

## Good For You Gourmet Gluten & Dairy free Pescatarian Master Menu

Entree	Side Starches
<p><b>Stroganoff:</b> with cashew butter sauce, loaded w/mushrooms, sweet bell peppers, greens &amp; onions. Choose your protein: 1) organic tempeh; 2) organic firm tofu; 3) prawns; 4) wild salmon</p>	<p><u>Choice of side starches ~ choose any two:</u> 5) wild rice blend; 6) brown OR 7) white basmati; 8) gluten free pasta, assorted; 9) high protein soy or lentil pasta; 10) baked potato or home fries.</p>
<p><b>Winter Squash Alfredo:</b> with cashew butter Alfredo sauce, winter squash, sweet peas, sweet bell peppers, spinach, carrots &amp; celery. Choose your protein: 1) organic tempeh; 2) organic firm tofu; 3) prawns; 4) wild salmon</p>	<p><u>Choice of side starches ~ choose any two:</u> 5) wild rice blend; 6) brown OR 7) white basmati; 8) gluten free pasta, assorted; 9) high protein soy or lentil pasta; 10) baked potato or home fries.</p>
<p><b>Coconut Curried Chickpea, Spinach &amp; Broccoli:</b> coconut &amp; green or yellow curry base, yellow onions and leeks, chickpeas, spinach and broccoli. *comes with fried lentil pappadums, plus clients choice of side starch</p>	<p><u>Choice of side starches ~ choose any two:</u> 1) wild rice blend; 2) brown OR 3) white basmati; 4) gluten free pasta, assorted;</p>
<p><b>Spaghetti</b> organic tomato sauce, onions and herbs with choice of side starch and protein. Choose your protein: 1) organic tempeh; 2) organic firm tofu; 3) prawns; 4) organic Sol Ground 'meatballs'</p>	<p><u>Mix of side starches - choose any two:</u> 5) wild rice blend; 6) brown OR 7) white basmati; 8) gluten free pasta, assorted</p> <p><u>Comes w/Side Veg:</u> 9) steamed greens, OR 10) roasted/steamed green beans/broccoli/zucchini</p>
<p><b>Curried Butter Beans:</b> well simmered, medium spiced, loaded with green beans and Indian spices and clients choice of protein. *Made with cashew butter cream sauce instead of cow dairy</p>	<p><u>Choice of side starches ~ choose any two:</u> 1) wild rice blend; 2) brown OR white basmati; 3) Jasmine rice</p> <p><u>Choose your beans:</u> 1) Chickpeas; 2) Lima Beans</p>
<p><b>Mussamen Sugar Snap Pea &amp; Sweet Potato Curry</b> sweet potatoes &amp; sugar snap peas in mild green, medium red, or hot yellow curry coconut sauce, with choice of protein. *comes with fried lentil pappadums plus choice of side starch</p>	<p><u>Choice of side starches ~ choose any two:</u> 1) Wild Rice Blend; 2) Brown OR White Basmati; 3) Jasmine Rice; 4) brown rice noodles</p> <p><u>Veggie Protein:</u> 3) extra Snap Peas; 4) Chickpeas or Lima beans</p>
<p><b>Asian Veggie Saute</b> snow peas, sweet bell peppers, broccoli, Asian greens in orange ginger sauce</p> <p>Choose your protein: 1) organic tempeh; 2) organic firm tofu; 3) prawns; 4) edamame beans</p>	<p>Choose any two: 5) wild rice blend; 6) brown OR 7) white basmati; 8) Jasmine rice; 9) brown rice noodles</p>

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<p><b>Maitake Mushrooms in Asian Brown Sauce</b>, with onions, sweet bell peppers, carrots or yams, celery and bok choy.</p>	<p>Choose any two: 1) wild rice blend; 2) brown OR white basmati; 3) Jasmine rice; 4) brown rice noodles</p> <p>Veggie Protein choices: 1) Tofu OR Tempeh; 2) Edamame Beans;</p>

