

Omnivore Master Menu with gluten free options

Starter Soups
Beef & Wild Mushroom Barley Soup, with stewed tomatoes, celery, carrots
Cock A Leeky Soup with tender potato, free-range chicken thigh, and leeks
Potato & Chicken Florentine with chickpea and spinach
Minestrone with Italian sausage, Italian many bean soup with orzo, garlic, herbs, lots of veggies
Borcht tender beets, seasonal greens and green peas, with 1) natural kholbassa sausage, or 2) turkey or lamb sausage
Curried Split Red Lentil Dahl & Chicken with free-range chicken thighs, stewed tomatoes, celery, carrots. *comes with toasted lentil flour pappadums
Coconut Curried Chicken, Chickpea, Spinach & Broccoli

Starter Salads
Wild Rice & Mushroom: tender shittake, bell peppers, green onions mirin vinaigrette
Roasted Beet & Green Bean Salad: tender beets, blanched green beans, red onions, malt vinaigrette
Spinach & Mushroom Salad: organic baby spinach, organic baby portabello mushrooms, red onions, toasted hazelnuts. Choice of 1) creamy blue cheese dressing; 2) organic Ranch dressing; 3) Little Creek organic dressing with poppy seeds
Queen of Greens with Little Creek dressing: organic greens, seasonal veggies, edible flowers and herbs, blueberries & goat feta
Green Salad with choice of dressings: 1) Green Goddess, made with avocados; 2) Little Creek; 3) Mood Maker; organic lemon juice, cold-pressed olive oil, sea salt & engevita yeast;
Winter Apple Slaw: root veggies and organic apples with organic mayo dressing, dried blueberries
Carrot Raisin Coleslaw with pumpkin & sesame seeds
Snow Pea & Bean Sprout Salad with organic Peanut Ginger dressing
Cucumber Sprout, Avocado & Bell Pepper Salad with Garlic Chili Flax oil dressing
Soba Noodle Salad, cucumber, red bell pepper, cashews with Lime & Garlic Chili Flax oil dressing

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Starter Salads
Moroccan Yam Salad with raisins & green onions, walnut dukka, spiced lemon lime dressing
Quinoa Tabbouleh with lemon, mint & olive oil dressing
Summer Apple & Green Bean Salad with Honey & Tarragon dressing
Alkaline Mint Fruit Salad , assorted seasonal stone fruit and berries with a mild mint dressing

Entree	Side Veggies & Starches
<p>Stroganoff: choose 1) organic dairy, OR 2) cashew butter sauce, loaded with bell peppers, greens & onions, and choice of:</p> <p><u>Meat:</u> 1) Free-range Chicken & Mushroom; OR 2) Free-range/Organic Beef/Bison & Mushroom.</p>	<p><u>Choice of starch:</u> 3) wild rice blend; 4) brown basmati; 5) organic kamut, emmer or whole wheat penne; 6) organic linguini or spaghetti</p>
<p>Winter Squash Alfredo: winter squash, sweet peas, sweet bell peppers, spinach, carrots & celery in choice of 1) organic dairy, OR, 2) dairy-free cashew butter Alfredo Sauce</p>	<p><u>Choice of starch:</u> 3) wild rice blend; 4) brown basmati; 5) organic kamut or whole wheat penne/ linguini or spaghetti; 6) high protein soy or lentil pasta.</p>
<p>Coconut Curried Chicken, Chickpea, Spinach & Broccoli.</p>	<p><u>Choice of starch:</u> 1) wild rice blend; 2) brown basmati; 3) white OR brown rice noodles.</p>
<p>Spaghetti w/Meatballs <u>Choose:</u> 1) ground bison, 2) organic ground beef; or 3) free-range ground turkey</p>	<p><u>Choice of starch:</u> 4) organic egg noodles; 5) organic kamut, emmer or whole wheat spaghetti pasta; 6) polenta;</p> <p><u>Comes w/Side Veg:</u> choose one - 7) steamed greens/green beans/broccoli/zucchini</p>
<p>Butter Chicken well simmered, medium spiced, loaded with green beans, Indian spices and free-range chicken breast and thigh meat.</p>	<p><u>Choice of starch:</u> 1) wild rice blend; 2) brown basmati; 3) white basmati; 4) Jasmine rice; 5) white OR 6) brown rice pasta</p>
<p>Mussamen Sugar Snap Pea Curry sweet potatoes & sugar snap peas in mild green OR medium red curry coconut sauce, with choice of: <u>Meat:</u> 1) Free-range Beef; 2) Lamb</p>	<p><u>Choice of starch:</u> 3) Wild Rice Blend; 4) Brown Basmati; 5) Jasmine Rice; 6) blanched broccoli</p>

