



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

Vegetarian Menu

Fresh Salad

Garden Salad

Blend of Greens, Olives, Tomatoes, Cucumbers, Carrots, & homemade Croutons | Garden Ranch & Italian Dressings.

Julius Caesar Salad

Romaine Greens, homemade Croutons, & shredded Parmesan | homemade Caesar Dressing.

Citrus Salad

Artichoke Hearts, Avocado, and Grapefruit Sections over Baby Greens | Sweet Vidalia Onion Vinaigrette.

Mandarin Salad

Fresh Baby Greens with Dried Cranberries, Red Onions, Toasted Almonds and Mandarin Oranges | Citrus Vinaigrette.

Harvest Salad

Mixed Spring Greens, Dried Cranberry, Bleu Cheese, & toasted Walnuts | Sweet Vidalia Onion Dressing.

Spinach Salad

Fresh Baby Spinach topped with Strawberries, crumbled Feta Cheese, & slivered Almonds.
Raspberry or Balsamic Vinaigrette

Floribbean Salad

Baby Greens, Caramelized Pecans, Grilled Pineapple, Sliced Strawberries and Crumbled Goat Cheese.
Light Citrus Vinaigrette.

Pomaceous Salad

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

Grove Salad

Chopped Kale, Romaine, and Mixed Greens tossed with halved Cherry Tomatoes, Applewood Bacon, Scallion, sliced Grapes toasted Walnuts and Bleu Cheese | Balsamic Vinaigrette

Beefsteak Caprese

Buffalo Mozzarella, Beefsteak Tomatoes, Balsamic, & Herb infused Oil.

Berry Spinach Salad

Baby Spinach, Fresh Strawberries, Cherry Tomatoes, Green Onions, Walnuts and Crumbled Feta Cheese
Served with Berry Compote Dressing

California Dreamin'

Baby Greens with Carrots, Bean Sprouts, Onions, Cucumbers, Olives, and Tomatoes
Served with Green Goddess Dressing



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Side Dishes

Vegetables

Amandine Green Beans
Honey Glazed Carrots
Steamed Garden Vegetables
Italian Style Green Beans
Grilled & Roasted Vegetables
Roasted Asparagus
Toasted Zucchini
Vermont Cheddar Broccoli
Collard Greens
Southern Succotash
Cobets of Corn

Starches

Whole-Mashed Potatoes
Fried Sweet Plantains
Yucca Mash
Brown Sugar Mashed Sweet Potatoes
Wild Rice Pilaf
Rosemary Roasted New Potatoes
Pesto Fusilli
Loaded Mashed Potatoes
Mediterranean Couscous
Roasted Fingerling Potatoes
Wild Herb Risotto
Roasted Root Bouquet
Garden Vegetable Quinoa

Main Entrées

Baked Ziti

Baked with Homemade Pomodoro Sauce & Parmesan Cheese

Cheese Ravioli

Fresh Cheese Raviolis, Pomodoro Sauce, Garlic, Basil, Peppers, & Extra Virgin Olive Oil.
Finished with a topping of Mozzarella & Asiago Cheeses.

Coconut Curried Tofu

Peas, potatoes, carrots & broccoli on basmati rice.

Eggplant Zucchini Gratin

Layers of Eggplant and Zucchini with Tomato Sauce.

Fusilli Primavera

Broccoli, Mushrooms, Tomatoes, Garlic, Red and Yellow Peppers sautéed in Marinara Sauce

Mediterranean Pasta

Sun Dried Tomatoes, Artichoke Hearts and a hint of Pesto all tossed in our
Roasted Garlic Cream Sauce.

Mushroom Goat Cheese Rollatini

Lasagna Rolls Stuffed with Mushrooms, Goat Cheese, and Tomato Sauce

Pasta Primavera

Fresh Garden Vegetables and the Chef's Selection of Pasta tossed in a Tomato Cream Sauce.



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Rigatoni in Vodka Sauce

Rigatoni Noodles smothered in a Tomato Crème Sauce with a hint of Vodka.

Stuffed Shells

Jumbo Pasta Shells filled with a Ricotta Cheese Blend and topped with Marinara Sauce & Parmesan Cheese.

Stuffed Portabella Mushroom

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

Spinach Mushroom Fusilli

Fusilli Pasta, Fresh Spinach, Tomato, Scallions, Mushrooms, Dill, Capers and White Wine.

Sweet Red Pepper Tortellini

Roasted Red Pepper Aioli tossed with Tri-colored Cheese Tortellini.

Tangy Cheesy Mac

Extra Sharp Cheddar, Maytag Blue, Monterrey Jack, Mozzarella, & Focaccia Bread Crumbs.

Tortellini Primavera

Sundried-Tomato Champagne Sauce tossed with fresh sautéed Vegetables.

Vegetable Cannelloni

Grilled & roasted Vegetables, fresh Italian Formaggio, sautéed Garlic, with handmade Béchamel.

Veggie Lasagna

Fresh Garden Vegetables and the Chef's Selection of Pasta tossed in a Tomato Cream Sauce.

Vegetable Paella

Seasoned Yellow Rice with Zucchini, Yellow Squash, Peas, Peppers, Onions and Tomatoes.

Vegetarian Empanadas

Vegetarian Empanadas made with Rice, Squash, Red Peppers, Shallots & Cheeses served with Sour Cream on the side.

Wild Mushroom Stroganoff

Sautéed in Fresh Cream & Burgundy Wine served on a bed of al dente Noodles.