Soups, Stews, Chillies & Chowders
Maitake Mushroom, Vegetable & Barley OR Wild Rice Soup, with red onion, sweet bell peppers & zucchini, *tomato-free
Veggie Noodle Soup: choose 1) traditional Italian with GF penne pasta OR Wild Rice; OR 2) Asian style w/ginger and Asian veggies and GF buckwheat soba noodles
Potato Lentil & Leek Soup: tender red potatoes and leeks, veggie version with lentils
Manhattan Wild Salmon Chowder: roasted sweet bell peppers, zucchini in a tomato herb broth
New England Clam OR Wild Salmon Chowder w/cashew butter base
Mussamen Red Coconut Curry & Sugar Pea stew: chunky, with sweet potatoes: veggie version with chickpeas
Minestrone Italian many bean soup with wild rice, garlic, herbs, lots of veggies
Curried Split Red Lentil Dahl tender red lentils, curried stewed tomatoes, chard, celery, carrots/yams
Coconut Curried Chickpea, Spinach & Broccoli Stew
Kichadi (Ayurvedic mung bean stew), seasonal veggies, greens and Indian spices.
Beef/Bison & Mushroom Stew: traditional broth loaded w/sweet pots, carrots, gr. peas & onions.
Cajun Potato Corn Chowder, thick with red potatoes, carrots, celery and partially macerated corn kernels with choice of 1) cashew butter cream OR 2) rice/almond milk base.
Smoked Split Pea Chowder w/onions, carrots, sweet potato
Ginger Black Bean Chili, w/onions, yams, celery, stewed tomatoes
Pinto Bean Chili w/stewed toms, onions, celery, sweet potato.

Casseroles
<b>Roasted Garlic Polenta</b> choice of proteins in Tomato Ragout: <u>Veggie</u> : 1) White Beans; 2) Lima Beans
<b>Shepherds Pie</b> w/peas & carrots, onions, garlic & herbs, topped mashed potatoes & yams, oyster mushroom gravy. <u>Protein</u> : 1) lentils; 2) gmo-free Sol Ground

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Casseroles
<b>Roasted Yam &amp; Black Bean Quesadillas OR Enchiladas</b> in gluten-free tortillas, choice of organic white cheddar, dairy-free Veganrella or Daiya cheddar, served with mild salsa. <u>Choice of Protein</u> 1) Wild Salmon; or 2) Halibut, 3) Prawns
<b>Organic Pot Pie</b> , loaded w/carrots or yams, peas, onions and celery, w/dairy-free cashew butter sauce, w/brown rice flour & rolled quinoa flake crust (crust on top only) <u>Veggie</u> : 1) tofu or tempeh; 2) chickpeas
<b>GF Crust Pizzas</b> w/choice of goat, OR cow mozzarella, OR Daiya. Meat: 1) <u>Veggie Sausage Lovers</u> w/meatless sausage, orange bell peppers, braised greens & mushrooms; 2) Vegetarian: roasted seasonal veggies, kale or chard, pine nuts.
<b>Traditional Lasagna</b> with GF lasagna pasta, tofu OR mashed chickpeas (instead of cottage cheese) & spinach; roasted seasonal veggies, and choice of protein layer: <u>Veggie</u> 2) layer of sauteed & seasoned mushrooms instead of meat; 3) lentils/black beans. Topped with goat mozzarella cheese, OR Daiya, OR cashew butter sauce
<b>Moussaka</b> , layers of roasted eggplant, seasoned mushrooms, tomato sauce & onions, with several protein choices. <u>Veggie</u> : 5) lentils; 6) black OR pinto beans. All topped w/potato yam whip.

Grains & Bean Winter Salads ~ some may be served warm
<b>Wild Rice &amp; Mushroom</b> : tender shiitake, sw. bell peppers, gr. onions mirin vinaigrette
<b>Roasted Beet &amp; Green Bean Salad</b> : tender beets, blanched green beans, red onions, malt vinaigrette
<b>Spinach &amp; Mushroom Salad</b> : org baby spinach, org baby portabello mushrooms, red onions, toasted hazelnuts. Choice of 1) Little Creek org dressing w/poppy seeds, or 2) Mood Maker *served warm
<b>Winter Apple Slaw</b> : root veggies and organic apples w/org. DF mayo dressing, dried blueberries
<b>Carrot Raisin Coleslaw</b> w/org. dairy-free mayo, pumpkin & sesame seeds
<b>Snow Pea &amp; Bean Sprout Salad</b> with organic peanut ginger dressing
<b>Cucumber Sprout, Avocado &amp; Bell Pepper Salad</b> with garlic chili flax oil & lime dressing
<b>Soba Noodle Salad</b> , cucumber, red bell pepper, cashews with lime & garlic chili flax oil dressing
<b>Moroccan Yam Salad</b> w/raisins & gr onions, walnut dukka, spiced lemon lime dressing
<b>Quinoa Tabbouleh</b> with lemon, mint & olive oil dressing ~ two secret ingredients:)
<b>Summer/Winter Apple &amp; Gr. Bean Salad</b> w/sw. bell peppers, Honey & Tarragon dressing

Any questions, visit our website for more details: [www.gfyg.ca](http://www.gfyg.ca)  
Text or call Chef Laura @ 250.514.1544

