

Plant based menu

Casseroles/salads

Harissa black bean meatballs, minted plant based yogurt sauce
Veggies fried rice (Basmati rice, peas, carrots, scallions, ginger, garlic, soy sauce)
Garlic turmeric basmati rice
Wild rice casserole with cranberries & goat cheese
Crispy tofu, string beans, scallions, soy sauce casserole
Turmeric tofu kebabs (plant based yogurt, turmeric, garam masala, cumin)
Spinach & yellow lentils curry
Matar tofu (tomatoes, indian spices, peas, cashewnuts, tofu)
Sag tofu (Tomatoe spinach puree, cashewnuts, indian spices, tofu)
Couscous, grilled vegetables & golden raisins, olive oil
Creamy Israeli couscous, peas, coconut milk, lemon
Mushroom-lentil burgers
Butternut squash salad (roasted squash, green lentils, arugula, dried figs, feta cheese, mustard vinaigrette)
Moroccan carrot salad (shredded carrots, dates, feta, cilantro, cumin, lime)
Quinoa salad (Chick peas, cucumber, radish, parsley, garlic lemon vinaigrette)

Pasta

Vegetarian bolognese (green lentils, carrots, celery, whole wheat spaghetti)
Pasta al pesto casserole (Chickpea penne, sweet peas, basil vegan pesto)

Soups (vegetarian stock based)

Tuscan tomato soup
Potato leek soup
Butternut squash soup
Cauliflower curry velouté
Tofu Thai soup (red curry, ginger, garlic, herbs, coconut milk, vegetable stock, scallions, cherry tomatoes)
Red Curry dumpling soup (vegetable Gyoza, red curry, coconut milk, vegetable stock)
Escarole & cannellini bean soup

Veggies

Charred cauliflower, arugula, tahini caper sauce
Roasted sweet potatoe fries
Grilled zucchini , crumbled feta cheese, parsley, hazelnuts, lemon zest, olive oil
Roasted Brussel sprouts, honey drizzle
Roasted broccoli, lemon & almonds
French beans, parsley & garlic
Roasted asparagus, parmesan & lemon
Pearl couscous, spinach, mushrooms casserole