

## **SNACKS + APPETIZERS**

### **BIRDSEED BARS**

sesame + sunflower seeds with coconut, macadamias, goji berries, almonds, pumpkin seeds, honey butter

### **ROSEMARY WHITE BEAN DIP**

cannellini beans, rosemary, shallot, e.v.o.o.

### **BEET HUMMUS DUO**

golden beets + red beets with tahini, lemon, cumin, garlic

### **CASHEW-SESAME KALE CHIPS**

crispy kale, cashew butter, sesame, garlic, poppyseed

## **SALAD**

### **BRUSSELS SPROUT SLAW**

dried cherries, sunflower seeds, stoneground spice vinaigrette

### **WINTER KALE**

butternut squash, cranberries, maple vinaigrette

## **DINNER**

### **COCONUT CURRY CARROT SOUP**

carrot, ginger, garlic, coconut milk, curry spice blend

### **STUFFED ACORN SQUASH**

roasted acorn squash, savory toasted millet, pecan-dijon sauce

## **BREAKFAST**

### **CRANBERRY ALMOND QUINOA**

oat milk, dried cranberries, slivered almonds, orange zest

### **VEGGIE FRIED RICE**

ginger, garlic, carrot, celery, broccoli, peas, tamari, Chinese 5-spice

## **LUNCH**

### **MISO BBQ TEMPEH WRAPS**

pan-seared tempeh, miso barbecue sauce, red cabbage slaw, ivory teff wrap

### **BALSAMIC ROASTED VEGGIE SANDWICHES**

zucchini, yellow squash, eggplant, balsamic glaze, plant-based parm spread, toasted GF bread

## **DESSERT**

### **PANNA COTTA**

coconut milk, vanilla, pomegranate

### **SWEET POTATO BROWNIES**

roasted sweet potatoes, cashew butter, maple syrup, cacao