



VEGETARIAN DINNER MENU

Week of May 3rd - 7th

Monday May 3rd

Tofu Piccata

seared tofu topped with a caper lemon and herb pan sauce served over rice and seasonal vegetables

Tuesday May 4th

BBQ Tempeh ()**

grilled tempeh tossed in our homemade barbeque sauce served with a baked potato loaded with broccoli, cheddar, and scallion

Wednesday May 5th

Portobello Fajitas ()**

marinated portobello mushroom served with sauteed peppers and onions served with corn tortilla and a side of rice and beans

Thursday May 6th

Teriyaki Tofu

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

Friday May 7th

Buffalo Cauliflower "Wings" ()**

fried cauliflower florets tossed in our homemade spicy buffalo sauce served with celery and carrot sticks, blue cheese dressing, and jo jo potatoes

Salads

Available every day of the week

Entree Salad of the Week

Strawberry Spring Salad

grilled tofu, mixed greens, strawberries, sunflower seeds, shaved fennel, goat cheese, citrus poppy seed vinaigrette

*(** gluten free on request)*





VEGETARIAN DINNER MENU

Week of May 10th - 14th

Monday May 10th

Herbed Parmesan Eggplant

breaded eggplant coated in fresh herbs and parmesan cheese served with roasted tomato, sauteed spinach and rice pilaf

Tuesday May 11th

Mediterranean Cauliflower "Steak" ()**

seasoned grilled cauliflower "steak" served over saffron infused basmati rice, cucumber tzatziki, and local vegetable

Wednesday May 12th

Hoisin Shiitake Lettuce Wraps

sauteed shiitake mushrooms tossed with our homemade hoisin sauce and sauteed garlic, ginger, and scallion served with a side of rice and butter lettuce

Thursday May 13th

Mushroom Scampi ()**

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

Friday May 14th

Lentil & Vegetable Loaf ()**

homemade lentil and vegetable loaf served with mashed potatoes and vegetable du jour

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

(gluten free on request)**





VEGETARIAN DINNER MENU

Week of May 17th - 21st

Monday May 17th

General Tso's Tofu

battered tofu chunks tossed with our homemade General Tso's sauce served over sticky rice and steamed broccoli

Tuesday May 18th

Black Bean Quesadilla

quesadilla stuffed with black beans, monterey jack cheese and caramelized onions served with sour cream, pico de gallo, and guacamole

Wednesday May 19th

Eggplant Cacciatore ()**

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

Thursday May 20th

Blackened Tempeh ()**

pan seared seasoned tempeh filet served over dirty rice and sauteed local vegetables

Friday May 21st

Mushroom & Zucchini Tenders

homemade breaded and fried mushroom and zucchini tenders served with macaroni and cheese, cole slaw, and assorted dipping sauces

Salads

Available every day of the week

Entree Salad of the Week

Grilled Portobello Caesar Salad

grilled portobello mushroom, romaine lettuce, crouton, parmesan cheese, and house made caesar dressing

(** *gluten free on request*)





VEGETARIAN DINNER MENU

Week of May 24th - 28th

Monday May 25th

Tofu Katsu

crispy breaded tofu filet served with tonkatsu sauce over fragrant basmati rice, local steamed vegetable, and miso soup

Tuesday May 26th

Baja Calabacitas Tacos

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

Wednesday May 27th

Honey Mustard Tempeh ()**

Tempeh cutlet roasted and glazed in our homemade honey mustard sauce served with roasted sweet potatoes and sauteed vegetables

Thursday May 28th

Wild Mushroom Linguini

sauteed wild mushroom and linguini pasta with fresh tomatoes, white wine, garlic butter, and parsley with fresh Manila clams served with garlic bread and side salad

Friday May 29th

Kalua Jackfruit

pulled BBQ Jackfruit served with homemade macaroni salad and sticky rice

Salads

Available every day of the week

Entree Salad of the Week

Curried Tofu Salad

curried tofu salad, butter lettuce cups, grilled zucchini, roasted red pepper, grilled eggplant, and red onion

*(** gluten free on request)*

