

VEGAN MENU

SANDWICHES

ROASTED CAULIFLOWER WRAP

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

ROASTED RED PEPPER

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

CRANBERRY WALNUT CHICKPEA

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

VEGAN 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

AVOCADO SPINACH

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

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 crispy onions. Served with toasted sesame 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
- Toasted sesame vinaigrette
- Maple balsamic dressing (seasonal)



MEDITERRANEAN AVOCADO

VEGAN MENU

BREAKFAST

BAGELS

With jam or nut butter spread

ACAI BOWL

Acai with seasonal berries and homemade granola

SWEET POTATO HASH

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

OATMEAL

Oatmeal served with side of cinnamon sugar and raisins

SIGNATURE BREAKFAST POTATOES

Roasted potatoes with peppers and onions

FRESH FRUIT

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

APPETIZERS & HOT ENTREES

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

CAULIFLOWER WITH GREEN HARISSA

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

HUMMUS PLATTER

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

THANKSGIVING & HOLIDAY

WHIPPED POTATOES

SAUTEED HEIRLOOM BABY CARROTS

VEGETABLE & HERB STUFFING

CRANBERRY & LEMON CHUTNEY

SWEET POTATO STUFFED MUSHROOMS

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

DESSERT

FROSTED BROWNIES

Vegan and gluten sensitive brownies with chocolate frosting

TRADITIONAL APPLE CRUMBLE (SEASONAL)

BROWNIES

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

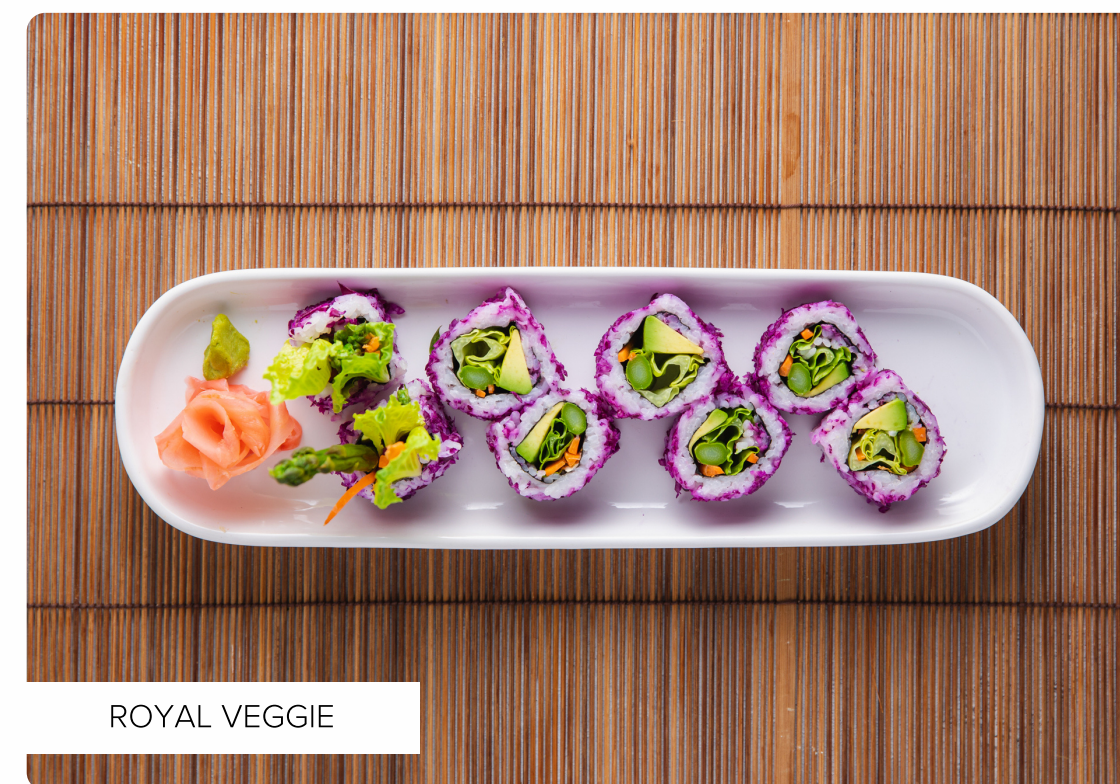
Sweet potato, Japanese cucumber, tempura bits and teriyaki sauce



STRAWBERRY MANGO



GREEN "MONSTAH"



ROYAL VEGGIE