

Omnivore Master Menu with Casseroles, Entrees, Soups/Stew & Chowders, and Buddha Bowls, all mildly spice. No tempeh or green bell peppers. Include organic cow dairy, goat dairy, and dairy free cashew butter based options.

Casseroles no side dishes
Braised 1) Beef OR 2) Lamb, in Italian Tomato & White Bean Ragout , with choice of side starch 3) wild rice; 4) roasted garlic polenta; 5) Kamut penne or linquine
Shepherds Pie w/peas & carrots, onions, garlic & herbs: <u>Choice of protein</u> : 1) org. gr. beef, or 2) gr. lamb. <u>Choice of</u> : 3) plain beef, or 4) mushroom gravy on the side. <u>Topped with</u> : 5) traditional mashed Russets, or 6) lower carb mashed Sweet Potatoes & Cauliflower (contains egg)
Roasted Yam & Black Bean Quesadillas in whole grain tortillas & organic white cheddar, served with mild salsa. Vegetarian as is, <u>OR ADD Mexi-Meat</u> : 1) organic Chicken Thigh meat; 2) organic ground Beef; 3) unmedicated Ground Turkey, or 4) Garlic Chili Lime Prawns
Spelt flour Chicken Pot Pie , loaded w/carrots, peas, onions and celery, and diced organic chicken 1) thigh OR 2) breast meat. Choice of 3) organic cream sauce, or 4) DF cashew butter sauce
Traditional layered Lasagna with seasoned organic ground beef on bottom layer, and kamut pasta <u>Middle layer</u> : 1) cottage cheese & spinach; OR 2) DF/lower carb chickpeas & spinach. <u>Third layer choice of</u> : 3) roasted sweet bell peppers, OR 4) garlic and herb sautéed brown mushrooms. <u>Topped with</u> : 7) organic mozzarella; OR 8) goat mozzarella cheese
Moussaka , choice of <u>Meat</u> : ground 1) lamb, 2) organic beef, or 3) free-range turkey. <u>Topped with</u> : 4) traditional mashed Russets, or 5) lower carb mashed Sweet Potatoes & Cauliflower (contains egg)
Mexican White Fish Quiche spelt flour crust filled with seasonal white fish, green onions, cilantro, organic cream & free-range eggs. Topped with 1) white goat cheddar cheese, or 2) organic white cow cheddar, grated, with mild 4) red tomato, or 4) green tomatillo salsa on the side. <i>*Also available with lower dairy content by subbing in cashew butter cream sauce</i>
Crustless Quinoa & Kale Quiche with quinoa, free-range/organic eggs, chopped kale, organic cream cheese and green onions. Comes with sweet bell pepper sauce on the side. <i>*Also available dairy free, with cashew butter cream in the quiche, and DF Sour Supreme in the sauce</i>

Meat-based Entrees with sides - protein in a marinade or veggie loaded sauce, with choice of side starch

Protein Main	Side Starch ~ select one...
Italian Lemon & Herb Oven-roasted Chicken Thighs & Legs, with jus	<u>Side Starch, choice of</u> : 1) Lundberg Wildrice pilaf; 2) Brown Basmati OR 3) Quinoa Pilaf with red onions, celery sweet bell peppers and green peas; <u>Veggies</u> : 4) Roasted Broccoli, OR 5) Blanched Green Beans
Sweet & Sour Chicken Thigh meat & Asian Veggie sauce	<u>Side Starch</u> : 1) Brown Basmati Rice; 2) Short Grain Brown Rice, or 3) Brown Rice Noodles
Turkey Chili with Kidney Beans, tomato base, w/ unmedicated ground turkey, loaded with veggies	<u>Side Starch, choice of</u> : 1) grilled organic Corn Polenta with roasted garlic, 2) Red Bell Pepper & Basil Buckwheat Corn Bread; 3) organic Brown Basmati rice, or 4) Wild rice Blend

