



## Meal Prep Menu

### AM Fuel

**Overnight Oats** oats & milk with a variety of mix-ins and toppings (cacao-nut butter, tropical flair, cinnamon matcha, maple blueberry)

**Baked Oatmeal Squares** blueberries, oats, nuts, maple syrup and warm spices

**Chia Seed Pudding** breakfast pudding topped with fresh fruit/dried fruit/nuts

**Yogurt Parfaits** layers of vanilla yogurt, crunchy granola & fresh fruit

**Scones** choice of blueberry, orange cranberry, maple oat or seasonal fruit

**Breakfast Sandwich** (tofu or Just) egg with cheese, tomato & spinach on a Hank's bagel

**Breakfast Burrito** (tofu or Just) egg scramble with cheddar, bacon, potatoes & tomatoes in a spinach tortilla

**Skillet Breakfast** (tofu or Just) scrambled egg over roasted potatoes, peppers & onions topped with cheese

**Petite Quiche** (tofu or Just) egg, sauteed broccoli, spinach, onions & mushrooms in a flaky crust

**Fresh Fruit Bowl** chopped seasonal fruit or mixed berries

### Midday Recharge

#### **Jar Salads – Take It, Shake It, Eat It!**

**Italian** radicchio, red onion, sundried tomatoes, mozzarella, cherry tomatoes, rotini, romaine, pepperoncini, zesty vinaigrette

**Greek** cucumbers, tomatoes, olives, red onion, marinated (tofu) feta, lemony rice, romaine, vinaigrette

**Tex-Mex** roasted corn, red pepper, fajita spiced tofu, toasted quinoa, romaine, chili lime dressing

**Asian Noodle** cucumber, carrots, red cabbage, Udon noodles, marinated tempeh, snap peas, chopped peanuts, sesame dressing

**Roasted Vegetable** sweet potatoes, mushrooms, onions, broccoli, chickpeas, brown rice, lemon tahini dressing

**Hummus & Roasted Veggie Wrap** homemade hummus, seasonal roasted vegetables in a spinach wrap

**Tomato & Cheese Biscuit** flaky biscuit with thinly sliced tomato, cheese, smashed avocado & hot sauce

## **Appetizers & Snacks**

**Hummus, Skillet flatbread, Carrot & Celery Crudité** creamy hummus, fresh bread & crisp veggie sticks

**Muhammara & Pita** tangy red pepper & walnut spread with fresh baked pita rounds

**Queso Sauce w/Locally Made Tortilla Chips** cashew-based cheesy dip w/pickled jalapenos

**Marinated (Tofu) Feta, Olive & Tomato Skewers** salty, herby feta, kalamata olives, cherry tomatoes

**Stuffed Baby Bella Caps** roasted mushroom caps with a spinach cream cheese filling with toasted breadcrumbs

**Ricotta Stuffed Dates** Medjool dates with smooth ricotta, topped with chopped pistachios & herb infused syrup

**Rosemary Roasted Nuts** lightly spicy, slightly sweet, salty roasted almonds, cashews, walnuts & pecans

**Pistachio or Coconut Date Balls** almonds & dates with a hint of cocoa & taste of orange dusted with pistachios

**Granola** rolled oats, sunflower seeds, sesame seeds, walnuts, maple syrup, golden raisins, cinnamon, cranberries

**Sweet Potato Muffins** warm spices with a light, fluffy & moist crumb

**Blue Masa Corn Cake w/Maple Thyme Butter** deep corn flavor with a tender cake-like crumb

**Watermelon Salsa + Cinnamon Tortilla Chips** spicy, sweet & fruity with fresh, crunchy chips

**Chocolate-Covered Dates with Pistachio Butter** Medjool dates filled with creamy pistachio butter covered with dark chocolate

