

SMALL 8-10 / LARGE 15-20

BREAKFAST & BAKERY

ITEM	DESCRIPTION	SMALL	LARGE	INTERNAL
BAGELS	ASSORTED incl. assorted cream cheeze	10 X \$55	20 x \$105	
CINNAMON BUN		10 X \$70	20 X \$135	
DONUT	ASSORTED plain, chocolate glaze, maple glaze, powdered cinnamon sugar, salted caramel glaze	10 X \$40	20 X \$70	
DONUT HOLES	ASSORTED plain, chocolate glaze, maple glaze, powdered cinnamon sugar, salted caramel glaze	10 X \$40	20 X \$70	
WHOLE TART	choice of chocolate cran, pecan, apple, pumpkin		\$65.00	
MACAROONS	ASSORTED chocolate and coconut	10 X \$65	20 X \$125	
COOKIES	ASSORTED chocolate chip, thumprint, brownie, oat raisin, peanut butter	10 X \$40	20 X \$70	
MUFFINS	ASSORTED apple carrot, blueberry lemon, pumpkin, coconut chocolate chip and orange cranberry	10 X \$45	20 X \$85	
OVERNIGHT OATS	Oats soaked to tender perfection in coconut milk and chia seeds, sweetened with banana and real maple syrup, topped with cinnamon and raisins	\$75.00	\$145.00	12 oz PER PERSON
EGG & CHEEZE BAGEL	<i>add sauzage breakfast patties</i> small \$25 / large \$49	\$90.00	\$175.00	
BAGEL & LOX	Carrot lox, red onion, freshly sliced tomato, plain cream cheeze and capers	\$85.00	\$159.00	
SMASHED AVO TOAST	topped with seasoned mashed avocado and freshly sliced avocado	\$120.00	\$235.00	1.5 PER PERSON

WAFFLE MINIS	with butter, banana, berries and real maple syrup	\$45.00	\$80.00	2 minis per person
PANCAKE MINIS	with butter, banana, berries and real maple syrup	\$45.00	\$80.00	2 minis per person
MORNING WRAPS	Our signature homemade GF tortilla wrapped around a blend of scrambled tofu, black beans and avocado	\$95.00	\$179.00	
LUNCH & DINNER				
<i>Hors D'oeuvres</i>				
ITEM	DESCRIPTION	SMALL	LARGE	INTERNAL
GUACAMOLE & CHIPS	Served with pita chips	\$65.00	\$130.00	
BUFFALO CAULIFLOWER	Baked cauliflower florets seasoned with spicy sauce. Served with celery, carrot sticks and our homemade aioli dressing	\$120.00	\$235.00	
SWEET POTATO NACHOS	Thinly sliced layers of sweet potato smothered in melty cheeze, topped with black beans, fresh avocado, black olives, pico de gallo, guacamole and cilantro; toppings packed separately	\$130.00	\$255.00	
MEDITERRANEAN SAMPLER	A mixed appetizer plate with almond hummus, dolma {stuffed grape leaves with brown rice}, babaganoush, red lentil roll, quinoa tabouli and marinated black olives	\$120.00	\$235.00	
NO-MEAT-BALL SLIDERS	Two mini lentil patties with portobello mushroom and marinara, topped with basil leaves and served in our homemade sliders	\$89.00	\$172.00	
INVOLTINI	eggplant rolls with vegan ricotta and homemade marinara sauce	\$104.00	\$200.00	

TACO BAR	Choice of baked corn tortilla tacos or tostadas with sides of jackfruit, black beans, roasted bell peppers and onions, mushroom, guacamole, cilantro and vegan crema	\$40.00	\$70.00	
EMPANADAS	Lentil, swiss chard and turmeric	\$65.00	\$126.00	
ZUCCHINI FRITTATA		\$59.00	\$113.00	
SPRING ROLLS	Brown rice paper-wrap with tofu, cucumber, carrots, bean threads, mint and cilantro served with sweet and spicy sesame sauce	\$65.00	\$126.00	
<i>10" pizza pies</i>				
ITEM	DESCRIPTION	SMALL	LARGE	INTERNAL
VEGGIE	Vegan mozz pie topped with onion, portobello mushrooms and green and red pepper	-	\$15.95	
SAUZAGE & PEPPERS	Vegan mozz pie topped with spicy or sweet sausage, with red and green peppers	-	\$15.95	
TRUFFLE MUSHROOM	Almond-ricotta pie topped with portobello mushrooms drizzled with truffle oil	-	\$15.95	
MARGHERITA	Marinara pie topped with vegan mozz and basil, with EVOO drizzle	-	\$15.95	
PESTO	Topped with cherry tomatoes and basil	-	\$15.95	
<i>Salads & Bowls</i>				
ITEM	DESCRIPTION	SMALL	LARGE	INTERNAL
TACO SALAD BOWL	Romaine lettuce topped with red quinoa, pico de gallo, avocado mash, black beans and freshly sliced avocado. Served in a crisp tortilla bowl and drizzled with crema	\$97.00	\$187.00	meat for 8 mini shells for 10

