

## **Whole Food Plant Based Oil Free | Sample Menu**

Chef Mark will add 2-3 regional dishes to each menu which are whole-food plant based prepared with no-oil.

### **Breakfast**

- Blueberry Pancakes with Maple Syrup
- Apple Pecan Oat Bake
- Steel Cut Oatmeal Bar
- Blueberry Bliss Bowl
- Shakshuka
- Irish Breakfast Beans
- Tofu Scramble, "Sausage," Hash Browns
- Costa Rican Breakfast Bowl with Plantains
- Seasonal Fresh Fruit Assortment
- Artisan Whole Grain Bread with Seasonal Fruit Compote

### **Lunch**

- Taco Salad
- "Tuna" Burritos
- Lebanese Salad Wrap
- Fresh Kale and Cranberry Salad
- Freekeh Salad with Cherry Tomatoes
- Smoked "Turkey" Sandwiches

- Applesauce Oatmeal Cookies
- Dried Fruit and Nut Cup
- Assorted Fresh Fruit
- Afternoon Snack
- Regional Charcuterie Boards
- Cauliflower Hummus
- Ranch Dip or Buffalo Dip with Crackers and Veggies
- "Feta", Red Peppers and Kalamata Olives with Cornichons
- Seasonal Fresh Fruit

### **Dinner**

- White Bean Andouille Sausage, Greens and Corn Bread Dumplings
- Orange Crusted Tofu Stir-Fry with Soba Noodles
- Tri-Bean "Brisket" with Sweet Pickle Chips, Mashed Potatoes & Gravy
- "Parmesan" encrusted Vegetable Lasagna & Artisan Whole Grain Sourdough Bread
- Mac and "Cheese" & Green Apple Salad
- Mushroom Etouffee & Glazed Balsamic Carrots
- Fresh Organic Salad Greens & Herb Salad Dressing

### **Dessert**

- Seasonal Fresh Fruit

- Sweet Potato Mousse
- Brownie Bites
- Blueberry Muffins
- Lemon Bars
- Fruit Cobbler with Seasonal Local Fruit
- Cinnamon Roll "Ice Cream"
- Ridiculously Luscious Chocolate Cake