Breakfast at the Mirage (Las Vegas)

Eating

Hash browns,
Salsa,
Ketchup,
Oatmeal,
Dry Toast,
Jelly,
Herb Tea,
Juice,
Mixed Fruit



Cheap & Simple Mexican Feast



Whole Pinto Beans

•Steamed Rice

·Salsa

•Homemade Tortillas



·Lettuce, Tomatoes, & Onions

Beans & Rice



Thai Food



Mock Duck (Seitan)with Vegetables& Orange Sauce

•Brown Rice

•Fresh Spring Rolls with Sweet-Sour Sauce

•Green Salad with Garlic Dijon Dressing

Mock Duck with Vegetables





Chinese Food



Steamed Vegetable
 Pot Stickers with
 Ginger Soy Sauce

- •Corn Vegetable Soup
- •Broccoli and Chinese Mushrooms
- •Mandarin Tofu
- •Mu Shu Vegetables with Plum Sauce and Pancakes
- Vegetable Chow Mein
- Brown Rice

Noodles, Rice, Tofu, and Vegetables





Italian Foods



Pasta, Pizza, Salad, & Soup

•Mixed Greens with
Balsamic Vinegar
•Potato Leek Fennel
Soup with Pears
•Corkscrew Pasta with
Artichoke Hearts,
Olives, &
Marinara Sauce
•Pizza-Roasted Garlic,
Red Peppers,
& Onions





Fine Japanese Cuisine

Eating



Udon Vegetable Soup

•Miso Soup

•Sushi (vegetarian)

Futo maki Horenso (spinach) Kappa maki (cucumber) Oshinko roll (radish) Kampo

•Sunomono (salad)

•Edamame (soy beans)

Beans, Noodles, Rice & Vegetables





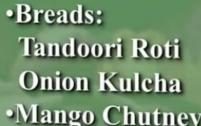
Sizzling Spicy Indian Food

Eating

Garbanzos, Cauliflower, and Potato



- •Aloo Gobi Masala (Cauliflower and Potato)
- •Chana Pindi (Garbanzo Beans)
- ·Pulao Rice
- Tandoori Roti Onion Kulcha •Mango Chutney







Where's The Beef Burger



•Grain-based Burger on a Wheat Bun

Veggie Burger with Trimmings

- •With Lettuce, Onions, Pickles, and Tomatoes
- •Topped with Mustard, Relish, and Ketchup





·Garlic Mashed Potatoes

Fast Vegetable Sandwiches

Eating



•Whole Grain Breads

•Lettuce, Tomatoes, Onions, Pickles, Olives, Green Peppers, Sprouts, Pepperoncinis

•Mustard & Vinegar







No Mayonnaise or Cheese

Eating Out - A Way of Life



Think Ethnic

- Ask Questions
- *Never Give Up