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Protein Main	Side Starch ~ select one...
Cajun Gumbo with Prawns, organic Thigh meat, w/tomato base, saffron & okra (if okra not available, we use green beans)	<u>Side Starch:</u> 1) Brown Basmati Rice OR 2) brown OR white Quinoa; 3) Kamut spaghetti OR Linguine; or 4) cooked Spaghetti squash
Black Bean, Beef & Ginger Chili, loaded with veggies	<u>Side Starch, choice of:</u> 3) grilled organic Corn Polenta with roasted garlic, 4) Red Bell Pepper & Basil Buckwheat Corn Bread; 5) Brown Basmati rice; 6) Wild rice Blend
Meditarranean stuffed Chicken Thighs, (boneless) w/rosemary & parmesan, caramelized leeks & goat chèvre	<u>Side Starch:</u> 1) Greek Lemon & Herb Brown Basmati rice; OR 2) white Quinoa Pilaf <u>Clients choice of:</u> 3) blanched Green Beans, or 4) roasted organic Broccoli on the side
Tomato, White Bean and Beef Italian Tomato Ragout with choice of starch & veg	<u>Side Starch, choice of:</u> 1) grilled organic Corn Polenta with roasted garlic, 2) Red Bell Pepper & Basil Buckwheat Corn Bread; 3) Brown Basmati rice; 4) Wild rice Blend <u>Clients choice of:</u> 5) blanched Green Beans, or 6) roasted Seasonal Veg

More Entree options	Side Starches
Stroganoff: choose 1) dairy, OR 2) cashew butter sauce, loaded with sweet bell peppers, green peas & onions, and choice of: <u>Meat:</u> 3) Free-range Chicken Thigh meat & Mushroom; 4) Organic Beef & Mushroom.	<u>Choice of starch:</u> 5) wild rice blend; 6) brown basmati; 7) Kamut Linguini or Spaghetti; 8) white OR 9) red quinoa
Seasonal Alfredo: sweet peas, chard/spinach & celery, leeks or shallots and garlic in choice of 1) organic dairy-based, or 2) DF cashew butter sauce based Alfredo Sauce, with choice of protein: 1) chicken thigh meat; 2) chicken breast, or 3) prawns	<u>Choice of side starch:</u> 4) wild rice blend; 5) brown basmati; 6) GF penne/linguini or spaghetti; or, 7) Kamut penne/linguine; 8) white OR 9) red quinoa
Coconut Curried Chicken, Chickpea, Spinach & Broccoli. Full flavored coconut mild curry sauce, chock full of free-range chicken 1) thigh OR 2) breast meat, broccoli and chickpeas	<u>Choice of side starch:</u> 3) wild rice blend; 4) brown basmati; OR 5) brown rice Pad Thai noodles
Spaghetti w/Meatballs, herb and garlic rich tomato sauce, tender meatballs over clients choice of starch. <u>Choose protein:</u> 1) organic ground beef; 2) ground lamb, or 3) free-range ground turkey	<u>Choice of side starch:</u> 4) Kamut spaghetti/penne/linquine pasta; 5) grilled organic roast garlic polenta; 6) cooked Spaghetti squash 'noodles'
Butter Chicken well simmered, mild spiced, loaded with Indian spices and organic chicken 1) thigh OR 2) breast meat	<u>Choice of side starch:</u> 3) wild rice blend; 4) brown basmati rice. Comes with side of blanched green beans.
Mussamen Sugar Snap Pea Curry sugar snap peas in mild red curry coconut sauce, with choice of: <u>Meat:</u> 1) Free-range Beef; OR 2) Lamb, cubed	<u>Choice of side starch:</u> 3) Wild Rice Blend; 4) Brown Basmati; 5) white OR 6) red quinoa, or 7) roasted Sweet Potatoes

