



# VEGETARIAN DINNER MENU

Week of July 5th - 9th

Monday July 5th

*\*Closed for the Holiday*

Tuesday July 6th

**Fried Portobello**

portobello mushroom breaded and golden fried served with mashed potatoes and roasted vegetables

Wednesday July 7th

**Tempeh and Artichoke Tapenade \*\***

pan seared tempeh topped with artichoke tapenade, fresh herbs, lemon and garlic served with rice and asparagus

Thursday July 8th

**Tofu and Vegetable 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

Friday July 9th

**Japanese Vegetable Curry**

traditional Japanese style curry stewed with fresh vegetables served over sticky rice

## Salads

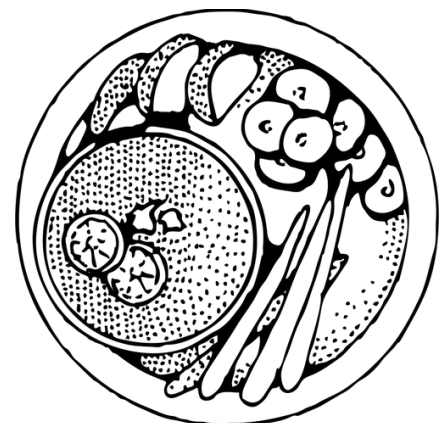
Available every day of the week

## Entree Salad of the Week

**Thai Tofu Salad**

grilled tofu, mixed greens, tomato, red onion, fresh mint, cucumber, bean sprouts, and coriander lime vinaigrette

*(\*\*gluten free on request)*





# VEGETARIAN DINNER MENU

Week of July 12th - 16th

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## Monday July 12th

### **Hoisin Tofu**

hoisin & ginger glazed tofu cutlet served over sticky rice with apple cucumber slaw

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## Tuesday July 13th

### **Vegetable Chili**

bean and vegetable chili served with jalapeno cheddar cornbread and all the fixings

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## Wednesday July 14th

### **Veggie Club Wrap**

cucumber, bell peppers, avocado mayo, lettuce, and tomato served with a side of potato salad

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## Thursday July 15th

### **Calabacitas Tacos**

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

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## Friday July 16th

### **Nashville Hot Fried Cauliflower**

southern style spicy fried cauliflower served with mashed potatoes and gravy, homemade biscuit with honey butter and green beans

## Salads

Available every day of the week

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## Entree Salad of the Week

### **Taco Salad**

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

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**(\*\*gluten free on request)**





# VEGETARIAN DINNER MENU

Week of July 19th - 23rd

## Monday July 19th

### **Orange Tofu**

tender battered tofu tossed with our homemade mandarin orange sauce served over sticky rice and steamed broccoli

## Tuesday July 20th

### **Portobello Fajitas \*\***

spiced sauteed portobello mushroom tossed with peppers and onions served with tortillas, rice, and beans

## Wednesday July 21st

### **Fried Mushroom & Zucchini**

homemade fried vegetable tenders served with macaroni and cheese, cole slaw, and assorted dipping sauces

## Thursday July 22nd

### **Grilled Tofu with Peach Salsa \*\***

grilled tofu topped with a fresh peach salsa served with a baked potato and sweet summer corn

## Friday July 23rd

### **Eggplant Parmesan**

tender 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

**Grilled Portobello Spinach Salad**  
grilled portobello, goat cheese, baby spinach, sunflower seeds, thin sliced red onion, and housemade citrus poppy vinaigrette

**(\*\*gluten free on request)**





# VEGETARIAN DINNER MENU

Week of July 26th - 30th

## Monday July 26th

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### **Honey Mustard Tempeh \*\***

tempeh cutlet roasted and glazed in our homemade honey mustard sauce served with rice pilaf and sauteed vegetables

## Tuesday July 27th

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### **Black Bean & Vegetable Mole Enchiladas**

tortillas stuffed with seasoned black beans and roasted vegetables mixed with monterey jack cheese and topped with housemade mole enchilada sauce

## Wednesday July 28th

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### **Mediterranean Plate \*\***

an assortment of house made mediterranean classics includes falafel, hummus, feta tomato salad, and tabbouleh

## Thursday July 29th

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### **Teriyaki Tofu**

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

## Friday July 30th

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### **Mushroom Swiss Garden Burger**

griddled garden burger topped with sauteed mushrooms, caramelized onions, and swiss cheese on a toasted brioche bun served with jo jo potatoes

## Salads

Available every day of the week

## Entree Salad of the Week

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### **Chef Salad**

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

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**(\*\*gluten free on request)**