KALE CAESAR	Bite-sized pieces of kale served with our signature Caesar dressing, topped with nut-parm and garlic croutons	\$97.00	\$187.00	
SUSHI BOWL	nori-tofu, carrots, broccoli, edamame, sushi rice, watermelon radish, pickled ginger, cucumber, nori vinaigrette	\$115.00	\$222.00	
RAMEN SALAD BOWL	Millet ramen noodle, napa cabbage, purple cabbage and radish, topped with alfalfa sprouts and homemade ginger dressing	\$112.00	\$216.00	
FALAFEL BOWL	Our signature baked falafel served on a base of avocado dressed kale, cauliflower rice, artichoke spread, shredded pickled turnip, cucumber, and tomato. Topped with homemade tahini dressing	\$105.00	\$203.00	
HARVEST SALAD BOWL	Kale, spinach, vegetable kasha, miso- maple glazed roasted butternut squash, pumpkin seeds, and dried cranberry, dressed with maple vinaigrette	\$112.00	\$216.00	
SUPERBOWL	Sauteed onion, red cabbage, garnet quinoa and collard greens, topped with crispy sweet potato	\$115.00	\$222.00	
<i>Fresh Made Pasta</i>				
ITEM	DESCRIPTION	SMALL	LARGE	INTERNAL
SPAGHETTI SQUASH	mushroom balls nested in fresh zucchini spaghetti topped with homemade marinara and basil	\$58.00	\$113.00	
PENNE A LA BOLOGNESE	made with our signature mushroom and lentil bolognese	\$105.00	\$203.00	
WHITE BEAN PASTA	blended with spinach, cherry tomato, garlic and EVOO	\$105.00	\$203.00	
SPAGHETTI A LA PUTTANESCA	miso, tomato, olives, red pepper flakes, capers, garlic and EVOO	\$105.00	\$203.00	

ZUCCHINI LASAGNA	layers of roasted zucchini, with homemade marinara and tofu ricotta blend	\$70.00	\$136.00	
EGGPLANT LASAGNA	layers of roasted eggplant, with homemade marinara and tofu ricotta blend	\$70.00	\$136.00	
PESTO PENNE	basil, garlic, hemp hearts and EVOO	\$105.00	\$203.00	
<i>Kitchen Scratch</i>				
ITEM	DESCRIPTION	SMALL	LARGE	INTERNAL
BURGER BAR	Choice of lentil, white bean and black bean patties , served with side of buns, lettuce, tomato, and onion with beet ketchup, cranberry sauce and aioli	\$127.00	\$246.00	
FOCACCIA PANINI	Your choice of tofu or portobello mushroom on freshly baked focaccia filled with roasted green and red peppers, eggplant, tomato and balsamic glaze topped with basil	\$98.00	\$189.00	
PHILLY CHEEZESTEAK	Choice of jackfruit or portobello steak topped with onion, green pepper, red pepper, and melty cheeze. Served on Italian bread	\$98.00	\$189.00	
FALAFEL WRAP	Our signature baked falafel, served with tomato, mesclun greens, pickled turnip, and homemade almond hummus	\$83.00	\$160.00	
QUINOA VEGGIE SANDWICH	A specially blended quinoa and vegetable patty, mesclun mix, tomato, and homemade almond hummus	\$97.00	\$187.00	
THE ULTIMATE QUESADILLA	The ultimate vegan quesadilla packed with our homemade refried beans, sauteed veggies, guacamole and nut cheeze Served with a side of our special slaw	\$101.00	\$195.00	

FRESCO BURRITO	Fresh wrap of baked tofu, cherry tomato salsa, mesclun salad, garnet quinoa and spicy tofu aioli	\$104.00	\$201.00	
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