roasted Baby Potatoes

Baby potatoes roasted with olive oil and fresh herbs until golden brown

Salt & Pepper French Fries

Crispy French fries seasoned with salt and pepper and served with ketchup

Vegetable Risotto

Creamy risotto with seasonal vegetables including carrots, sugar snap peas, asparagus, mushrooms, and zucchini, finished with "farmesan" "cheese"