

Beverages

Desserts

Entrees

ENTREES  
LUNCH &  
DINNER:

Soups & Salads

Appetizers

1. BROWN RICE PASTA WITH KALE, ONIONS, BROCCOLI, GARLIC, SUN-DRIED TOMATOES, CAPERS AND TOFURKY ITALIAN SAUSAGE.
2. RICE OR QUINOA WITH MARINATED BEAN SALAD AND CREAMY GARLIC DRESSING.
3. SAUERKRAUT SEASONED WITH CARAWAY SEEDS WITH SMOKED APPLE GRAIN SAUSAGE AND ROASTED RED POTATOES WITH KETCHUP.



4. SOBA NOODLES WITH STEAMED BROCCOLI AND CARROTS WITH MISO MAYO AND GOMASIO.
5. MISO SOUP WITH MUSHROOMS, DAIKON, CARROTS, WAKAME AND BROWN RICE.
6. SANDWICH ON SLICED BREAD WITH TOFURKY DELI MEAT, VEGAN CHEESE SLICE, MUSTARD, VEGAN MAYO, ONION, LETTUCE AND TOMATO.
7. ITALIAN SANDWICH ON BAGUETTE WITH BRUSCHETTA, TOFURKY DELI MEAT, ONION, LETTUCE AND CHEESE.
8. STEW WITH CABBAGE, POTATOES, KALE, ONIONS, MUSHROOMS, CARROT A LITTLE MISO, SOY SAUCE AND SPICES WITH BROWN RICE OR BARLEY.

9. WRAP ON SPROUTED TORTILLA WITH TAHINI, MASHED GARBANZO BEANS, VEGETABLES, SUN-DRIED TOMATOES, OLIVE TAPENADE AND LETTUCE.
10. TACOS OR BURRITOS WITH CANNED RE-FRIED BEANS, MEXICAN GRAIN SAUSAGE, VEGAN CHEESE, VEGETABLES.



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SNACKS

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Appetizers

1. RICE CRACKER WITH PEANUT BUTTER AND JELLY.
2. EZEKIEL TORTILLA WITH HUMMUS OR RAW GARLIC SPREAD
3. BAQUETTE WITH BRUSCHETTA
4. CHIPS AND SALSA



5. HALF A BAGEL WITH TOFU CREAM CHEESE
6. INSTANT MISO SOUP
7. PICKLE AND TOAST WITH TAHINI
8. PIECE OF FRESH FRUIT AND SOME NUTS
9. APPLE AND PEANUT BUTTER
10. HERB POPCORN

#### ON-THE-GO SNACKS:

1. APPLE SAUCE
2. RAISINS AND NUTS
3. FIG BARS
4. AMAZAKE BEVERAGE
5. VERY GREEN JUICE BLEND
6. GREENS+ CHOCOLATE GREENS BAR

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BREAKFAST  
& DESSERT

Soups & Salads

Appetizers

**BREAKFAST:**

1. TOAST WITH EARTH BALANCE AND FRUIT SPREAD
2. PUFFED CORN/MILLET/KAMUT CEREAL WITH ALMOND MILK AND MAPLE SYRUP MAYBE SLICED STRAWBERRIES



3. TOASTER WAFFLES WITH EARTH BALANCE AND MAPLE SYRUP AND FAKIN BACON
4. RICE CRACKER WITH PEANUT BUTTER AND JELLY
5. SPROUTED BAGEL WITH TOFUTTI CREAM CHEESE
6. PROTEIN POWDER SHAKE WITH GREEN JUICE AND FRUIT

**DESSERT:**

1. COCONUT BLISS ICE CREAM MAYBE ADD GRAIN SWEETENED CHOCLATE CHIPS
2. JARRED PEACHES WITH MAPLE SYRUP, CHOPPED NUTS AND/OR CHOCOLATE CHIPS AND CINNAMON
3. PEANUT BUTTER AND CHOCLAT CHIPS
4. FRESH FRUIT OR A GLASS OF APPLE JUICE