

## Breakfast Bowls

### Breakfast Hash

Gf Sausage-GF Rolled Oats, Pumpkin Seeds, Pecans & Spices / Russet Potatoes / Red Peppers / Spinach / Red Onions / Garlic

### Blueberry Lemon Overnight Oats

Oat Milk / Blueberries / Lemon / Maple Syrup / Vanilla / Rolled Oats / Chia Seeds

## Monthly Favorites

### Superfood Cauliflower Chowder

Roasted Cauliflower / Celery / Spanish Onion / Yukon Gold Potatoes / Cashews / Garlic / Kombu Broth / Tahini / Lemon / Chives / Thyme / Dulse Flakes  
Cal: 297 Carbs: 31g Protein: 8g Fat: 11g

### Poached Pear Salad

Poached Pear / Toasted Pecans / Blueberries / Shredded Kale / Arugula / Maple Balsamic Dressing / Feta "Cheese"  
Cal: 289 Carbs: 12g Protein: 8g Fat: 8g

### Tofu Scallopini

Seared Tofu / Kale / Sun-Dried Tomatoes / Garlic / Spanish Onions / Fresh Rosemary / Cashew Cream-Nutritional Yeast / Lemon / Vegan Butter / Spaghetti Noodles  
Cal 415 Carbs: 47g Protein: 17g Fat: 31g

## Weekly Menu 2.5 – 2.10

### Tuscan Sweet Potato Soup

Cashew & Coconut Cream / Kale / Roasted Red Peppers / Roasted Sweet Potatoes / Crushed Peppers / Nutritional Yeast / Fennel Seeds  
Cal: 327 Carbs: 39g Protein: 11g Fat: 11g

### Greek Salad

Pickled Beets / Kalamata Olives / Red Onion / Cherry Tomatoes / Cucumber / Fresh Greens / Lemon / Oregano / Garlic / Greens / Vegan Feta / Greek Dressing  
Cal: 289 Carbs: 35g Protein: 8g Fat: 9g

### Tandoori Cauliflower Sandwich

Roasted Tandoori Style Cauliflower- Red Curry Paste / Coconut Yogurt / Garlic / Cumin / Paprika / Coriander / Cardamom / Parsley / Capers / Olive Oil & Lemon Juice / Arugula / Dave's Killer Bread  
Cal: 365 Carbs: 11g Protein: 51g Fat: 13g

### Gordita Taco Bowl

Mushroom, Pecan & Cauliflower "Meat" / Kidney Beans / Shredded Cheddar "Cheese" / Salsa / Spinach & Arugula / Roasted Red Peppers / Red Onions  
Cal: 384 Carbs: 41g Protein: 25g Fat: 9g

### Palak Tofu

Cilantro-Lime Rice / Coconut-Spinach Stew / Pan-Seared Tofu / Tomatoes / Ginger / Spices / Naan  
Cal: 226 Carbs: 14g Protein: 13g Fat: 13g

### Eggplant Basil Pasta

Seared Eggplant / Sunflower Seed Basil Pesto / Tomato-Basil Sauce / Fresh Greens / Durum Wheat Spaghetti  
Cal: 424 Carbs: 41g Protein: 9g Fat: 11g

## Sweet of the Week

### Pistachio Loaf Cake

All Purpose Wheat Flour / Pistachios / Spinach / Almond Milk / Apple Cider Vinegar / Coconut Oil / Cane Sugar / Cream Cheese Icing - Powdered Sugar / Vegan Cream Cheese / Vanilla / Almond Milk / Rose Petals

### Peanut Butter Twix Bar

Almond Flour / Coconut Oil / Maple Syrup / Vanilla / Peanut Butter / Dark Chocolate Chips / Himalayan Salt



## Side Dishes

### Mac & "Cheese"

Assorted Pasta / Cashew Cream / Vegan Mayonnaise / Nutmeg / Nutritional Yeast

### Potato Salad

Red Skin Potato / Red Onion / Celery / Vegan Mayonnaise / Grainy Mustard

### Green Bean Casserole

Green Beans / Onions / Garlic / Cashew Cream / Nutritional Yeast / Vegan Mayo / Parsley

### "Crab" Cakes

Chickpeas / Vegan Mayo / Nori / Hearts of Palm / Garlic / Red Onions / Parsley / Nutritional Yeast / Grainy Mustard

### Elderberry Syrup

Organic Ingredients: Elderberries, Local Raw Honey, Rosehips, Echinacea, Cinnamon, Lemon Peel, Orange Peel, Wild Cherry Bark, Star Anise, Cardamom, Mullein Leaves, Artesian Michigan Spring Water