



**Food for  
Thought**

*The Intelligent Food Choice*

# VEGAN MENU

LET'S GET YOUR ORDER STARTED

(p) 440.946.0383 | (f) 440.946.8801  
foodforthought-ohio.com

7574 St. Clair Avenue  
Mentor, Ohio 44060

## PRICING POLICY

Pricing, as the need arises, may be changed without notice.

Some menu items require a minimum of 5 servings for ordering





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## BREAKFAST

**BAKERS' CHOICE MUFFIN 1.95**

**VEGAN BREAKFAST BURRITO**  
*served with salsa 7.00*

## APPETIZERS

**HUMMUS & VEGETABLE TRAY**  
**SMALL 28.25 MEDIUM 56.25 LARGE 84.24**

**FRESH FRUIT TRAY**  
**SMALL 36.75 MEDIUM 68.00 LARGE 97.75**

**MASHED CHICKPEA SALAD CROSTINI 24.25**  
**(INCREMENTS OF 16)**

## SANDWICHES

**VEGETABLE SOURDOUGH SUB (2 PCS) 8.75**

**CHICKPEA SALAD WITH SPINACH & ROASTED RED PEPPER ON**  
**RUSTIC BREAD 6.50**

## SOUP

**served in re-sealable gallon containers 12 servings**

**\*\*available in single servings (min of 6)**

**\*\*GARDEN VEGETABLE 43.25**

**QUINOA & BLACK BEAN CHILI 55.50 \*\*VEGETARIAN CHILI 63.50**



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## SIDES

<b>GRILLED ASPARAGUS</b>	<b>3.95</b>	<b>QUINOA TABBOULEH</b>	<b>2.75</b>
<b>CONFETTI BROWN RICE</b>	<b>1.50</b>	<b>ROASTED CORN SALAD</b>	<b>2.75</b>
<b>GRILLED VEGETABLES</b>	<b>2.75</b>	<b>SPICY SAUTEED SPINACH</b>	<b>2.75</b>
<b>VEGETABLE RICE SALAD 2.75</b>			

## SALADS

<b>APPLE ROMAINE SALAD</b>	<b>2.75</b>
<i>romaine, apples, nuts (poppyseed)</i>	
<b>CHICKPEA &amp; RICE SALAD</b>	<b>3.25</b>
<b>COLESLAW WITH VINAIGRETTE DRESSING</b>	<b>2.25</b>
<b>CORN AND TOMATO SALAD</b>	<b>2.75</b>
<b>FARRO WITH A CONFETTI OF VEGETABLES (MIN 5)</b>	<b>3.00</b>
<b>GREEK POTATO SALAD</b>	<b>3.00</b>
<b>CRANBERRY CITRUS QUINOA SALAD</b>	<b>2.25</b>
<b>RAINBOW SALAD</b>	<b>4.00</b>
<i>greens, strawberries, kiwi, mandarin oranges, cashews (poppyseed)</i>	
<b>SPICY CUCUMBER SALAD</b>	<b>2.25</b>
<b>SUN DRIED TOMATO &amp; SPINACH QUINOA SALAD</b>	<b>2.75</b>
<b>THREE BEAN SALAD</b>	<b>2.00</b>
<b>TOMATO CUCUMBER SALAD</b>	<b>2.75</b>
<b>TOSSED MIXED GREEN SALAD</b>	<b>3.25</b>
<b>VEGAN POTATO SALAD</b>	<b>3.25</b>





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## ENTRÉES

**\*5 serving minimum**

**ASIAN ORANGE TOFU STEAK 6.25**

**\*BAKED SWEET POTATO WITH GARAM MASALA CHICKPEAS 6.25**

**GARLIC GINGER TOFU STEAK 5.00**

**\*LENTIL BOLOGNESE WITH GLUTEN FREE PENNE 6.75**

**CHANA MASALA WITH TOASTED BASAMATI RICE 5.50**

**PONZU VEGETABLE STIR FRY WITH PAN FRIED NOODLES 6.75**

**TERIYAKI EGGPLANT MEDALLIONS WITH ORIENTAL PILAF 6.50**

**THAI RICE NOODLES WITH MUSHROOM, BROCCOLI, & ASPARAGUS  
7.00**

**VEGAN LASAGNA 54.50 (SERVES 8-10)**

**VEGAN PAELLA 5.00**

**VEGETABLE STIR FRY WITH RICE 7.50**

**MUSHROOM SQUASH FARRO RISSOTTO 6.50**

**LA FLEURA ROASTED VEGETABLE STUFFED PORTABELLA STEAK 8.00**

**FALAFEL BURGER 7.75**

## DESSERTS

**FRESH FRUIT KABOBS 2.50**

**VEGAN & GLUTEN FREE COOKIES 1.50**  
**Chocolate Chip, Peanut Butter, Sugar, Oatmeal Raisin,  
Double Chocolate**

**VEGAN DESSERT TRAY 30.00**  
**peanut butter cookies, oatmeal banana cookies, brownies,  
chocolate chip cookies, sugar cookies and strawberries**