

# Vegan/Gluten Free

Many of our menu items can be made Gluten Free, Dairy Free and/or Vegan,  
and here are some additional options:

## **Eggplant Rollatini**

Grilled Eggplant Stuffed with Rice and Veggies...  
Asparagus, Zucchini, and Roasted Red Peppers,  
Charred Tomato Sauce

## **Stuffed Portabella**

Baby Spinach and Grains,  
Colored Peppers and Caramelized Onions

## **Enchiladas**

Black Bean and Sweet Potato Filling  
Enchilada Sauce, Charred Corn and Tomato Salsa

## **Greens and Beans Cassoulet**

White Beans Simmered  
with Carrots, Celery, and Onions,  
Spinach, Kale, and Diced Potatoes

## **Creamy Butternut Risotto**

Asparagus, Spinach, Leeks and Roasted Butternut

## **Veggie Chili with Scallion Rice,**

Salsa, Cilantro, Vegan Cornbread

## **Coconut Lentil Curry**

Tri Colored Lentils and Veggies,  
Black Forbidden Rice

## **Grilled Cauliflower Steak**

Kale and Turmeric Gremolata  
Za'atar Spiced Tahini  
Tomato and Chickpea Relish

## **Shepard's Pie**

Roasted Vegetable Stew  
Topped with Cauliflower Mashed Potatoes

## **"Meatballs" and Peppers Pomodoro**

Simmered in Tomato Sauce with Garlic and Fresh Basil

## **Pasta**

### **Broccoli Aglio e Olio**

Olive Oil and Roasted Garlic, Fresh Broccoli, and Black Olives (optional)

### **Creamy Carrot Miso Mac and Cheese**

Carrot Top Gremolata and Toasted Crumbs

### **Roasted Vegetable Pesto Pasta**

Asparagus, Zucchini, Grape Tomatoes, Spinach, and Butternut Squash

### **Pasta with Portabella and Lentil "Bolognese"**

Olive Oil and Roasted Garlic, Pomodoro Sauce

## Potatoes/Rice

- Olive Oil Mashed Potatoes
- Roasted Garlic Smashed Potatoes
- Butternut Mashed Potatoes *\*Chef Favorite*
- Mashed Sweet Potatoes *\*Sweet and Savory*
- Orange Glazed Baked Sweet Potatoes
- Chimichurri Hasselback Potatoes
- Herb Roasted Potatoes *\*Crowd Friendly*
- Roasted Tri Colored Potatoes (Red, White and Blue)
- Little Baked Potatoes, Yogurt and Chives
- Vegetable Confetti Rice Pilaf
- Tea Steeped Wild Rice and Quinoa *\*Vegan Favorite*
- Creamy Mushroom Risotto

## Vegetables

- Seasonal Roasted Vegetables, Mixed *\*Client Favorite*  
Cauliflower, Green Beans, Carrots, Butternut  
*\*Add Asparagus, Brussels, Grilled Zucchini*
- Fresh Green Beans with Basil Oil *\*Add Toasted Almonds*
- Fresh Green Beans and Baby Carrots (*\*or Roasted Butternut*)
- Roasted Brussel Sprouts with Rosemary Oil and Orange Zested Carrots
- Broccoli and/or Cauliflower, Aglio e Olio (Roasted Garlic and Olive Oil)
- Special Combo-Roasted Potatoes and Green Beans, Mixed *\*Budget Friendly Option*

*\*Don't forget Salad and Dessert!*