

**TO ORDER:**

Email Chef Lauren Your Order: [LaurenMc123@gmail.com](mailto:LaurenMc123@gmail.com)  
Minimum 4-servings per selection. 2-3 days notice REQUIRED.  
*We are randomly in the storefront, email is the BEST way to order.*

**All-Bean Chilli** veggies, sharp cheddar

**Mushroom Stroganoff** over egg noodles

**Veggie Kebobs** with chimichurri, over brown rice

**SW Sweet potato & Black bean Enchiladas** with homemade enchilada sauce, sharp cheddar cheese.  
*Choose corn tortillas (or steamed collard greens) as the enchilada "wrapper"*

**Eggplant and Zucchini Lasagna** pesto-ricotta, marinara with mushrooms, noodles, mozzarella

**Spinach Artichoke-stuffed, roasted Portabello Mushrooms** with mozzarella

**Panko-Parmesan Eggplant** arrabiata (spicy marinara), melted mozzarella

**Pesto Pasta with Artichokes**, tomato, bell peppers. kalamata olives, garlic

**Black Bean Burgers**- buns, lettuce, tomato, onion, etc. *(let me know what toppings you like).*

**Vegetarian Shepherd's Pie** carrot, peas, corn, mushroom, onion topped w mashed garlic potatoes

**Fried Brown Rice** with zucchini, mushroom, carrots, egg, kale

**Vegetable Stir Fry & Ginger-soy sauce** broccoli, peppers, carrots, zucchini, mushroom, onion

**Coconut Red Curry Vegetables** zucchini, cauliflower, carrots, red bell pepper, onion over brown rice

**Buddha Bowl:** Rstd veg, brown rice, black beans. *Choice of: Chimichurri, Romesco, Garlic-herb oil, Marinara*

**SW Rice, Bean and Corn stuffed Bell Peppers** with cheddar cheese

**SW Roasted Cauliflower & Sweet Potato Tacos**, bean & corn salsa, corn tortillas

**All-Bean Sloppy Joes** with buns, cheddar cheese

**Grilled Cauliflower -or- Portobello "Steak", Choice of Sauce:**

*Sauteed Garlic Mushrooms, Balsamic Reduction, Garlic-Herb Oil, Roasted Garlic Tomato, Thai Peanut Sauce, Romesco, Chimichurri, Maple-Dijon, or Other*

**Choice of Veggie "Noodles" (zucchini or spaghetti squash) with Sauce:**

*Basil Marinara, Roasted Garlic Tomato, Pesto, Garlic-Herb Olive Oil, Cauliflower Alfredo, Mushroom Ragù*

**Spaghetti n' Veggie "Meat" Balls** in roasted tomato-garlic (or marinara) sauce & spinach

**Roasted Acorn Squash (seasonal) stuffed with Quinoa, Craisens, spinach, walnuts**

**SALADS:**

Classic Greek, House **or** Caesar *(no anchovies)*

Beets, Spinach, Goat cheese, Balsalmic

Kale, Brussel, Cran, Almonds, feta, lemon vin

Rainbow Slaw with Cilantro Vin.

Tomtao, Cucumber, Red onion, vin.

Roasted Veg, Quinoa, Spinach, lemon vin

**SOUPS:**

Curried Butternut Squash

Vegetarian Black Bean

Creamy Tomato Basil

Mushroom Wild Rice Soup

Veggie Minestrone with small pasta

Tuscan White Bean, spinach

Veggie Quinoa

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