



Vegetarian and Vegan Entrée Options

1. **Grilled Cauliflower Steaks**- Our Most popular dinner entrée. A thick cut of cauliflower seasoned with our spicy fresh rosemary rub and grilled to perfection; topped with a maple-balsamic glaze
2. **Vegetable Stir Fry** – A variety of fresh Spring vegetables stir fried in sesame oil with garlic, ginger, lemon zests, fresh chopped herbs, and vegetable stock; served on brown or Jasmine rice
3. **Butternut Squash Ravioli**- Raviolis filled with butternut squash puree; topped with a coconut-tarragon crème sauce
4. **Grilled Vegetable Lasagna** – A variety of locally farmed fresh vegetables; red onions, yellow peppers, leeks, zucchini, summer squash, and green beans marinated in a lime olive oil blend and grilled; assembled in layers with ricotta cheese and basil-pesto. Topped with shredded Parmesan cheese. There is no pasta in this dish, just vegetables.
5. **Baked Stuffed Portabella Mushrooms** – Large brown capped mushrooms stuffed with a fresh herb stuffing and topped with Béarnaise sauce
6. **Snow Pea and Wild Mushroom Linguine** – Sautéed snow peas and wild mushrooms in garlic infused olive oil with basil, thyme, and fresh thyme, garnished with zests of lemon, fresh chopped parsley and scallions
7. **Penang Vegetable Curry** – Fresh vegetables sautéed in peanut oil with tofu, garlic, ginger, and coconut milk served with sushi rice and garnished with zests of lime and grated coconut
8. **Spinach and Pea Pod sauté with coconut curry sauce**- Sautéed with mushrooms, scallions, spinach, and fresh pea pods, topped with a coconut curried cream sauce; served on fried rice or quinoa
9. **Asparagus and Artichoke Risotto** – Fresh asparagus and artichoke hearts mixed into a creamy risotto with fresh chopped herbs and Parmesan cheese
10. **Roasted Asian Brussel Sprouts** – Fresh Brussel sprouts marinated in Asian herbs and spices and oven roasted to perfection; drizzled with Balsamic-reduction
11. **Boiled Vegetable Dinner** – Red Bliss Potatoes, carrots, turnips, green cabbage, and onions boiled in vegetable stock and topped with fresh herb butter and chopped parsley
12. **Baked Stuffed Cabbage leaves** – stuffed with brown fried-rice and fresh herbs
13. **Baked Stuffed Bell Peppers** – stuffed with a blend of quinoa and Farro wheat pilaf
14. **Mushroom Wellington** – A variety of mushrooms sautéed with fresh herbs and wrapped in puff pastry

Vegan Options

1. Grilled Vegetables with Walnut-Pistachio Pesto Sauce

2. Grilled Fingerling Potatoes with fresh chopped Rosemary and garlic

3. Israeli Couscous with roasted root vegetables – Turnip, carrots, parsnips, sweet potatoes

4. Cannelloni Florentine with red or white mushroom sauce – Spinach and Cremini mushrooms

5. Baked Stuffed Eggplant with Roasted Vegetables and Coconut Cream Sauce

6. Roasted Tofu and Walnut Casserole

7. Asparagus and Chick Pea Frittata

8. Ratatouille with Vegan Parmesan Cheese

9. Baked Stuffed Sweet Potatoes with Broccoli and Chick Peas

10. Baked Stuffed Zucchini with carrots, broccoli, green beans, and toasted pecans

**Food Allergy? Please be advised that any of our food products may contain, or may have come in contact with food allergens, including eggs, fish, dairy, nuts, shellfish, and wheat. If you have anyone in your group that may have any dietary restrictions it is your responsibility to let us know prior to choosing menu items.*



Grilled Cauliflower Steaks