



VEGETARIAN DINNER MENU

Week of August 31st - September 4th

Monday August 31st

Tofu Stir Fry

glazed tofu stir fried with an assortment of local vegetables gently tossed in our house made teriyaki sauce and served over basmati rice

Tuesday September 1st

Fettuccine Alfredo

sauteed mushrooms and broccoli tossed with fettuccine pasta in our homemade creamy alfredo sauce

Wednesday September 2nd

Veggie Ranch Wrap

bell peppers, cucumbers, cheddar cheese, lettuce, tomato, and avocado dressed with homemade ranch and served with our potato salad

Thursday September 3rd

Sauteed Mushroom Scampi

sauteed mushrooms tossed in white wine, garlic, butter, and fresh herbs served over rice pilaf with grilled vegetables

Friday September 4th

Classic Italian Vegetable Lasagna

homemade lasagna layered with our marinara sauce, roasted vegetables, and ricotta cheese served with a house side salad

Salads

Available everyday of the week

Entree Salad of the Week

Chef Salad

garbanzo beans, hard boiled egg, cheddar cheese, tomato, cucumber, carrot, mesclun greens and our house made red wine vinaigrette





VEGETARIAN DINNER MENU

Week of September 7th - 11th

Monday September 7th

**Closed for Holiday*

Tuesday September 8th

Thai Green Coconut Curry

tender eggplant with sauteed vegetables and stewed in our house made spicy green curry sauce served over Jasmine rice

Wednesday September 9th

Stuffed Peppers

seasoned black beans mixed with sauteed vegetables, rice, and cheese stuffed inside bell peppers served with a house salad

Thursday September 10th

Brazilian Grilled Portobello

grilled portobello mushroom served with our homemade chimichurri sauce, papas bravas style potatoes, and roasted asparagus

Friday September 11th

Eggplant Parmesan

breaded eggplant topped with marinara sauce and mozzarella cheese served with spaghetti and steamed broccoli

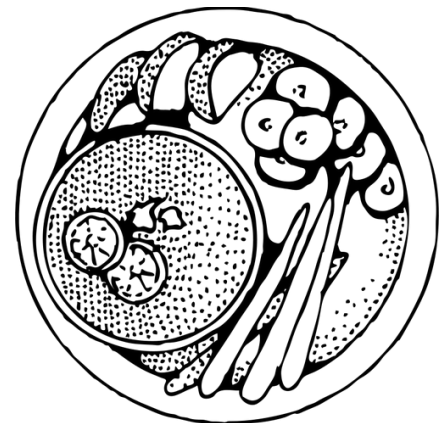
Salads

Available every day of the week

Entree Salad of the Week

Greek Salad

grilled tofu, mixed greens, cucumber, tomato, olives, red onion, feta, and house made red wine vinaigrette





VEGETARIAN DINNER MENU

Week of August 14th - 18th

Monday September 14th

Tropical Mango Tofu

grilled tofu topped with our homemade mango avocado salsa served with coconut rice and vegetable du jour

Tuesday September 15th

Tempeh Katsu

crispy breaded tempeh cutlet served with tonkatsu sauce over fragrant basmati rice and mac salad

Wednesday September 16th

Southern Fried Vegetables

battered and fried assortment of vegetables served with macaroni and cheese, cole slaw, and assorted dipping sauces

Thursday September 17th

Teriyaki Tofu

tofu glazed with our house made teriyaki sauce and pineapple salsa served with sticky rice and sauteed local vegetable

Friday September 18th

Eggplant Cacciatore

tender eggplant medallions braised with vegetables and tomato sauce served over rice pilaf and a side salad

Salads

Available every day of the week

Entree Salad of the Week

Grilled Summer Vegetable Salad

mixed greens, fresh mozzarella, grilled summer vegetables, heirloom tomato vinaigrette





VEGETARIAN DINNER MENU

Week of September 21st - 25th

Monday September 21st

Tofu Karaage

crispy and tender marinated Japanese style fried tofu served with steamed rice and vegetables

Tuesday September 22nd

Baja Vegetable Tacos

roasted vegetables topped with fresh slaw, mango avocado salsa, and corn tortilla served with beans and rice

Wednesday September 23rd

Breaded Tempheh

thin sliced breaded tempheh served with white cheddar mac & cheese and vegetable du jour

Thursday September 24th

Balsamic Roasted Eggplant

roasted eggplant glazed in our house made balsamic sauce served with a twice baked potato and broccoli

Friday September 25th

Miso Portobello

marinated portobello mushroom glazed with tamari and miso served over fragrant jasmine rice and steamed local vegetables

Salads

Available every day of the week

Entree Salad of the Week

Taco Salad

seasoned black beans, romaine lettuce, black olives, shredded cheddar, avocado, sour cream, pico de gallo

