

VEGAN MENU

SANDWICHES

ROASTED CAULIFLOWER WRAP

Slow roasted turmeric spiced cauliflower, chickpeas, pickled power blend slaw, tahini, and toasted pumpkin seeds

CRANBERRY WALNUT CHICKPEA

Garbanzo beans, walnuts, cranberries, celery, and scallions tossed with a tahini maple vinaigrette

ROASTED RED PEPPER

Tomatoes, roasted red pepper, and arugula with olive basil pesto

ROMA

Artichoke, roasted red pepper, basil, baby spinach, tomatoes, olives, and chive hummus

SALADS

GARDEN

Mixed greens with grape tomatoes, cucumbers, carrots, and purple cabbage. Served with herb vinaigrette

SUPER FOODS DETOX

Chopped broccoli, cauliflower, carrots, kale, parsley tossed with sunflower seeds, almonds, and dried cranberries. Served with maple balsamic vinaigrette

AUTUMN HARVEST PASTA

Orecchiette pasta, roasted apples, celery, kale, dried cranberries, spiced pumpkin seeds and cinnamon citrus vinaigrette

MEDITERRANEAN AVOCADO

Mixed greens with radicchio, chickpeas, black olives, avocado, cucumber, and heirloom tomatoes. Served with herb vinaigrette

VEGGIE CASHEW CRUNCH

Cashews, chopped romaine, shredded red cabbage, carrots, snow peas, edamame, and chow mein noodles. Served with sesame lime vinaigrette

AUTUMN QUINOA

Tricolored quinoa with roasted corn, charred red onions, black beans and grape tomatoes with a chili lime vinaigrette

SALAD DRESSINGS

- Italian vinaigrette
- Herb vinaigrette
- Italian dressing
- Maple cider vinaigrette
- Maple balsamic dressing
- Chili lime vinaigrette
- Cinnamon citrus vinaigrette
- Sesame lime vinaigrette



MEDITERRANEAN AVOCADO

VEGAN MENU

BREAKFAST

BAGELS

With jam or nut butter spread

FRESH FRUIT

Sliced fresh fruit platter, berries & grapes, whole fruit, or fruit salad

HEALTHY START BREAKFAST BOWLS

Oatmeal or Acai Bowl served with choice of 3 toppings: Blueberries, strawberries, bananas, sliced almonds, dark chocolate chips, or coconut shavings

SWEET POTATO HASH

Roasted sweet potatoes, Beyond Sausage, maple syrup, rosemary, and smoked paprika

APPETIZERS & HOT ENTREES

CAULIFLOWER WITH GREEN HARISSA

EVOO drizzled roasted cauliflower served with roasted asparagus over lemon farro and spicy green harissa sauce

TOFU SPRING ROLLS

Tofu in a mirin and rice wine vinegar marinade, with daikon, peppers, carrots, cucumbers, and lettuce. Served with ginger soy sauce

ROASTED VEGETABLE SKEWERS

Grilled zucchini and yellow squash, red peppers, mushrooms and butternut squash

HUMMUS PLATTER

English cucumbers, heirloom tomatoes, baby carrots, and tortilla chips served with Spicy Buffalo Hummus, Green Goddess Hummus, and Sweet Potato Chipotle

DESSERT

FROSTED BROWNIES

Vegan and gluten sensitive brownies with chocolate frosting

DARK CHOCOLATE COVERED STRAWBERRIES

VEGAN MENU

SUSHI

ASPARAGUS SWEET POTATO

Sweet potato and asparagus

CORNUCOPIA

Asparagus, spinach, red and yellow bell peppers, avocado and sweet potato wrapped in rice paper

GREEN "MONSTAH"

Asparagus, Japanese cucumber and avocado with teriyaki sauce and topped with avocado

PUBLIC "GAHDEN"

Avocado, spinach, purple cabbage, brown rice

ROASTED EGGPLANT

Roasted eggplant, asparagus, avocado, topped with crispy toasted pumpkin and sweet soy sauce

STRAWBERRY MANGO

Japanese cucumber, sweet potato and teriyaki sauce topped with mango and sliced strawberry

SWEET POTATO

Sweet potato and tempura bits

AVOCADO CUCUMBER

Avocado and Japanese cucumber with purple cabbage

FALL FOLIAGE

Beets, butternut squash and sweet potato with brown rice

GREENWAY

Roasted beets, sweet potato and avocado with brown rice

RIVERWAY

Baby corn and avocado with brown rice, topped with sliced beets

ROYAL VEGGIE

Asparagus, avocado, carrots with purple cabbage infused rice

SWEET DRAGON

Avocado, oshinko, and spring mix with purple cabbage infused rice and topped with strawberries

SWEET POTATO CUCUMBER

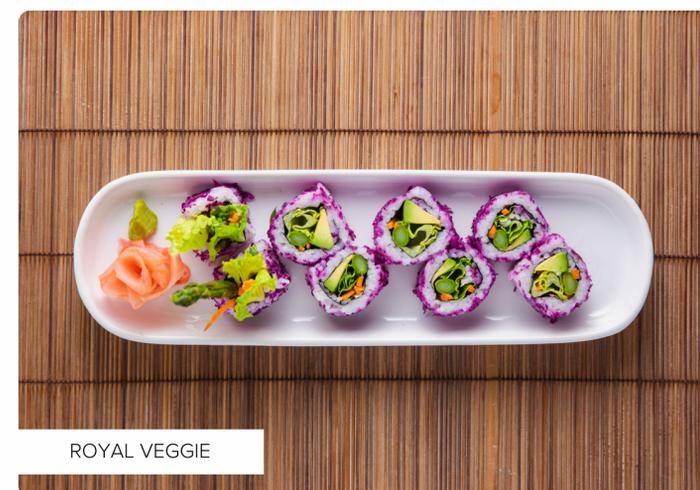
Sweet potato, Japanese cucumber, tempura bits and teriyaki sauce



STRAWBERRY MANGO



GREEN "MONSTAH"



ROYAL VEGGIE