

Menu a la Vernon

Breakfast

Choice of side: Bacon, French Toast, Potatoes, Grits, Mixed Fruit, or Chocolate Croissant, (if I'm feeling nice - must be day in advance)

Omelet with toppings of your choice!



Eggs and Bacon



Vegetarian Meals

Vegetarian #1: Korean BBQ Tofu

Protein: Korean BBQ Tofu

Grain: Brown Rice

Veggie: Stir Fry Veggies

Crispy Korean BarBecue Tofu, nice and soft on the inside. Paired with stir fry veggies over brown rice.

Tasty for tofu, 8/10. Vegan



Vegetarian #2: Stir Fry Tofu w/ Veggies

Protein: Stir Fry Tofu

Grain: Brown Rice

Veggie: Broccoli and Peppers

Crispy Stir Fry Tofu, nice and soft on the inside.

Paired with stir fry veggies over brown rice with YumYum sauce. Very Tasty for tofu, 9/10. Vegan or Vegetarian (Yum Yum Sauce)



Vegetarian #3: Burrito Plato con Maduros

Protein: Refried and Black Beans
Grain: Rice
Veggie: LTO and Avocado

Keeping it simple with a Black Beans, Tomatoes, Avocados, and fried sweet plantain. Personal Favorite, 9/10. Vegan



Vegetarian #4: Vegetarian Hibachi

Grain: Fried Rice w/ Egg
Veggie: Zucchini, Onion, Mushroom

No Picture 😊

It's what it says. It's okay, 5/10.

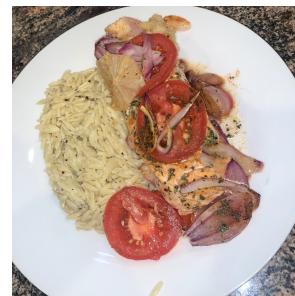
Seafood Meals

Seafood #1: Baked Salmon and Orzo

Protein: Baked Salmon w/ Onion and Tomato

Grain: Orzo

Personal favorite. Steamed Salmon with lemon, onion, and tomato. Well seasoned and cooked medium-well done. Served with Seasoned Orzo, and optional bacon. I rate it 9/10.



Seafood #2: Shrimp Linguini

Protein: Sauteed Shrimp (add Bacon)

Grain: Pasta

Veggie: Broccoli

No Picture 😊

It's what it says and it does the job, 7/10 wiwthout Whole Food's Bacon, 8.5/10 with.

Seafood #3: Salmon and Risotto

Protein: Pan Fried Salmon

Grain: Risotto

Salmon (or any protein) cooked however you'd like, Risotto is wonderful. Cooked with love. Definitely recommend it if you like Risotto, otherwise, pass. 8.5/10.



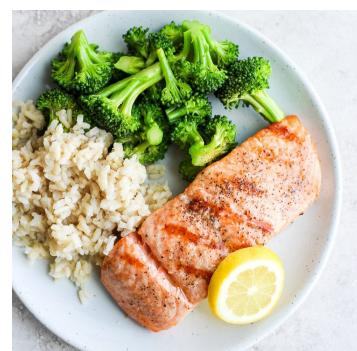
Seafood #4: Grilled Salmon w/ Broccoli & Brown Rice

Protein: Grilled Salmon

Grain: Brown Rice

Veggie: Broccoli

Cute, fun, simple, sexy. 6/10. Does the job.



Seafood #5: Sea Scallops w/ White Wine Sauce

Protein: Scallops (add Bacon)

Grain: White Rice

Veggie: Onions and Shallots

*I kill this sh*t. Sea Scallops cooked with white wine sauce, garlic, shallots, scallions, and red onions. Definitely have to taste. Personal Favorite. Honest 10/10.*



Seafood #6: Grilled Catfish and Orzo

Protein: Grilled Catfish

Grain: Orzo

Blackened, Grilled Catfish (Or Mahi Mahi). Bone apple teeth. Wonderful, 7/10.



Seafood #7: Crab and Shrimp Seafood Salad Sandwich

Protein: Shrimp and Crab

Grain: N/A

DELICIOUS COLD CRAB AND SHRIMP SALAD SANDWICH. The salad contains mayonnaise, mustard, red onion, lemon (shrimp, and crab, of course). Definite 10/10. Great for Warm Days.



Seafood #8: Baked Salmon with Panko

Protein: Salmon

Grain: Brown Rice

Veggies: Stir Fry Veggies

Panko breaded Salmon with a honey, horseradish glaze. Stir fry Korean BBQ veggies. Fun cute, simple, sexy, 9/10.



Meat Meals

Meat #1: Korean BBQ Shaved Steak

Protein: Beef
Grain: Brown Rice
Veggie: Stir Fry Veggies

Meh, not my best dish. 6/10 It's good though.



Meat #2: Korean BBQ Chicken Breast

Protein: Korean BBQ Chicken Breast
Grain: White Rice
Veggie: Stir Fry Veggies

No Picture 😊

Meh, recipe needs some work. Not my best dish.
5/10 It's good though.

Meat #3: Lazy Chicken

Protein: Grilled Chicken Breast
Grain: Orzo
Veggie: Stir Fry Veggies

No Picture 😊

It works. 5/10.

Meat #4: Steak, Potatoes, and Spinach

Protein: Filet Mignon
Veggie: Potato and Spinach

*Bone Apple Teeth. Magnificent. Filet Mignon
cooked to your preferred done-ness, along with
potatoes, and spinach. Especially if paired with a
Bleu Cheese Sauce (homemade), or Green Herb
Sauce, Home made. I rate it 10/10.*



Meat #5: Hibachi Chicken

Protein: Chicken

Grain: Fried Rice

Veggie: Zucchini and Onion

Pretty good and does its job. 7/10.



Meat #6: Korean BBQ Beef Short-Rib

Protein: Beef

Grain: Brown Rice

I do not make this from scratch, thank Trader Joes. However, it is a solid meal nonetheless. 9/10.



Meat #7: Spicy Cajun Pasta

Protein: Sausage (add chicken)

Grain: Pasta

Personally, my favorite meal and recipe that I made myself. Definitely 11/10 and never gets old (:



Meat #8: Chipawtl Bowl

Protein: Chipotle Adobo Chicken

Grain: Pasta

Personally my favorite easy meal that I cook. I love chipotle and this allows me to get extra chicken without having to pay extra. Homemade Pico, and white cheddar cheese. Definitely 11/10



Cheat Meals

Cheat #1: Nacho's w/ LTO Salsa and Refried Beans - Meat and Vegetarian



Cheat #2: Gumbo



Cheat #3: Shrimp and Grits



Cheat #4: Birria Tacos



Cheat #5: Lasagna



Note. All of these are 10/10, maybe even 11/10. I love them so much and that's why they're in this section. Guilty Pleasure. Definitely take a good bit of effort but worth every hour.

Soups

Soup #1 - French Onion Soup



Soup #2 - Butternut Squash Soup (add bacon)

