

Vegetarian/Vegan Master Menu

Starter Soups
Wild Mushroom Barley Soup , with maitake and baby portabello mushrooms, leeks, barley, stewed tomatoes, celery, carrots
Tofu/Mock Chicken Noodle , traditional Italian, or Asian style w/ginger and Asian veggies
Roasted Bell Peppers & Wild Salmon Chowder , Manhattan style (tomato-base)
Miso Broth with Soba Noodles, green onion, mock chicken
Potato Lentil & Leek Soup savory broth, spinach, herbs
New England Wild Salmon Chowder , loaded with onions, leeks, zucchini, yams and sweet peas, with choice of broth type: 1) organic cream; or 2) dairy-free cashew butter cream
Cream of Coconut Carrot with coconut milk, veggie broth, leeks, ginger - dairy free
Tomato Basil with Wild Rice - dairy-free
Lima Bean & Lime Soup , with spinach, sweet bell peppers and celery
Mussamen Curry sweet potato & snap pea coconut curry
Minestrone Italian many bean soup with orzo, garlic, herbs, lots of veggies
Borcht loaded with beets, carrots, onions, and with green peas, add mock kholbassa sausage
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;

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Starter Salads
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
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

Main Entrees
Stroganoff: choice of sauce: 1) Creamy (dairy-free) Cashew; OR, 2) Organic Cream SAUCE; both with sweet bell peppers & mushrooms. Choice of: 1) Tofu or 2) Tempeh, all with choice of starch: 1) wild rice blend; 2) brown basmati; 3) organic egg noodles; 4) organic kamut, spelt, emmer or whole wheat pasta; 5) organic kamut penne; 6) organic white wheat linguini or spaghetti
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 <u>Choice of side starch:</u> 1) wild rice blend; 2) brown basmati; 3) organic kamut or whole wheat penne/linguini or spaghetti; 4) high protein soy or lentil pasta.
Coconut Curried Chickpea, Spinach & Broccoli with choice of starch: 1) brown or white basmati; or 2) hand made Spelt Naan OR store bought wheat Roti bread; 3) GF rice noodles; 4) Available with mock chicken meat.
Roasted Vegetable & Mushroom Tomato Ragout, served with choice of side starch: 1) organic white or whole wheat spaghettini; 2) organic egg noodles; 3) organic kamut, emmer or whole wheat spaghetti pasta; 4) organic polenta
Mussamen Potato, Mushroom & Sugar Pea Curry *with choice of side starch: 1) wild rice blend; 2) brown basmati; 3) hand made spelt black sesame Naan bread; 4) rice noodles *comes with toasted lentil pappadums, too.

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Main Entrees

Tempeh & Mushroom in Brown Sauce, with onions, Asian veggies, bell peppers and bok choy, with choice of side starch: 1) brown or white basmati, or 2) wild rice blend; 3) rice noodles

Asian Veggie Saute in orange ginger sauce with choice of starch: 1) chow mein noodles, 2) rice noodles; 3) Shanghai noodles; 4) brown or white basmati rice

Mushroom Chow Mien loaded w/carrots, bell peppers, snap peas, mung sprouts, asian greens, w/choice of protein: 1) tofu or, 2) tempeh. Served over 1) wheat; or 2) rice noodles; 3) white or brown basmati

Main Casseroles

Lasagna, several choices: 1) Roasted Seasonal Veggie, Chickpeas & Squash with Pesto, 2) Moroccan Chickpea & Lentil with mushrooms and roasted zucchini; 3) Vegetarian Traditional Style, with spinach pasta, cottage cheese, mushrooms, and protein choice of lentils, tofu or meatless veggie Sol Ground. All w/choice of organic cow or goat mozza, dairy free Daiya also available

Mock Chicken OR Falafel Souvlaki, with choice of starch: 1) 60% whole wheat pita, or; 2) hand made Spelt flat bread. Comes with side of 1) brown or; 2) white rice pilaf; organic Tzatziki, cucumber, tomatoes & red onions

Baked Brown or Black Beans in choice of sauce; 1) tomato & onion; 2) organic maple syrup & smoked wild salmon; or 3) ginger & garlic. Comes with side starch red bell pepper cornbread

Shepherds Pie with clients choice of 1) organic Sol Ground, or 2) lentil protein: all with peas & carrots, garlic & herbs, topped with mashed potatoes, oyster mushroom gravy on the side, dairy-free

Roasted Yam & Black Bean Quesadillas OR Enchiladas in whole grain tortillas, w/organic white cheddar, served w/salsa and guacamole. *Switch to Halibut or Wild Salmon instead of beans if desired

Organic Spelt Pot Pie, w/choice of 1) organic cream sauce or 2) dairy-free cashew butter sauce, with 1) spelt flour OR 2) GF brown rice crust (crust on top only) Available with choice of 1) tofu or 2) tempeh, loaded w/carrots, peas & leeks.