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Asian Orange Ginger Veggie Saute snap peas, sweet bell peppers, carrots, broccoli, Asian greens & mushrooms in orange ginger sauce. <u>Meat:</u> 1) organic s/l, b/l Chicken thigh OR 2) breast meat; 3) Free-range Beef, strips, or 4) prawns	<u>Choice of starch:</u> 5) brown OR 6) black rice Pad Thai noodles; OR 7) Brown Basmati
Mushroom & Meat in Asian Brown Sauce, w/onions, bell peppers, carrots, celery bok choy. Choose: 1) organic Chicken thigh OR 2) breast meat; 3) Organic Beef, 4) Prawns	<u>Choice of starch:</u> 5) brown OR 6) black rice Pad Thai noodles; 7) Brown Basmati
BBQ Jamaican Jerk Chicken, Spicy Black Beans, and Grilled Pineapple rings, PLUS choice of one side starch *client must have BBQ for this dish	<u>Side Starch options:</u> 1) Wild rice Pilaf; OR 2) Roasted Yam & Yellow Onions, or 3) Grilled Plantains (plantains subject to market availability)

Soups, Stews, Chilies & Chowders
Beef Mushroom & Vegetable Stew, with organic beef, mushrooms, celery peas & carrots, tomato free
Beef Vegetable & 1) Wild Rice OR 2) Quinoa Stew, with free-range beef, stewed tomatoes, celery, carrots and garlic
Chicken Sun-dried Tomato & Wild Rice Stew, leeks, celery, peas, sun-dried tomatoes, wild rice and organic chicken thigh meat in a hearty herb & garlic broth
Low carb Cock-A-Leekie Cauliflower & Chickpea Soup, free-range chicken thigh meat, cauliflower, chickpeas, leeks & garlic, celery & zucchini
Chicken Florentine Soup: chicken thigh meat, lentils, spinach, lemon pepper & pinch of nutmeg in an organic 1) cow dairy OR 2) DF cashew butter cream base
Manhattan Wild Salmon Chowder: fire roasted tomatoes & zucchini in herb & garlic broth, loaded with chunks of wild salmon, fresh 1) dill OR 2) tarragon, and lemon pepper seasoning, DF
New England 1) Wild Salmon; 2) Clam OR 3) Mixed Seafood Chowder with shallots, celery, carrots & peas, in choice of 1) organic cow dairy cream base, or 2) DF cashew butter cream base with fresh tarragon & lime zest seasoning
Mussamen Red Coconut Curry 1) Beef OR 2) Lamb stew, chunky medium coconut curry base with sweet pea pods and 1) lower carb sweet potato, or 2) low carb cauliflower florets, DF
Ginger Black Bean & ground 1) Beef OR 2) Lamb Chilli, w/onions, garlic & ginger carrots, celery, tomato-base
Coconut Curried Split Red Lentil & Free-range Chicken Dahl tender soft cooked red lentils, roasted free-range chicken thigh meat with coconut milk, chard, celery, carrots/yams
Coconut Curried Chicken, Chickpea Spinach & Broccoli Stew: with chicken thigh meat
Split Pea & Lamb Chowder w/onions, garlic, carrots & celery, with fresh oregano
Split Pea & Smoked Salmon Chowder w/onions, garlic, carrots & celery, w/fresh 1) dill or 2) tarragon

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Soups, Stews, Chilies & Chowders
Kichadi: Ayurvedic mung bean & basmati rice curry stew , with chicken thigh meat, loaded with seasonal veggies/greens and Indian spices.
1) Beef OR 2) Lamb Stew: loaded w/carrots, green peas & sweet potatoes, celery, garlic & onions, & herbs
Ginger Beef/Lamb & Black Bean Stew , w/onions garlic & ginger, carrots & celery, black beans, and choice of diced 1) organic beef, or 2) lamb, tomato based
Irish Guinness Stew with choice of organic 1) Beef or 2) Lamb: comes with yellow onions, garlic, chunky cut sweet potatoes & carrots, peas and fresh herbs *one can of Guinness per each 4 servings

