

VEGETARIAN MENU



Indicates item can be modified to be prepared vegan



Indicates item is vegan

BREAKFAST

All breakfast options are vegetarian

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

ROMA

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

CAPRESE

Fresh mozzarella, baby spinach, tomatoes, balsamic reduction and pesto

TABOULEH WRAP

Housemade tabouleh, baba ganoush, cucumbers, spinach, tomatoes, and goat cheese

ROASTED RED PEPPER

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

SWEET CAROLINE

Honey drizzled roasted sweet potatoes, sliced Gala apples, green leaf lettuce and honey mustard poppy seed aioli

SONOMA WRAP

Roasted curry chickpeas, avocado, tomatoes, alfalfa, green leaf lettuce, cucumbers, feta and hummus

GREEN GODDESS



Smoked mozzarella, carrots, cucumber, avocado and greens with green goddess dressing

GARDENER

Roasted broccolini, sliced apple, roasted red pepper, smoked mozzarella, and mint scallion pesto



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SALADS

HARVEST

Apples, dried cherries, spiced roasted pumpkin, candied pecans, goat cheese and mixed greens. Served with maple balsamic dressing

AVOCADO SPINACH

Baby spinach and romaine hearts with avocado, chickpeas, roasted sweet potatoes, hearts of palm and purple cabbage. Served with Italian vinaigrette

SUPER FOODS DETOX

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

MEDITERRANEAN AVOCADO

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

GARDEN

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

AUTUMN HARVEST PASTA

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

TRADITIONAL GREEK

Romaine lettuce with tomato, feta cheese, pepperoncini, cucumbers, Kalamata olives, lemon and parsley. Served with herb vinaigrette

ROCKPORT

Mixed greens with sliced pears, goat cheese, red grapes, dried cranberries and pistachios. Served with honey balsamic dressing

ROASTED CAULIFLOWER FETA

Roasted shaved cauliflower, golden raisins, radicchio, pistachios and feta over mixed greens, arugula and baby spinach. Served with herb vinaigrette

VEGGIE CASHEW CRUNCH

Cashews, chopped romaine, shredded red cabbage, carrots, snow peas, edamame, and crispy onions. Served with toasted sesame vinaigrette

CAESAR

Romaine lettuce with homemade croutons and grated Parmesan cheese. Served with Caesar dressing

STRAWBERRY SPINACH

Baby spinach and mixed greens with strawberries, raspberries, blackberries and blueberries. Served with honey balsamic dressing

AUTUMN QUINOA

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



STRAWBERRY SPINACH

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HOT ENTREES

EGGPLANT PARMESAN

Panko crusted eggplant slices layered with mozzarella and ricotta cheeses, tomato sauce and fresh herbs with Parmesan cheese topping

IMPOSSIBLE BAKED ZITI

Impossible™ plant based beef tossed with ziti, wild mushroom ragu and tomato sauce. Baked with fresh grated mozzarella and parmesan cheese

MEETING THE BUDGET PACKAGE

Your choice of: Macaroni and Cheese, Baked Ziti, Spinach Ricotta Lasagna or Teriyaki Roasted Vegetables with Penne Served with:

- Garden Salad or Caesar Salad
- Bread platter
- Chocolate Trifle or Berry Trifle

BUTTERNUT SQUASH MAC & CHEESE

Butternut squash tossed with a creamy sun-dried tomato, cheddar, mozzarella and parmesan sauce and baked with basil, seasoned panko crumbs, roasted cauliflower and curly kale

CAULIFLOWER WITH GREEN HARISSA

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

QUINOA AND RICE STUFFED PEPPERS

Chipotle seasoned roasted corn, black beans, bell peppers and quinoa topped with cheddar cheese. Served with garlicky string beans and smokey tomato salsa



CAULIFLOWER WITH GREEN HARISSA



BUTTERNUT SQUASH MAC & CHEESE

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*All vegetarian sushi is also vegan unless noted

