







GRILLED ASPARAGUS 3.95 QUINOA TABBOULEH 2.75

he Intelligent Food Choice

CONFETTI BROWN RICE 1.50 ROASTED CORN SALAD 2.75

GRILLED VEGETABLES 2.75 SPICY SAUTEED SPINACH 2.75

VEGETABLE RICE SALAD 2.75

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

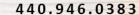
SUN DRIED TOMATO & SPINACH QUINOA SALAD 2.75

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

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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

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 SOUASH 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