## **What's For Dinner?**

### **Soups & Stews & Chilis**

**Pasta e fagioli** simple, comforting bean and pasta soup with a vegetable broth

**Minestrone w/Pesto** seasonal vegetables & small pasta topped with basil pesto

**Black Bean Soup w/Lemon Crème Fraiche** classic black bean soup with creamy lemon topping

**Rustic Lentil Soup w/Spinach (pasta optional)** hearty soup with brown lentils, red wine & spinach

**Italian Meatball Wedding Soup** white bean meatballs atop a brothy, farro” “filled soup

**Roasted Butternut Squash Soup** vibrant, flavor” “packed soup with squash, apples & onions

**Cream of Broccoli Cheddar’ Soup** creamy, cheesy soup packed with broccoli flavor

**Potato Leek Soup w/Broccoli Gremolata** relish of parsley, lemon zest, garlic, and nuts atop this creamy soup

**Creamy Cauliflower Soup w/Apple Walnut Salad** – silken soup topped with a tangy apple” “celery” “walnut salad

**Immune Boosting Soup** gluten free, oil free, nut free & packed with immune boosting veggies & spices

**Vegetable Tortellini Soup** Kite Hill tortellini, savory broth, mushrooms & spinach

**Peanut-Ginger Sweet Potato Soup** creamy, peanutty soup, a family favorite

**Mexican Tortilla Soup w/Black Beans & Avocado** brothy, warming traditional tortilla soup

**Hot & Sour Shiitake Udon Soup** tofu, shiitake mushrooms, and ample colorful vegetables

**Garlicky Butter Bean Soup w/Greens** nourishing soup packed with healing and savory spices and herbs

**White Bean Stew** hearty stew that brings all the rich, fresh flavors of Tuscan cuisine

**Ethiopian Red Lentil Stew** warm, richly spiced red lentils with citrusy & smoky notes

**Creamy French Lentil Stew** Le Puy lentils, white wine, thyme roasted mushrooms & curly kale

**Roasted Vegetable Stew w/Couscous** hearty roasted vegetables & chickpeas over a bed of couscous

**Moroccan Spiced Chili** richly spiced chili with butternut squash, chickpeas, zucchini, apricots & prunes

**Meaty Chili Con Chili** hearty and flavorful with a homemade seasoning blend that packs in complex sweet heat

### Entrée Salads

**Taco Salad in Baked Tortilla Bowls** pinto or black beans, walnut chorizo, avocado lime dressing

**Kale Caesar w/Crispy, Cheesy Croutons & Lemon Dijon Baked Tofu** hemp seed Caesar dressing

**Sriracha Orange Tofu Lettuce Wraps w/Peanut Coconut Dressing** part salad, part stir fry, fun to eat!

**Thai Basil Spaghetti Squash w/Curry Tofu** tender strands of squash, lime, soy sauce, cilantro & basil

**General Tso's Tofu & Broccoli Salad** inspired by the takeout classic; Sriracha orange tofu, 7-Spice peanuts

**Roasted Nicoise Salad w/Lemon Pepper Chickpeas** potatoes, green beans, maple mustard shallot vinaigrette

**Roasted Ratatouille Salad w/Romesco Dressing & Toasted Baguette** topped with lemon Dijon tofu

**Blackened Tempeh Ruben Salad** horseradish hemp dressing, tempeh pastrami, kale & cabbage

**Blackened Tempeh Chopped Salad w/ Creamy Ranch & Crispy Tortillas** tomatoes, cucumbers, and endive

**Peking-Roasted Tofu Noodle Salad** another takeout classic; roasted glazed tofu atop cucumbers, napa cabbage

**Roasted Tomato Chickpea Pasta Salad** Caesar walnuts, lemon pepper chickpeas, chard & Dijon vinaigrette

### Tofu & Tempeh

**BBQ Tofu w/Chipotle Smashed Sweet Potato** homemade BBQ sauce, slightly spicy, tangy sweet potatoes

**Tofu Palak Paneer w/Basmati Rice** flavorful sauce of spinach, chile, ginger, garlic & gram masala

**Thai Peanut Curry w/Lime Tofu & Cucumber Pickles** w/Basmati Rice fragrant curry, refreshing cucumbers

**Thai Red Curry w/Tofu** savory, salty, sweet, sour & spicy with a creamy broth & soft, chewy tofu

**Mapo Tofu w/Steamed Bok Choy & Jasmine Rice** spicy chili and bean-based sauce, green peas

**Orange Tofu w/Brown Rice** crispy tofu drenched in a sweet & tangy citrus sauce, better than takeout!