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

SPICY VEGGIE

Carrot, avocado, Japanese cucumber and asparagus with purple cabbage and spicy mayo

WICKED "SMAHT"

Broccoli, purple cabbage, Milk Street Special Sauce and spicy mayo

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



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APPETIZERS

IMPOSSIBLE BURGER SLIDER

Plant based Impossible beef, Daiya cheddar, lettuce, tomato, pickles and red onions

ROASTED VEGETABLE SKEWERS

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

TOFU SPRING ROLLS

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

PESTO ARANCINI

Crispy arborio rice balls seasoned with basil pesto, stuffed with vegan mozzarella cheese. Served with roasted pepper sauce

CROSTINI TRIO

- Roasted broccoli, cannellini beans and herbed ricotta
- Tomato, basil and fresh mozzarella
- Cranberry, whipped goat cheese and honey

HUMMUS PLATTER

English cucumbers, bell pepper sticks, baby carrots and tortilla chips served with:

- Spicy Buffalo Hummus
- Green Goddess Hummus
- Sweet Potato Chipotle Hummus

FINE CHEESE & CRACKERS

CRUDITES & RANCH DIP

ARTISAN CHEESE PLATTER

Our rotating selection of local and international artisanal cheeses with honey, figs, candied walnuts, and Kalamata olives. Served with a cracker trio

FLATBREAD

- MEDITERRANEAN: Roasted tomato sauce, kalamata olives, pepperoncini, red onion, feta and basil
- SALMON: Cream cheese, Ducktrap River Smoked Salmon, and capers
- CAPRESE: Mozzarella, roasted heirloom tomatoes, basil, and balsamic drizzle

CRUDITES & CHEESE



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THANKSGIVING

WHIPPED POTATOES 

SAUTEED HEIRLOOM BABY CARROTS 

VEGETABLE & HERB STUFFING 

CRANBERRY & LEMON CHUTNEY 

HOLIDAY ENTREES & SALAD

MOROCCAN STUFFED BUTTERNUT SQUASH

Impossible beed sauteed with chickpeas, dried cherries, tomatoes, cheddar cheese, and Moroccan spices. Served over basmati rice and side of tandoori sauce

BUTTERNUT SQUASH MAC & CHEESE

With roasted cauliflower and curly kale

SPICY GRILLED CAULIFLOWER

Chipotle cinnamon and olive oil rubbed cauliflower with citrus roasted rainbow carrots and slow roasted corn, bell peppers, and butternut squash succotash. Served with tandoori sauce.

HOLIDAY SALAD

Pomegranate, sweet potatoes, radicchio, and pistachios over mixed greens with feta cheese. Served with maple balsamic dressing

HOLIDAY APPETIZERS

HOLIDAY CHEESE PLATTER

Assorted seasonal cheeses with honey, figs, candied walnuts, and kalamata olives

SWEET POTATO STUFFED MUSHROOMS

Baked crimini mushrooms with a whipped sweet potato puree and candied pecans, cranberries, and maple

BAKED FIGS WITH HERBED GOAT CHEESE & TORCHED HONEY

Black mission figs stuffed with herbed goat cheese, then drizzled with clover honey and torched

STUFFED ROASTED ARTICHOKEs

Roasted artichoke bottoms stuffed with creamy goat cheese, pecorino, roasted bell pepper, and chives. Served with fire roasted pepper aioli

PUMPKIN FLATBREAD

Artisan flatbread baked with pumpkin puree, butternut squash, cranberries, smoked mozzarella, sage, and arugula, drizzled with honey

SIGNATURE CANAPES

- Ducktrap River smoked salmon with whipped cream cheese and dill
- Camembert with caramelized onions and raspberries
- Goat cheese with mission figs and tarragon

HOLIDAY CROSTINI

- Poached Bosc pear with basil walnut pesto
- Black missions figs, Brie, and chives
- Butternut squash, tarragon, and goat cheese