



## BREAKFAST

**Vegetable Frittata**- mushrooms, broccoli, cheddar, and herbs

**Grass-fed Turkey and Vegetable Frittata**- spinach, onion, red peppers, fontina

**Egg “Muffins”**- mini frittatas with a variety of fillings

**Crustless Quiche**- spinach and goat cheese or sun dried tomato and feta

**Enoki Mushroom Pancakes**- eggs, scallion, carrot, kimchi, sriracha maple syrup

**Smoked Salmon** – whipped cream cheese, capers, pickled shallots, dill, flatbread cracker

**Almond Flour Pancakes**- eggs, almond flour, cinnamon, dark berry compote

**Oat Pancakes**- whole oats, cottage cheese, eggs, seasonal fruit

**Steel-Cut Oatmeal**- cinnamon, pecans, clover honey, seasonal fruit, chia seeds

**Oat Bran Muffins**- whole oats, oat bran, applesauce, walnuts, dried currants, spices

## ENTREE SALADS

*Choose a protein*

Free-range chicken

Grass-fed beef

Wild Alaskan salmon or tuna salad

Soft-boiled free range eggs

Baked marinated organic tempeh or tofu

Steamed organic edamame

Roasted chickpeas

Choose Salad

**Classic Caesar Salad**- romaine lettuce, homemade Caesar dressing, Parmesan

**Nicoise Salad**- green beans, sliced new potato, pickled onion, cherry tomatoes, red wine vinaigrette

**Marinated Kale Salad**- zucchini, tomatoes, lemon-tahini dressing, pepitas

**Mixed Green Salad**- baby tomato, sliced onion, cucumber, balsamic dressing

**Thai Style Salad**- cucumber, carrot, chili, Boston Bibb lettuce, sweet and sour vinaigrette

**Buffalo Salad**- celery, cucumber, carrot ribbons, spicy Buffalo style vinaigrette

## SOUPS

*Most soups can be made Vegan, Vegetarian, or with an added protein*

**Chilled watermelon**- coconut, ginger, jalepeno, tomato

**Gazpacho**- tomato, garlic, cucumber, sherry vinegar

**Coconut Red Lentil** - ginger, fresh herbs, coconut cream

**Curried Cauliflower** - roasted cauliflower, Indian spices, cilantro, chicken stock

**Kale and Sweet Potato Soup**- wilted kale, roasted sweet potato, aromatics herbs, chicken stock

**Quinoa-Vegetable Soup**- carrots, parsley, fennel, celery root, vegetable stock

**Grass-fed Beef and Barley Stew**- stewed beef, carrots, onions, tarragon

**Grass-fed Turkey and White Bean Chili**- navy beans, aromatics herbs, chili powder, cumin

**Chicken and Mushroom Immune Enhancing Soup** - homemade chicken broth, mirepoix, mushrooms, astragalus root

## VEGETARIAN ENTREES

**Squash Pasta**- zucchini "noodles", roasted red pepper pesto, spinach, baby portabello mushrooms

**Lettuce Wrap Tacos** – mushroom/tofu/tempeh/bean with pickled vegetables, cilantro, and jalapeño, or with brown rice, salsa, and freshly made guacamole

**Roasted Chickpeas and Quinoa**- lemon-dill quinoa, currants, cucumber tzatziki, green beans

**Green Coconut Curry**- tofu/tempeh/chickpea with eggplant, spinach, herbs, basmati rice

**Red Coconut Curry**- tofu/tempeh/chickpea with broccoli, bok choy, bean sprouts, basmati rice

**Indian Style Dosa**- sweet potatoes, paneer cheese, red chili, coconut chutney, curried cauliflower

**Portobello Mushroom "Pizza"**-ricotta, mozzarella, tomato sauce, arugula salad

**Enoki Mushroom Pancakes**- eggs, scallion, carrot, kimchi, roasted Brussels sprouts

**Vegetable Frittata**- mushrooms, broccoli, cheddar, and herbs, served with fresh salad

## ENTREES

### *Choose a protein*

Free-range chicken  
Grass-fed beef  
Braised short ribs  
Grass-fed lamb  
Wild Alaskan salmon  
Organic tempeh or tofu  
Grass-fed chicken, turkey, or beef meatballs

### Choose your preparation of protein

Romesco  
Chimichurri  
Smoked paprika  
Basil-pesto  
Lemon-garlic  
Sundried tomato and olive tapenade  
Red or green coconut curry  
Indian curry  
Herbed-yogurt  
Simple salt and pepper  
Lettuce wrap "tacos"

### Choose 1-2 sides OR a double portion of 1 side

Cauliflower "rice" and beans  
Arugula or Romaine salad with balsamic vinaigrette  
Fava bean and tomato salad  
Cauliflower "mashed potatoes"  
Sesame broccoli  
Sautéed kale, spinach, or Swiss chard with garlic and lemon  
Spinach paneer (Indian fresh cheese)  
Cucumber ribbons with spring peas and feta  
Zucchini "pasta" with tomato or pesto sauce  
Roasted Brussels sprouts  
Roasted wild mushrooms  
Roasted tender root vegetables  
Jicama "potato salad"  
Spaghetti squash, zucchini and tomatoes  
Fire-roasted tomatoes with feta cheese  
Kamut berry salad  
Quinoa tabbouleh  
Biryani pilaf with peas  
Bulgur wheat salad  
Brown rice

