

## Breakfast

### **Breakfast Hash (VG, V, GF)**

tofu, Yukon potatoes, chard, onions, grape tomatoes, bell peppers and avocado

### **Quinoa Breakfast Bowl (VG, V, GF)**

Quinoa, almond milk, dried cranberries, walnuts, maple syrup

### **Breakfast Enchiladas (GF)**

turkey sausage, bacon, grape tomatoes, scallions and avocado wrapped in corn tortillas with enchilada sauce

### **Breakfast Casserole (GF)**

Gluten free bread, sausage, egg, green pepper baked and topped with cheddar cheese

## Salads

### **Kale Salad (VG, V, GF)**

Quinoa, kale with grape tomato, olives, walnuts, avocado, lemon and cilantro with tahini dressing

### **Caesar Salad (VG, V, GF)**

Romaine and avocado with an apple cider vinegar dressing

## Accompaniments

### **Macaroni Salad (VG, V, GF)**

Gluten free macaroni, red pepper, celery, scallions and tofu in a mustard and vinegar dressing

### **Tabbouleh Salad (VG, V)**

bulgar wheat, grape tomato, cucumber, spring onion, parsley and mint tossed in lemon olive oil

### **Papaya Salad (VG, V, GF)**

Papaya, carrots, plum tomatoes, cabbage and peanuts over romaine and tossed in a chili lime dressing

## Sandwiches

### **BLT (VG, V)**

Avocado, coconut bacon, red tomato, and butter lettuce on UDIs bread

### **Mediterranean Sandwich (VG, V)**

Olive tapenade, roasted red pepper, eggplant, zucchini, basil, and romaine on sourdough

## Entrees

### **Gumbo (VG, V)**

Kidney beans, onion, bell pepper, okra, potato and celery with Cajun spices

### **Enchiladas (VG, V)**

Corn tortillas filled with tofu and onion, and topped with enchilada sauce

### **Linguini (VG, V)**

Whole wheat pasta, tahini, san marzano tomatoes, capers and spices

### **Moussaka (VG, V)**

Eggplant, onion, yukon potatoes, lentils and

### **Burritos (VG, V, GF)**

Black beans, corn, basmati rice, pico de gallo, and avocado in a tortilla

### **Chorizo Tacos (GF)**

Chorizo and cabbage in a GF tortilla, topped with avocado creme

### **Shrimp & Grits (GF)**

Cheesy GF grits, shrimp and tasso gravy

### **Chicken Marabella (GF)**

chicken with dried apricots, green olives, prunes, capers, and brown sugar

### **Pork Tenderloin (GF)**

Apple brine, rosemary, and finished with a honey mustard glaze