



**Food for  
Thought**

*The Intelligent Food Choice*

# VEGAN MENU

LET'S GET YOUR ORDER STARTED

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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

**CALIFORNIA VEGGIE BAHN MI 10.75**

Room Temp California veggie burger with pickled cucumbers, carrots, red onions, red peppers on a Hoagie Bun with Vegan Mayo and Chili Garlic Sauce

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

Zucchini, yellow squash, eggplant, red pepper, wilted spinach, salt, pepper, oil with roasted garlic vegan aioli

**CHICKPEA SALAD WITH SPINACH & ROASTED RED PEPPER ON RUSTIC BREAD 6.50**  
Chickpea salad, spinach, roasted red pepper strips on Mill baguette bread

**\*\*GARDEN VEGETABLE 43.25**

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

## SOUP

served in re-sealable gallon containers 12 servings

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





## SIDES

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

## SALADS

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



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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 BASMATI RICE 5.50**

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

**PONZU PASTA AGLIO e OLIO**

**ROASTED VEGETABLE FARRO 6.00**

*Farro, kale, garbanzo beans, turnips, carrots, garam marsala, dried dates, and pistachios*

**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*