

Vegetarian

Breakfast, Lunch, Dinner & Snacks for four days plus a Dessert (Includes Dairy)

+ macrobiotic and vegan available upon request +

Breakfast

Breakfast Sandwiches

with avocado, hummus, tomato, cucumber and alfalfa sprouts

Wheatberry Pecan Bowl

served with ricotta, honey and seasonal fruit

Santa Fe Breakfast Bowl

black beans, fresh herbed corn puree, brown rice, avocado and salsa

Granola

made every-other visit

Lunch

2 days of rice bowls, 2 days of "mix-and-match" soups and salads; can be pre-packaged to go

Vietnamese Rice Bowl

spicy lemongrass tofu over spring greens and brown rice with soy lime dressing

Soups

cumin spiced lentil soup with creamed carrots and italian mixed bean soup

Toasted Challah Salad

arugula and dried cranberries in apple cider and honey vinaigrette

Pesto Pasta Salad

with roasted zucchini and toasted almonds

Dinner

*dinners marked with an asterisk * should be eaten on day one or two for optimal freshness*

Quattro di Verdure Spaghetti

Spaghetti with lentils, greens and roasted garlic in a rich tomato sauce

Japanese Kabocha & Noodle Soup

in shiitake mushroom broth with a side of soy ginger marinated tofu

Baked Zucchini *

stuffed with goat cheese and mint with tabbouleh stuffed tomatoes and white bean salad

Thai Stir Fried Mustard Greens

with garbanzo beans and ginger over brown rice with lettuce cups and dipping sauce

Snacks

two snack options for four days

Green Smoothies with Pea Protein

*papaya, kale, apple, avocado and lemon
three part kits: fresh, frozen and coconut water
base (protein or vitamin powders optional)*

Snack Bars

made with dried apricots and cashews

Dessert

one shareable dessert per visit

Pear Galette

with unsweetened cinnamon whipped cream