**Black & White Sesame Crusted Tofu** crunchy with panko & sesame seeds with a zesty dipping sauce

**Teriyaki Tofu w/Brown Rice & Steamed Broccoli** crispy tofu with a sweet-savory-salty thick & sticky sauce

**Masala Baked Tofu w/Warm Spiced Buttery Brown Rice** warm, earthy & slightly spicy tofu, buttery rice

**Crispy Tofu Nuggets w/Sweet Potato Wedges** crunchy panko crusted nuggets, tender baked sweet potatoes

**Curry Tofu w/Fresh Mango Chutney** savory tofu, sauteed spinach & a bright fruity salsa

**Spicy Noodle Stir fry w/Salt & Pepper Tofu** blistered green beans, silky noodles, garlicky, spicy sauce

**(Tofu & Walnut) Meat Sauce w/Rotini** “meaty” homemade tomato sauce over al dente pasta, a true classic!

**Buffalo Tempeh Tacos w/Celery Apple Slaw & Ranch Crema** thinly sliced tempeh in a buttery hot sauce

**Sweet & Sour Tempeh Peanut Stir Fry** crispy tempeh, roasted peanuts, snap peas with sweet & sour sauce

**Crispy BBQ Tempeh Bowl w/Sassy Slaw** BBQ spiced rubbed tempeh, crispy, colorful apple/cabbage/carrot slaw

#### Beans & Lentils

**Chickpea Tikka Masala w/Basmati Rice** restaurant classic updated with cashew cream & chickpeas

**Roasted Vegetable & Black Bean Enchiladas** mushrooms, corn, peppers, onions, squash, Daiya cheddar

**Jerk Spiced Lentils w/Coconut Rice & Mango Salsa** hearty, aromatic spicy lentils with a zesty salsa

**Lentil Meatballs In Tomato Sauce** tender meatballs in a classic Italian red sauce

**Black Bean & Vegetable Fajitas w/Red Rice** peppers, onions, zucchini, corn tortillas, flour tortillas, salsa

**Cuban-style Orange Scented Black Beans** slow cooked beans, red, green & orange peppers, cilantro rice

**Shawarma Beans w/Creamy Tahini Sauce & Jammy Zucchini** crispy beans, meltingly tender zucchini

**Three Bean Chili Over Cornbread Waffles** robust bean & vegetable chili over savory waffles

#### Pasta & Grains

**Lemony Pasta w/Sausage & Broccoli** robust sausage & rigatoni smothered in a light & fresh lemon sauce

**Roasted Red Pepper Pasta** penne with a creamy red pepper sauce topped with parmesan cheese

**Fettuccine Alfredo w/Mushroom Medley** cashew & miso cream sauce, whole wheat pasta, mixed mushrooms

**Cold Soba Noodles w/Citrus-Miso Dressing** broccoli, carrots, cucumbers, roasted tofu

**“Sushi” Rice Bowl w/Wasabi Miso Lime Dressing** seasoned rice, cucumbers, edamame, pickled radishes, tofu

**Pineapple Jade Fried Rice** green curry paste, roasted cashews, broccoli, spinach, diced pineapple

#### Veggies!

**Aloo Palak (Potato & Spinach Curry)** creamy spinach sauce with tender potatoes

**Braised Carrots & Chickpeas w/Dill Gremolata** whole carrots braised with chickpeas, topped with dill gremolata

**Whole Roasted Cauliflower** tahini, za’atar & black sesame seed crust served over hummus & baby spinach

**Red, White & Green (Beans, Greens, Potatoes & Tomatoes) Galette** open-faced tart with a savory filling

**Cauliflower Steaks w/ Italian Basil & Parsley Salsa Verde** caramelized cauliflower, white beans, garlicky salsa

**Cauliflower Marbella w/Whipped Mashed Potatoes** savory-sweet marinade with prunes, capers & olives

**Cauliflower Spareribs w/Ginger Fried Rice** Chinese five spice BBQ sauce, gingery rice, sliced scallions

**Mushroom Carnitas Tacos** smoky, spicy, citrusy tacos with a tangy avocado crema

**Pan Roasted Vegetables & Tofu** abundance of seasonal vegetables, assorted potatoes, savory tofu

#### Comfort Favorites

**Spanakopita** phyllo