Super Salads with house made dressings	Protein Toppers
#1 Seasonal Greens with carrot & green onion; Dressing choose one: 1) Green Goddess, with avocado, tarragon & lime; or 3) Basil & Apple Cider vinaigrette	ADD: 4) Chicken Breast or Thigh kebobs; OR 7) Mediterranean Grilled & Chilled Prawns
#2 Wild Rice, Spinach & Mushroom: tender shittake, sw. bell peppers, wildrice, Edamame beans and gr. onions in a mirin vinaigrette, with black sesame seeds, over baby spinach leaves	ADD: 1) Asian Grilled & Chilled Prawns, 2) Asian Chicken Breast or Thigh kebobs;
#4 Spinach & Mushroom Salad: organic baby spinach, organic baby portabello mushrooms, grated carrot, and thinly sliced red onions with Mood Maker dressing	ADD: 1) Smoked Wild Salmon; or 2) Chicken Breast or Thigh kebobs; or 3) Grilled & Chilled Rib Eye, sliced
Cucumber, Mixed Sprouts, Avocado & Sweet Bell Pepper Salad with choice of: 1) Garlic Chili Flax oil & Lime dressing, or 2) Basil Lime dressing, vegan	ADD: 1) Grilled & Chilled Rib Eye, sliced; or 2) Chicken Breast or Thigh kebobs;
Asian Soba Noodle Salad , GF soba noodles with cucumber, red bell pepper sugar snap peas and cashews, <u>Choice of dressing:</u> 1) Lime & Garlic Chili Flax oil (one portion no garlic); or 2) Toasted Sesame Lime dressing	ADD: Asian Ginger & Lime grilled & chilled Prawns, or 2) Chicken Breast or thigh Kebobs
Kale Caesar Salad with roasted garlic Caesar dressing, grated carrots, parmesan cheese and croutons & Hertels bacon bits	ADD: 1) Chicken Breast, OR Thigh kebobs; 3) Italian grilled & chilled Prawns.
Quinoa Tabbouleh with cucumber, tomatoes in a lemon, mint & olive oil dressing, with crumbled goat feta & kalamata olives	ADD: 1) Grilled & Chilled Rib Eye, sliced; or 2) Chicken Breast or Thigh kebobs;

Brunch & Lunch style Casserole options: Buddha/Asian or Mexican bowl style
Buddha Bowl loaded with Edamame beans and Asian veggies (celery, yellow onion, sweet bell peppers & carrots) , Miso gravy on the side, and choice of side starch: 1) quinoa, or 2) brown basmati, or 3) short grain brown rice. Garnished with black sesame seeds and arame sea vegetable

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Asian Noodle Bowl loaded with choice of 1) roasted Tofu, organic 2) chicken breast or 3) thigh meat; or 4) grilled prawns. Comes with Asian Veggies (carrots, snap peas, celery, broccoli, onions)
Choice of: 5) light ginger orange sauce, or 6) golden turmeric lemon sauce
Choice of side starch: 3) brown rice Pad Thai Noodles, 4) Black Soba noodles. Garnished with cilantro

Shiitake Mushrooms, Tempeh & Asian Veggies (bok choy, sweet red & yellow bell pepper, lotus root, and leeks) in toasted sesame Brown Sauce, choice of starch: 1) brown OR 2) black rice Pad Thai noodles; 3) Brown Basmati rice; or 4) quinoa. Garnished with green onion.

Mexican Refried 1) Black OR 2) Pinto Beans with roasted seasonal root vegetables, and Mexi-style Brown Basmati pilaf, Chimichurri sauce OR Salsa on the side
ADD 1) grilled rib eye; 2) grilled prawns, or 3) organic ground beef

Mexican Roasted Yam & Black Bean Burritos, with 1) Daiya or 2) Myokos mock cheddar, wrapped up in an ancient grain tortilla, with mild salsa and guacamole on the side

Mexican Sweet Bell Pepper & Portabello Mushroom Fajita Sautee, ADD 1) grilled rib eye; 2) grilled prawns, or 3) organic ground beef. Comes with choice of side starch: 4) grilled organic corn polenta; or 5) Mexi-pilaf, with mild salsa on the side.

Mexican Baked Sweet Bell pepper 'Boats', stuffed with 1) Mexi-rice & black eye pea pilaf, or 2) quinoa & black bean pilaf, topped with clients choice of 3) organic cow mozzarella, or 4) Goat Mozza. Will be lightly pre-cooked, and need to be fully baked off in oven for best results.

Any questions, give Chef Laura a call or text: 250.514.1544

