

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



Vietnamese Pho

Mixed Mushrooms / Seared Bok Choy / Sesame Oil / Seared Tofu / Rice Noodles / Fresh Cilantro & Basil / Crushed Red Peppers / Scallions / Cinnamon / Cardamom / Coriander / Clove / Anise / Lime
Cal: 339 Carbs: 36g Protein: 12g Fat 9

Sweet Potato Caesar Salad

Roasted Sweet Potatoes / Toasted Chickpeas / Grated "Parmesan" / Lemon / Spinach / Kale / Arugula / Caesar Dressing
Cal: 289 Carbs: 39g Protein: 9g Fat: 11g

Toona Melt

Chickpeas / Nori / Nutritional Yeast / Fresh Dill / Vegan Mayo / Red Onion / Lemon Juice / Garlic / Coconut Aminos / Dijon / Mustard / Arugula / Vegan Swiss Cheese / Dave's Killer Bread
Cal: 420 Carbs: 38g Protein: 25g Fat: 10g

Weekly Menu 9.25-9.30



"Clam" Chowder

Forest Mushrooms / Yukon Gold Potatoes / Spanish Onions / Garlic / Celery / Thyme / White Wine / Kombu / Nutritional Yeast / Cashew Cream / Scallions / Parsley
Cal: 380 Carbs: 44g Protein: 17g Fat: 8g

Cobb Salad

Crispy Coconut Bacon / Chickpeas / Cherry Tomatoes / Corn / Radishes / Red Onions / Romaine Lettuce / House made Vegan Ranch
Cal: 282 Carbs: 39g Protein: 9g Fat: 10g

Shawarma Bowl

Chickpea Meat & Sweet Potatoes in Shawarma Spices / Red Onions / Cherry Tomatoes / Cucumbers / Shredded Kale / Quinoa / Cashew Tzatziki / Lemon
Cal: 413 Carbs: 41g Protein: 15g Fat: 13g

Argentinian Burger

House-Made Patty- GF Rolled Oats, Pecans, Pumpkin Seeds & Spices / Lettuce / Tomato / Red Onion Remoulade / Side of Chimichurri / Dave's Killer Bread Bun
Cal: 381 Carbs: 53g Protein: 13g Fat: 13g

Vegetable Teriyaki

Broccoli / Cauliflower / Red Onions / Bell Peppers / Bok Choy / Water Chestnuts / House-Made Teriyaki Sauce / White Sesame Seeds
Cal: 249 Carbs: 31g Protein: 11g Fat: 9g

Orange Cauliflower Stir Fry

Bok Choy / Roasted Cauliflower / Broccoli / Red Peppers / Carrots / Pan Seared Tofu / Green Onions / Sesame Seeds / Ginger Sesame Orange Sauce - Orange Juice, Sesame Oil, Garlic, Coconut Aminos & Lime / Brown Rice
Cal: 486 Carbs: 52g Protein: 20g Fat: 14

Garden Pasta

Spinach / Forest Mushrooms / Sundried Tomatoes / Asparagus / Garlic / Crushed Red Peppers / Olive Oil / Pasta
Cal: 340 Carbs: 46g Protein: 12g Fat: 12g

Chili Mac

Kidney Beans / Tomatoes / Poblano Peppers / Bell Peppers / Cheesy Cashew Sauce / Cilantro / Nutritional Yeast / Chili Spices / Hemp Seeds / Assorted Pasta / Kale
Cal: 489 Carbs: 49g Protein: 13g Fat: 11g

Sweet of the Week

Peanut Butter Twix Bars

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



Side Dishes

Mac & "Cheese"

Assorted Pasta / Cashew Cream / Vegan Mayonnaise (Soy Free) / Nutmeg / Nutritional Yeast / Grainy Mustard

Potato Salad

Red Skin Potato / Red Onion / Celery / Vegan Mayonnaise (Soy Free) / Grainy Mustard

Green Bean Casserole

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

"Crab" Cakes

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



Super Elderberry Syrup

Elderberries, Local Raw Honey, Rosehips, Echinacea, Cinnamon, Lemon Peel, Orange Peel, Star Anise, Cardamom, Artesian Michigan Spring Water