

# VEGETARIAN MENU

## BREAKFAST

All breakfast options are vegetarian

## SANDWICHES

### ROASTED CAULIFLOWER WRAP

Slow roasted turmeric spiced cauliflower, chickpeas, pickled power blend slaw, tahini, and toasted pumpkin seeds

### CRANBERRY WALNUT CHICKPEA

Garbanzo beans, walnuts, cranberries, celery, and scallions tossed with a tahini maple vinaigrette

### ROMA

Artichoke, roasted red pepper, basil, baby spinach, tomatoes, olives, and chive hummus

### CAPRESE

Fresh mozzarella, baby spinach, tomatoes, balsamic reduction and pesto

### TABOULEH WRAP

Housemade tabouleh, baba ganoush, cucumbers, spinach, tomatoes, and goat cheese

### ROASTED RED PEPPER

Tomatoes, roasted red pepper, and arugula with olive basil pesto

### SWEET CAROLINE

Honey drizzled roasted sweet potatoes, sliced Gala apples, green leaf lettuce and honey mustard poppy seed aioli

### SONOMA WRAP

Roasted curry chickpeas, avocado, tomatoes, alfalfa, green leaf lettuce, cucumbers, feta and hummus

### GREEN GODDESS

Smoked mozzarella, carrots, cucumber, avocado and greens with green goddess dressing

### GARDENER

Roasted broccolini, sliced apple, roasted red pepper, smoked mozzarella, and mint scallion pesto



CAPRESE

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## SALADS

### AVOCADO SPINACH

Baby spinach and romaine hearts with avocado, chickpeas, roasted sweet potatoes, hearts of palm and purple cabbage. Served with Italian vinaigrette

### SUPER FOODS DETOX

Chopped broccoli, cauliflower, carrots, kale, parsley tossed with sunflower seeds, almonds, and dried cranberries. Served with honey balsamic vinaigrette

### MEDITERRANEAN AVOCADO

Mixed greens with radicchio, chickpeas, black olives, avocado, cucumber, and heirloom tomatoes. Served with herb vinaigrette

### GARDEN

Mixed greens with grape tomatoes, cucumbers, carrots, and purple cabbage. Served with herb vinaigrette

### TRADITIONAL GREEK

Romaine lettuce with tomato, feta cheese, pepperoncini, cucumbers, Kalamata olives, lemon and parsley. Served with herb vinaigrette

### ROCKPORT

Mixed greens with sliced pears, goat cheese, red grapes, dried cranberries and pistachios. Served with honey balsamic dressing

### ROASTED CAULIFLOWER FETA

Roasted shaved cauliflower, golden raisins, radicchio, pistachios and feta over mixed greens, arugula and baby spinach. Served with herb vinaigrette

### VEGGIE CASHEW CRUNCH

Cashews, chopped romaine, shredded red cabbage, carrots, snow peas, edamame, and crispy onions. Served with toasted sesame vinaigrette

### CAESAR

Romaine lettuce with homemade croutons and grated Parmesan cheese. Served with Caesar dressing

### STRAWBERRY SPINACH

Baby spinach and mixed greens with strawberries, raspberries, blackberries and blueberries. Served with honey balsamic dressing



STRAWBERRY SPINACH

# VEGETARIAN MENU

## HOT ENTREES

### EGGPLANT PARMESAN

Panko crusted eggplant slices layered with mozzarella and ricotta cheeses, tomato sauce and fresh herbs with Parmesan cheese topping

### IMPOSSIBLE BAKED ZITI

Impossible™ plant based beef tossed with ziti, wild mushroom ragu and tomato sauce. Baked with fresh grated mozzarella and parmesan cheese

### MEETING THE BUDGET PACKAGE

Your choice of: Macaroni and Cheese, Baked Ziti, Spinach Ricotta Lasagna or Teriyaki Roasted Vegetables with Penne Served with:

- Garden Salad or Caesar Salad
- Bread platter
- Chocolate Trifle or Berry Trifle

### BUTTERNUT SQUASH MAC & CHEESE

Butternut squash tossed with a creamy sun-dried tomato, cheddar, mozzarella and parmesan sauce and baked with basil, seasoned panko crumbs, roasted cauliflower and curly kale