dough, spinach, fennel, herbs, (Violife) feta cheese

**Lasagna w/spinach, (Tofurky) Italian sausage & herbed ricotta** made with Mom's red sauce

**Vegetable Pot Pie** potatoes, carrots, peas, mushrooms & broccoli in a creamy sauce topped with flaky crust

**Veggies & Dumplings** tender, plump dumplings in a comforting herbaceous stew with

**"Crab"cakes & Slaw & Old Bay Aioli** tender cakes of garbanzo beans & hearts of palm, traditional Old Bay mayo

**French Toast Casserole w/Fresh Berries** sweet, chewy, soft and crispy crowd pleaser

**Cheesy Herb Bread Pudding w/Caramelized Leeks** creamy, crunchy, chewy & cheesy savory bread pudding

**Chili & Corn Chip Pie** lentil & bean chili baked with crunchy corn chips and topped with shredded cheese

**Macaroni & Cheese** cashew cheese sauce, tender pasta & a crisp cracker topping

**(Lion's Mane) Steak w/Rosemary Red Potatoes** hearty steak-seasoned mushroom with crispy herb potatoes

#### Plant-Based Meat Alternatives

**Parsley & Walnut Pesto Baked (Meati) Chik'n w/Roasted Potatoes** fresh pesto, tender potatoes

**Crispy (Meati) Chik'n & Waffles** classic chik'n topped waffles with maple-thyme butter

**Black Bean & Impossible/Beyond Meat Chili** rich, hearty, "meaty" chili, crowd pleaser!

**(Meati) Chik'n Fried Rice** (Just) egg, garlic, onions, peas, carrots, red peppers, chik'n chunks

**(Daring) Chik'n, Broccoli & Ziti** sauteed chik'n, tender broccoli & ziti in a creamy white sauce

**(Meati) Chik'n Parmesan w/Tomato sauce** crispy chik'n, mozzarella, Mom's red sauce

**(Meati) Chik'n Pot Pie** carrots, peas, onions, chik'n chunks, creamy sauce topped with flaky crust

**Spaghetti & Impossible/Beyond Meatballs** tender homemade "meat"balls in a rich red sauce

### Side Salads, Slaws & Vegetables

**Herby Green Salad w/ Crispy Seed Crumbs** romaine, kale, fresh herbs, pickled onions, cucumber

**Apple & Spinach Salad** baby spinach, sliced granny smith apple, pecans & mustard-cider vinaigrette

**Crunchy Cucumber Carrot Salad w/Sesame Dressing** light & crispy with nutty dressing

**OG Green Salad** romaine, cucumbers, shredded carrots, cherry tomatoes, red onion, balsamic vinaigrette

**Sassy Slaw** red & green cabbage, carrots, apple, green onions, pepitas, poppy seeds, in a mildly spicy vinaigrette

**Crispy Smashed Potatoes w/Italian Basil & Parsley Salsa Verde** garlicky, herby salsa

**Garlicky Kale** curly or Italian kale, garlic, crushed red pepper

**Garlicky Asparagus & Beans with Lemon-Infused Olive Oil** white beans, garlic, lemony oil

**Sauteed Lemon Spinach or Broccolini** EVOO, lemon zest, lemon juice

**Green Beans w/Almonds** EVOO, slivered almonds, lemon zest

### Sweets

**Lemon Corn Cake with Rosemary** loaf cake perfect for morning coffee or afternoon tea

**Dark Chocolate Mousse w/Raspberry Compote** classic favorite

**Chunky Lola Cookies** oats, chocolate, pecans, coconut

**Chewy Molasses Cookie w/Dark Rum Glaze** spicy, tender cookies with a confectioner's sugar glaze

**Old School Celebration Cake** 6", two-layer tender yellow cake with chocolate frosting

**Super Fudgy, Slightly Salty, Triple Chocolate Brownies** dark & semisweet chocolate, cocoa, espresso powder

**Raspberry Jam Shortbread Bars** tender shortbread, tangy raspberry jam, shortbread crumble

**Apple Hand Pies** reminiscent of the Hostess Favorite with glazed flaky crust & cinnamon-y apple filling

**Chocolate Chip Cookies** Chef's favorite! super dark, dark & semisweet chocolate chips

**Freshest Fruit Galette** open-faced tart of a tender pastry base topped with seasonal fruit, baked until crisp

**NY-Style Crumb Cake** moist yellow cake topped with heaps of cinnamon crumble