



Organic • Gluten-free • Vegan

We look forward to nourishing you!

Eat Better ♥ Feel Better

We satisfy the hearty eater, those with food sensitivities, and fitness enthusiasts alike!

this menu is gluten free & can add your bread as well. These meals are vegan nad cheese can also be added

Salads

- **Super Salad** - With grated carrots, purple cabbage, clover (or other sprouts) with a balsamic vinaigrette.
- **Purple Goddess Salad** - Cabbage, carrots, beets, kale, parsley, dulse, and Kalamata olives; marinated in an apple cider dressing.
- **"Kreemy"Kale Salad** - With carrots, celery, and sesame seeds; marinated in a tamari-ginger sauce.
- **Vegan Greek Salad** - Spinach, romaine, cucumber, tomatoes, and Kalamata olives; with a walnut "kreem".
- **Golden Potato Cauliflower Salad** - With kale and parsley in a turmeric-olive oil-lemon dressing.
- **Festive Pasta Salad** - A festive (lentil brown & rice) pasta salad with assorted seasonal vegetables.
- **Pasta Primavera** - With red bell pepper, carrots, parsley, basil, and cherry tomatoes.
- **Marinated Beet Salad with arugula**
- **Kale with Roasted Butternut and Red Cabbage in a ginger coconut sauce**
- **Green Beans Almondine**

Additional choices upon request

Cooked

- **The Lasagna**- layered with pumpkin, greens, coconut cashew cheez, greens herbs & tomato sauce served with green bean almondine.
- **Roasted Roots & Kalo**- Potatoes, carrots and beets with Herbs de Provence.
- **Taco Bar with Black Beans, Latin Brown Rice , chili coconut cheez, tortillas, greens, spico de gallo**- With sautéed mini veggies for flavor and color.



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- **Middle Eastern Platter** - Hummus, quinoa Tabbouleh, dolmas, baked falafel, tomatoes, cucumbers, olives, and flat-bread.
- **Mystic Pizzas** - With lots seasonal vegetables coconut cashew "cheez" ulu , cassava crust
- **Mashed Cauliflower Potatoes** - With shiitake mushroom gravy.
- **Vegetable Kebabs** - With shiitake mushrooms marinated in a rosemary and thyme sauce.served with rice , served with veggie lentil dish
- **Asian Stir (not fry)** - Assorted seasonal vegetables , kalo with brown rice; in a ginger-tamari sauce with adzuki beans
- **Thai Eggplant & Basil** - Served with brown rice, rice & mung beans
- **Veggie Pasta** - With seasonal vegetables.
- **Vegetable Curry** - With squash, lots of fresh vegetables in a fresh coconut sauce, rice & lentils
- **Shiitake Chow Mein** - Brown rice & millet noodles, assorted vegetables, mushrooms ginger, and toasted sesame oil
- **Vegetable Quinoa Lentil Loaf** - Hardy and nourishing with assorted vegetables.
- **Baked Cauliflower Mushroom Casserole** - With a "kreem" sauce.
- **Latin Bar** - Black beans, pico de gallo (fresh salsa), guacamole, grilled veggies, brown rice, burger bites, "kreemy chili (flavorful, not spicy)sauce, fresh salad greens, and tortillas.
- **Italian delight-** Spaghetti with homemade veggie lentil "meet balls", tomato sauce , side of steamed veggies marinated baked kalo & garlic bread
- **Americana-** Mushroom burgers with lentils, kalo& squash, homemade sprouted buckwheat bread, side of steamed greens, cassava baked fries, cheese,

Soups

- **Squash, Greens with ginger**
- **Tomato & Lima Bean**
- **Lentil Veggie**
- **Vegetable minestrone**
- **Kichari**
- **Indian Dahl**

Additional choices upon request

Breakfast Items-homemade

- **coffee, tea**
- **homemade, fresh oat & coconut milk Almond as well if you want**



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- toast
- fruit
- Tropical gold muesli with turmeric, cinnamon & ginger
- granola
- scrambled eggs with veggies
- oatmeal

Fresh Beverages

- **Liquid Sunshine**-fresh Turmeric, Ginger, Lemon & Honey
- **Liquid sunset**-with hibiscus , orange & ginger & honey
- **Mint Lemon Zinger**
- **Herbal Chai** - With coconut "melk" and coconut sugar.
- **Yerba Matte Latte** - With coconut "melk" and coconut sugar.
- **Assorted Herbal Teas**

Additional choices upon request

Desserts

Cooked- seated with coconut sugar

- **Chocolate Chip Zucchini Cookies** - An all-time favorite!
- **Oatmeal Cookies**
- **Super Brownies-with brown rice flour**
- **Carrot Cake** - With cashew & lemon frosting.
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Raw

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- **Raw Brownies** - With walnuts, and sweetened with figs.
- **Raw Chocolate Volcanoes**
- **Coconut Almond Cacao Macaroons**
- **Green Power Balls** - Sprouted seeds and nuts with our super food mix, and sweetened with raisins and dates.
- **Sesame Ladoo's** -with mango sweetened with dates & honey
- **Cacao coconut pudding**

Additional choices upon request