

-FALL MENU-

PLANT BASED

-Salads-

Harvest Salad

*Mixed greens, roasted pumpkin seeds, butternut squash, pecans
Served with a parsley tarragon vinaigrette*

Roasted Beet

*Arugula, roasted red and golden beets, walnuts, sunflower seeds
Served with lemon rosemary vinaigrette*

Poached Pear

*Arugula, pears poached in red wine, candied walnuts
Served with white balsamic vinaigrette*

Kale Superfood

*Kale, spinach, cranberries, almonds, sunflower seeds, avocado
Served with poppy seed dressing*

-Main Course-

Pasta Alfredo w/ Mushroom

*Fettuccini pasta from **Prica Farina** served in a creamy vegan Alfredo sauce with mushrooms, spinach, and faux parmesan cheese from **Barrett's Garden***

Chickpea and Potato Curry

Curried chickpeas and Baby potatoes with coconut milk, basil, garlic, carrots, And kale. Served with basmati rice, naan bread and lime wedges

Root Vegetable Quinoa

Roasted beets, carrots, parsnips, sweet potato, and cauliflower with rosemary, Red wine, and fresh herbs. Served over quinoa, topped with balsamic glaze

Roasted Carrot and Ginger Soup

Roasted Carrots, ginger, coconut milk, sage and olive oil

Tuscan White Bean Soup

Cannellini beans, kale, garlic, rosemary, and tofu in a rich vegetable broth

-On the Side-

Roasted beets

Roasted red and golden beets, pine nuts, and fresh herbs

Topped with olive oil and balsamic vinegar

White Bean & Kale Salad

Cannellini beans, kale, tomatoes, fresh parsley, and red onion

Tossed in fresh squeezed lemon juice and extra virgin olive oil

Parsnips and Potatoes

Parsnips, potatoes, and sweet potatoes roasted with olive oil and fresh herbs

Crispy Brussel Sprouts

Halved Brussel sprouts seasoned with salt, pepper, and olive oil then broiled until

crispy and tossed with caramelized onions, cranberries and balsamic glaze

Roasted Broccoli w/ Garlic & Lemon

Broccoli florets roasted with garlic and olive oil

Finished with fresh squeezed lemon juice