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Entree	Side Veggies & Starches
Asian Veggie Saute snap peas, sweet bell peppers, broccoli, Asian greens & mushrooms in orange ginger sauce. <u>Meat:</u> 1) FR Chicken; 2) Free-range Beef; 3) Heritage Pork	<u>Choice of starch:</u> 4) Chow Mien noodles; 5) Rice Noodles, OR 6) Shanghai Noodles, 7) Brown Basmati; or 8) White Basmati Rice; 9) Green Spinach Ribbon noodles
Free-range Chicken, Pork, or Bison, & Mushroom in Asian Brown Sauce , with onions, bell peppers, celery and bok choy.	<u>Choice of starch:</u> 1) Chow Mien noodles; 2) white or brown Rice Noodles, OR 3) Shanghai Noodles, 4) white OR 5) Brown Basmati; or 6) Green Spinach Ribbon noodles
Stewed Lamb & Fennel Ragout tender lamb in a savory, rich tomato & herb sauce	<u>Served over choice of side starch:</u> 1) golden organic polenta; 2) wild rice blend; 3) brown basmati; 4) organic kamut or whole wheat penne/linguini or spaghetti.

Casseroles
Roasted Garlic Polenta with Beef OR Lamb in Tomato & White Bean Ragout
Shepherds Pie w/peas & carrots, onions, garlic & herbs, topped mashed potatoes & yams, oyster mushroom gravy - dairy-free <u>Meat:</u> 1) organic gr. beef, or 2) gr. bison, or 3) lamb;
Roasted Yam & Black Bean Quesadillas OR Enchiladas in whole grain tortillas, w/white cheddar, served w/medium salsa. <u>Meat:</u> 1) FR Chicken or 2) FR Beef; 3) Heritage Pork loin
Organic Spelt Pot Pie , loaded w/carrots, peas, onions and celery, w/choice of 1) organic cream sauce or 2) dairy-free cashew butter sauce, w/spelt flour crust (crust on top only) <u>Meat:</u> 3) FR Chicken Breast and/or Thigh meat;
Spelt Crust Pizzas x 8 (each one two servings) w/choice of goat or cow mozzarella. <u>Meat:</u> 1) Bison Sausage Lovers w/orange bell peppers, braised greens & mushrooms; 2) Meat Lovers w/Ground Bison, & organic Turkey Peeperoni, w/mushrooms, red bell peppers, olives, capers; 3) Hawaiian w/nitrate-free/organic Ham, organic Pineapple, and bell peppers.
Roasted Veggie Lasagna with kamut or spinach lasagna pasta, cottage cheese & spinach OR chickpeas & spinach; roasted seasonal veggies, and organic ground beef;
Moussaka , several choices: <u>Meat:</u> 1) ground bison, 2) ground lamb, 3) organic beef, or 4) free-range turkey. All topped w/potato yam whip. GF
Mexican White Fish, Black Eye Pea & Polenta Quiche cornmeal polenta crust filled with beans, white fish, onions, corn, tomatoes and free-range eggs, topped with organic aged white cheddar
Moroccan Lamb & Chickpea Lasagna with kamut or rice lasagna pasta, topped with choice of 1) goat mozza, OR 2) organic cow mozzarella