

Vegan

Pulled Oats *Gluten free

Made from Nordic Oats, Fava Beans, and Pea Protein

Meatballs Marinara

Plant Based Meatballs Served with our Traditional Tomato Sauce

Penne Pasta in Pesto *Gluten free

Pea Based Pasta with our Basil, Pine Nuts, Garlic, and Olive Oil
(Our Marinara Sauce can be Substituted in place of the Pesto)

Chicken Stir Fry

Plant Based Chicken Tossed with Fresh Vegetables and Rice

Polenta Cake *Gluten free

Prepared with Corn and Roasted Vegetables and
Topped with a Red Pepper Coulis

Samosa

Popular Northern Indian Fried Pastry with Potato and Pea Filling
Served with our Tamarind and Mint Sauces

Vegetarian

Penne Primavera

Penne Pasta Tossed with Assorted Vegetables and an Olive Oil Sauce

**Gluten free available upon request*

Cannelloni Pasta Rolled and Stuffed with Eggplant

Wild Mushroom Ravioli

Stuffed with Cheese and Served with a Red Pepper Sauce

Vegetable Lasagne Layered thick with Cheese and Flavor