

# Plant base Menu

Chef Chaya

1. Plant- base Piccata (simmered in a lemon butter sauce, contains tofu)
2. Vegetarian spaghetti (contains mushrooms)
3. Plant-base Alfredo
4. Vegetarian garlic pasta
5. Roast veggie medley ( broccoli, cauliflower, carrots)
6. Meatless burgers (meatless beef, meatless chicken)
7. Vegan Crab cakes
8. Vegetarian chili
9. Garden salad ( mixed greens, tomatoes, red onion, shredded carrots, radish, dried cranberries)
10. Seasonal plant base Caesar Salad ( Not always available)
11. Vegetarian burrito
12. Meatless orange chicken
13. Fried cauliflower
14. Steel cut oatmeal with flax seed
15. Vegetarian Pancit
16. Eggplant parmesan
17. Veggie fajitas
18. Sauteed collard greens
19. Good luck black eyed peas with meatless sausage
20. Roasted Brussel sprouts
21. Vegan egg scramble
22. Tofu scramble
23. Naked burrito
24. Quinoa Bowls (raw, cooked)
25. Stuffed bell peppers
26. Hummas with pita bread or chips
27. Raw pastas
28. Veggie fried rice