



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

# Vegan Menu

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## Hors d'oeuvres

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### **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

### **Stuffed Mushrooms**

With Chopped Vegetables and Vegan Mozzarella

### **Kale and Artichoke Dip**

Served on Mini Naan Bread

### **Miso Sweet Potato Bites**

Roasted Sweet Potato with Miso-Tahini sauce, sesame seeds and scallions

### **Tomato and Avocado Crostini**

Tomato marinated in balsamic and served over avocado puree on a garlic crostini

### **Vegan Antipasto Platter**

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



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## Fresh Salad

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### **Garden Salad**

Blend of Greens, 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

### **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

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## Side Dishes

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### **Vegetables**

Honey Glazed Carrots  
Roasted Root Vegetables  
Grilled & Roasted Vegetables  
Roasted Butternut Squash  
Balsamic Brussel Sprouts  
Maple Roasted Brussel Sprouts with Onions  
and Apples

### **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

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### **Eggplant Zucchini Gratin**

Layers of Eggplant and Zucchini with Roasted Tomato Sauce

### **Creamy Coconut Chickpea Curry**

Over Basmati Rice

### **Mediterranean Vegetable Polenta**

Creamy Polenta with Roasted Vegetables

### **Tofu Stir Fry**

Tofu and Stir Fried Vegetables with Basmati Rice and Peanut Sauce on the side

### **Wild Mushroom Stroganoff**

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

### **Mushroom Rollatini**

Roasted Mushrooms, Spinach, Tomato Sauce and Vegan Mozzarella

### **Stuffed Peppers**

Bell Peppers Stuffed with Tuscan Quinoa blend and drizzled with Balsamic Reduction

### **Tortellini Primavera**

Sundried-Tomato Champagne Sauce tossed with fresh sautéed Vegetables

### **Stuffed Portabella Mushroom**

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