Spelt Crust Pizzas with choice of 1) goat or 2) cow mozzarella on top. Pick from: 1) Greek Spinach & Feta, with artichoke heart, bell peppers & pine nuts; 2) Super Veggie, with mushrooms, roasted broccoli and yams, bell pepper, and goat feta.

Sloppy Joe Mix, with veggie ground round, tomato sauce, mushrooms, peas and corn, to be served in a bun, or on toast, or on its own. Suggested veggie side: coleslaw, green salad, or veggie plate

Vegetarian Moussaka, loaded with roasted eggplant and mushrooms, with choice of 1) lentils, 2) veggie ground round, 3) tofu or 4) tempeh; *all topped w/potato yam whip, dairy free

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Main Casseroles

*Mexican Bean Quiche with choice of 1) spelt flour OR 2) polenta crust filled with beans, onions, corn, tomatoes and free-range eggs, topped w/organic aged organic white cheddar

Mains: Stews, Chillies & Chowders

Curried Split Red Lentil Dahl with stewed tomatoes, celery, carrots, side of 1) spelt Naan bread; 2) white or brown basmati rice. *comes with toasted lentil pappadums

Kichadi an Ayurvedic mung bean stew, chock full of seasonal veggies and Indian spices.

Cajun Potato Corn Chowder, available with or w/o mock chicken sausage

Smoked Split Pea Chowder w/onions, carrots, sweet potato

Ginger Black Bean Chili, with onions, yams, celery, tomato based

Tempeh & Black Bean Chili with stewed tomatoes, onions, celery, sweet potato

Desserts

GF Jam-filled Almond Thumbprint Cookies

Apple Pie with spelt or wheat crust: choose choose: 1) coconut ice cream, or 2) organic/regular cow milk ice cream, OR 3) organic whip cream

Brown rice Cashew butter Squares (healthiest possible, high protein version of rice crispy squares)

Pumpkin Pie, with spelt or wheat flour crust: choose: 1) coconut ice cream, or 2) organic/regular cow milk ice cream, OR 3) organic whip cream

Seasonal Fruit Crumble choose: 1) coconut ice cream, or 2) organic/regular cow milk ice cream, OR 3) organic whip cream

GF Ginger Snaps

Peanut butter & Jam cookies & Milk: organic peanut butter cookies with dollop of jam in center, served with type of NUT or DAIRY milk: 1) organic soy, almond, rice, hemp or quinoa; 2) organic cow milk, 2%; 3) Goat Milk

Chocolate Truffles with Goji Berry Sauce: served on a single serving white ceramic spoon: available 1) vegan, with coconut butter base; or 2) made with organic butter

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Desserts

Tollhouse Chocolate Chip & Milk: kamut flour, sucanat, turbinado, Earth Balance; free-range eggs, organic chocolate chips, GF baking powder, sea salt, plus a few secret ingredients make these extra special. Choose type of NUT or DAIRY milk: 1) organic soy, almond, rice, hemp or quinoa; 2) organic cow milk, 2%; 3) Goat Milk

Pumpkinseed Butter Cardamom cookies & Milk: spelt flour, sucanat, turbinado, Earth Balance, pumpkinseed butter, free-range eggs, GF baking powder, sea salt, plus a few secret ingredients make these extra special. Choose type of NUT or DAIRY milk: 1) organic soy, almond, rice, hemp or quinoa; 2) organic cow milk, 2%; 3) Goat Milk

GF Lavender Shortbread: & Milk: rice flour, organic icing sugar, Earth Balance, organic vanilla, sea salt, lavender flowers, plus a few secret ingredients make these extra special. Choose type of NUT or DAIRY milk: 1) organic soy, almond, rice, hemp or quinoa; 2) organic cow milk, 2%; 3) Goat Milk

Carrot Cake with lime-infused cream cheese icing: organic spelt flour, organic carrots, cold-pressed organic canola oil; sucanat and turbinado sugars; free-range eggs, organic vanilla, sea salt, GF baking powder, plus a few secret ingredients make these extra special. Icing: cream cheese, lime juice & zest, organic icing sugar, non-irradiated gmo-free nutmeg *Ask for this w/or w/o walnuts

GF Shrewsbury Biscuits & Milk: rice flour, organic icing sugar, Earth Balance, organic vanilla, lemon/lime juice & zest and sea salt, plus a few secret ingredients make these extra special. Choose type of NUT or DAIRY milk: 1) organic soy, almond, rice, hemp or quinoa; 2) organic cow milk, 2%; 3) Goat Milk