

**BUILD YOUR OWN MENU****PLANT BASED, MEALS AND GUISADO** VEGAN- GLUTEN FREE**SERVED WITH RICE, (BASMATI PILAF) SALAD,****Starting price \$24 per person****GREENS**

KALE CAESAR, shaved radish, apples, dressing, cheese &amp; croutons on the side.

ORGANIC SEASONAL MIX of Baby Greens, tomato, cucumber, olives, artichoke hearts, balsamic

GREEK SALAD, tomato, cucumber, olives, peppers, lemon, olive oil, fresh herbs, Feta on the side

FARMERS CHOPPED VEGETABLE SALAD olive oil, lemon, red wine vinegar, salt, tomato, cucumber, carrots, red onions, cabbage, seasonal vegetables,

**VEGETARIAN** - *gluten free options*

AUBERGINE IN CURRY COCONUT DAL

WHITE BEAN CACIO E PEPE, butter, parmesan, garlic, olive oil, chili rings, sauteed spinach,

ROASTED VEGETABLES NAPOLEON -layers of roasted vegetables, tomato sauce, cheese,

LAYERED VEGETABLE FLORENTINE, Spinach, Mushrooms, zucchini, parsley pesto, cheese.

STUFFED PEPPERS saffron rice-quinoa-yellow lentils-minced herbs-saffron tomato sauce

STUFFED EGGPLANTS, roasted garlic eggplants, rice, quinoa, black beans, spinach, cheese.

WINTER STEW, potato, butternut squash, quince, dried tart cranberries, and apricots, saffron, lemon, white wine, shallots,

MEXICAN STYLE VEGETABLE GUISADO, zucchini, squash, calabasa, red onion, chipotle sauce,

VEGETABLE WOT (Ethiopian style sauteed vegetables, cauliflower, potatoes, cabbage, onions, peppers) tomato curry sauce, side of sauteed Jolof rice, chopped salad,

**PASTA** available, gluten free / vegan cheese

SAFFRON PASTA With Shallots, Toasted Garlic, Cheese, Cream

PASTA WITH LEMON PESTO, nut-free, creamy lemon pesto, garlic, olive oil, cheese

PASTA PUTTANESCA roasted eggplant, zucchini, sweet red and yellow peppers, mushrooms, spicy tomato pomodoro,

PASTA Bolognese, impossible meat Bolognese, plant based, with pan tossed penne pasta, olive oil, minced herbs,

**MORE PLANTBASED** *vegan -gluten free*

SUMMER VEGETABLE PISTOU, French pistou, cannellini beans, green beans, zucchini, squash, tomato, celery, basil, spices,

CARIBBEAN SANCHOCO, Kabocha, plantains, corn, garlic, onions, sweet peppers, tomato, spices

**SIDES**RICE | Jasmine| Basmati| Rice Pilaf with Lentils, currents | Sofrito | Calypso Rice **gluten free**POTATOES, Lemon Roasted Potatoes | Mashed Potatoes | Potatoes Au Gratin | Spiced Potatoes **gluten free.**

COUSCOUS PILAF w curried with roasted squash, peas, peppers.

QUINOA PILAF lentils, currents, fried onions, **gluten free**

Minimum order each item is 10 and Minimum order for delivery \$300 excluding tax and delivery fee

For custom menus, special events or dietary requirements, please send an email inquiry.