### CAULIFLOWER WITH GREEN HARISSA

Evoo drizzled roasted cauliflower served with roasted asparagus over lemon spiked farro and spicy green harissa sauce

### QUINOA AND RICE STUFFED PEPPERS

Chipotle seasoned roasted corn, black beans, bell peppers and quinoa topped with cheddar cheese. Served with garlicky string beans and smokey tomato salsa



CAULIFLOWER WITH GREEN HARISSA



BUTTERNUT SQUASH MAC & CHEESE

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\*All vegetarian sushi is also vegan unless noted

## SUSHI

### ASPARAGUS SWEET POTATO

Sweet potato and asparagus

### CORNUCOPIA

Asparagus, spinach, red and yellow bell peppers, avocado and sweet potato wrapped in rice paper

### GREEN "MONSTAH"

Asparagus, Japanese cucumber and avocado with teriyaki sauce and topped with avocado

### PUBLIC "GAHDEN"

Avocado, spinach, purple cabbage, brown rice

### ROASTED EGGPLANT

Roasted eggplant, asparagus, avocado, topped with crispy toasted pumpkin and sweet soy sauce

### STRAWBERRY MANGO

Japanese cucumber, sweet potato and teriyaki sauce topped with mango and sliced strawberry

### SWEET POTATO

Sweet potato and tempura bits

### SPICY VEGGIE

Carrot, avocado, Japanese cucumber and asparagus with purple cabbage and spicy mayo

### WICKED "SMAHT"

Broccoli, purple cabbage, Milk Street Special Sauce and spicy mayo

### AVOCADO CUCUMBER

Avocado and Japanese cucumber with purple cabbage

### FALL FOLIAGE

Beets, butternut squash and sweet potato with brown rice

### GREENWAY

Roasted beets, sweet potato and avocado with brown rice

### RIVERWAY

Baby corn and avocado with brown rice, topped with sliced beets

### ROYAL VEGGIE

Asparagus, avocado, carrots with purple cabbage infused rice

### SWEET DRAGON

Avocado, oshinko, and spring mix with purple cabbage infused rice and topped with strawberries

### SWEET POTATO CUCUMBER

Sweet potato, Japanese cucumber, tempura bits and teriyaki sauce



GREEN "MONSTAH"

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## APPETIZERS

### IMPOSSIBLE BURGER SLIDER

Plant based Impossible beef, Daiya cheddar, lettuce, tomato, pickles and red onions

### ROASTED VEGETABLE SKEWERS

Grilled zucchini and yellow squash, red peppers, mushrooms and butternut squash

### CROSTINI TRIO

- Roasted broccoli, cannellini beans and herbed ricotta
- Tomato, basil and fresh mozzarella
- Cranberry, whipped goat cheese and honey
- Peaches, ricotta and honey

### HUMMUS PLATTER

English cucumbers, bell pepper sticks, baby carrots and tortilla chips served with:

- Spicy Buffalo Hummus
- Green Goddess Hummus
- Sweet Potato Chipotle Hummus

### FINE CHEESE & CRACKERS

### CRUDITES & RANCH DIP

### TOFU SPRING ROLLS

Tofu in a mirin and rice wine vinegar marinade, with daikon, peppers, carrots, cucumbers, and green leaf lettuce. Served with a ginger soy dipping sauce

### PESTO ARANCINI

Crispy arborio rice balls seasoned with basil pesto, stuffed with vegan mozzarella cheese. Served with roasted pepper sauce

### ARTISAN CHEESE PLATTER

Our rotating selection of local and international artisanal cheeses with honey, figs, candied walnuts, and Kalamata olives. Served with a cracker trio

### FLATBREAD

- MEDITERRANEAN: Roasted tomato sauce, kalamata olives, pepperoncini, red onion, feta and basil
- SALMON: Cream cheese, Ducktrap River Smoked Salmon, and capers
- CAPRESE: Mozzarella, roasted heirloom tomatoes, basil, and balsamic drizzle
- SUMMER: Artichokes, arugula, roasted red peppers, shaved parmesan, balsamic drizzle

### CRUDITES & CHEESE



CROSTINI TRIO



TOFU SPRING ROLLS



HUMMUS PLATTER