



9500 Satellite Blvd. #210 | Orlando, FL 32837 | p: 407.438.3488 | f: 407.438.3492

Vegan Menu

Hors d'oeuvres

Falafel

Ground Chick Peas Patties served with Peanut Sauce + Coconut Minted Creme

Miniature Garlic Quinoa Cake

Quinoa Cakes packed with Garlic, Shallots, Chives, Tarragon, and Sage then set atop a dollop of Julienned Carrots and Cucumbers and served on a Whole-Grain Cracker

Spinach, Lima Bean and Quinoa Cake

Drizzled with Herb Vinaigrette

Sweet Potato Cakes

Shredded Sweet Potatoes patties lightly fried then baked

Mung Bean Cakes

Mung Bean Sprouts, Dried Mung Beans, Cassava, Jasmine Rice, Shallots, Parsley, Cilantro, and Red + Green Bell Peppers served with a Garlic Mojo Sauce

Stuffed Mushrooms

With Chopped Vegetables and Vegan Mozzarella

Kale and Artichoke Dip

Served on Mini Nan Bread

Champignons Big City

Mushroom Caps filled with chopped Mushrooms + Eggplant topped with Tofu sprinkles and baked 'til perfect

Miso Sweet Potato Bites

Tomato and Avocado Crostini

Vegan Antipasto Platter

An assortment of Grilled & Roasted Vegetables, Spread, Olives and Crostinis



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Fresh Salad

Garden Salad

Blend of Greens, Onions, Olives, Tomatoes, Cucumbers, Carrots, & homemade Croutons | Italian Dressing

Kale & Beet Salad

Baby Kale, Lentil and Roasted Beets dressed with a Lemon Tahini Dressing

Spinach Salad

Fresh Baby Spinach topped with Strawberries & slivered Almonds | Raspberry or Balsamic Vinaigrette {seasonal}

Pomaceous Salad

Mixed Greens, Sliced Pear & Toasted Pecans | Shallot Balsamic Vinaigrette

Chopped Vegetable Salad

Romaine Lettuce, Mixed Vegetables | Carrot Ginger Dressing

Cranberry Arugula Salad

Mixed Arugula, Sun Dried Cranberries, Wild Rice and Red Onion | Lemon Vinaigrette

Side Dishes

Vegetables

Honey Glazed Carrots
Roasted Root Vegetables
Grilled & Roasted Vegetables
Roasted Butternut Squash
Balsamic Brussel Sprouts
Maple Roasted Brussel Sprouts *with Onions
and Apples*
"Orange Chicken" style Cauliflower

Starches

Cranberry Quinoa
Roasted Fingerling Potatoes
Vegan Butternut Squash Mac n "Cheese"
Mashed Sweet Potatoes

{Served with Vegan Bread with Honey}



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Main Entrées

Eggplant Zucchini Gratin

Layers of Eggplant and Zucchini with Tomato Sauce

Creamy Coconut Chickpea Curry

Over Basmati Rice

Mediterranean Vegetable Polenta

Creamy Polenta with Roasted Vegetables

Shepard's Pie

With Seasonal Mixed Vegetables, topped with Yukon Gold Puree

Tofu Stir Fry

Tofu and Stir Fried Vegetables with Peanut Sauce and Basmati Rice

Wild Mushroom Stroganoff

Sautéed in Burgundy Wine, served on a bed of al dente Noodles

Mushroom Lasagna

Layers of Mushrooms, Spinach & Tomato Sauce

Stuffed Peppers

Red Peppers Stuffed with Tuscan Quinoa blend and drizzled with Balsamic

Tortellini Primavera

Sundried-Tomato Champagne Sauce tossed with fresh sautéed Vegetables

Stuffed Portabella Mushroom

Stuffed with garlic breading, green onion, spinach & mushroom.

