

Breakfast

Breakfast Hash (VG, V, GF)

tofu, Yukon potatoes, chard, onions, grape tomatoes, bell peppers and avocado

Quinoa Breakfast Bowl (VG, V, GF)

Quinoa, almond milk, dried cranberries, walnuts, maple syrup

Breakfast Enchiladas (GF)

turkey sausage, bacon, grape tomatoes, scallions and avocado wrapped in corn tortillas with enchilada sauce

Breakfast Casserole (GF)

Gluten free bread, sausage, egg, green pepper baked and topped with cheddar cheese

Salads

Kale Salad (VG, V, GF)

Quinoa, kale with grape tomato, olives, walnuts, avocado, lemon and cilantro with tahini dressing

Caesar Salad (VG, V, GF)

Romaine and avocado with an apple cider vinegar dressing

Accompaniments

Macaroni Salad (VG, V, GF)

Gluten free macaroni, red pepper, celery, scallions and tofu in a mustard and vinegar dressing

Tabbouleh Salad (VG, V)

bulgar wheat, grape tomato, cucumber, spring onion, parsley and mint tossed in lemon olive oil

Papaya Salad (VG, V, GF)

Papaya, carrots, plum tomatoes, cabbage and peanuts over romaine and tossed in a chili lime dressing

Sandwiches

BLT (VG, V)

Avocado, coconut bacon, red tomato, and butter lettuce on UDIs bread

Mediterranean Sandwich (VG, V)

Olive tapenade, roasted red pepper, eggplant, zucchini, basil, and romaine on sourdough

Entrees

Gumbo (VG, V)

Kidney beans, onion, bell pepper, okra, potato and celery with Cajun spices

Enchiladas (VG, V)

Corn tortillas filled with tofu and onion, and topped with enchilada sauce

Linguini (VG, V)

Whole wheat pasta, tahini, san marzano tomatoes, capers and spices

Moussaka (VG, V)

Eggplant, onion, yukon potatoes, lentils and

Burritos (VG, V, GF)

Black beans, corn, basmati rice, pico de gallo, and avocado in a tortilla

Chorizo Tacos (GF)

Chorizo and cabbage in a GF tortilla, topped with avocado creme

Shrimp & Grits (GF)

Cheesy GF grits, shrimp and tasso gravy

Chicken Marabella (GF)

chicken with dried apricots, green olives, prunes, capers, and brown sugar

Pork Tenderloin (GF)

Apple brine, rosemary, and finished with a honey mustard glaze