

VEGETARIAN MENU



SOUPS

Split pea

Potato leek

Vegetarian chili with TVP

Vegetarian tortilla soup

Minestrone

Sweet potato bisque

Vegetable soup with fresh basil

Southwestern black bean

Vegetarian gumbo

Cream of tomato

Corn chowder

Carrot soup with sesame seeds and chives

SALADS

Fresh seasonal salad with cherry tomatoes, cucumber, carrots, and radishes; served with your choice of raspberry vinaigrette, blue cheese, thousand island, citrus vinaigrette, balsamic vinaigrette, Italian vinaigrette, lemon-thyme vinaigrette, or French dressing

Italian pasta salad

Small shell pasta with fresh tomatoes, basil, roasted garlic, red onions, peppers, feta cheese; served with Italian dressing

Black bean salad

Tri-color peppers, scallions, tomatoes, and pepper jack cheese; tossed with cilantro vinaigrette

Classic Caesar salad

Fresh seasonal fruit served with yogurt dip

Spinach salad

Roma tomatoes, pine nuts and parmesan cheese; served with balsamic vinaigrette

Thai noodle salad with roasted tofu; served with peanut sesame ginger vinaigrette

Romaine and iceberg blend with red onion, walnuts, and gorgonzola cheese; served with balsamic vinaigrette

Carrot raisin salad

Orzo pasta salad with garden vegetables; served with Italian vinaigrette topped with parmesan cheese

Tabouilleh

Bulgar wheat tossed with parsley, garlic, lemon juice, olive oil, cucumber, and diced tomatoes

APPETIZERS

Grilled portabella mushroom with roasted garlic, oregano, and topped with grated parmesan cheese. served with a port wine reduction

Blanched asparagus with baby greens topped with tomato relish served with a lemon thyme vinaigrette

Tomato bruschetta topped with fresh basil and melted mozzarella cheese

Seared vegetable cakes served with basil aioli

Artichoke spinach dip served with crostini

Stuffed mushrooms with wild rice topped with cheddar cheese served with béchamel sauce

Fresh crudite with roasted garlic ranch dip

Hummus with grilled pita bread

Vegetable pot stickers served with sesame soy dipping sauce

ENTREES

PASTA

Vegetable risotto with truffle oil

Roasted tomatoes stuffed with orzo pasta and pesto

Vegetable pad Thai

Risotto Cakes served with roasted red pepper coulis

Bowtie pasta with asparagus, pine nuts, pesto, and parmesan cheese

Penne pasta with grape tomatoes, fresh basil, feta cheese; served with light white wine sauce

Rigatoni bolognese

Spinach cannelloni

Cheese enchiladas

VEGETABLE

Lentil Kulbyaka

A hearty casserole with lentil beans, rice, eggs, and mushrooms wrapped in phyllo pastry

Veggie sloppy joes

Vegetarian shepards pie

Vegetarian jambalaya

Vegetable egg rolls served with a sweet and sour sauce

Vegetable pot pie

Vegetable tartlett with a red pepper coulis

Baked roasted vegetable quiche with Monterey Jack cheese

Eggplant parmesan

VEGETABLE

Roasted vegetable ragu served with garlic infused red wine demi glace

Vegetable lasagna

BEEF SUBSTITUTES

Mock Salisbury steak served with wild mushroom demi glace

Stuffed peppers with mock ground beef, vegetables, and rice

Mock meat lasagna

TVP/TOFU/TEMPEH

TVP meatloaf

TVP stroganoff

Oriental tempeh stir fry with mushrooms, snow peas, and cashews; served with soy-peanut sauce

Seared tofu with vegetables served with red curry sauce

Sautéed tofu with asparagus, red pepper, onion, and roma tomatoes; tossed with pesto cream sauce

SIDE DISHES

VEGETABLES

Steamed broccoli

Steamed broccoli served with a tomato relish

Green beans lyonnaise

Sautéed green beans with sun dried tomatoes and capers

Sautéed green beans with roma tomatoes, garlic and kalamati olives

Steamed carrots with Italian herbs and roasted garlic

Honey glazed carrots

Sautéed carrots, broccoli, red onion and zucchini with Cajun spice

Grilled leeks with tomato tossed with a light Dijon mustard sauce

Baked asparagus with romano cheese

Steamed winter vegetables tossed with a tarragon butter

Sautéed zucchini, squash, peppers, and leeks with roasted garlic and herbs

Sautéed bell peppers with artichokes and capers

Seared vegetable cakes

Sautéed vegetable medley with a basil infused olive oil

Italian peas and carrots

SIDE DISHES

VEGETABLES

Baked cauliflower with a parmesan sauce

Vegetable primavera with a white wine pesto sauce

Braised red cabbage

Curried squash

POTATOES & STARCHES

Spinach cous cous

Potato risotto

Rice pilaf

Fried rice

Wild rice pilaf

Wild mushroom rice pilaf

Orzo rice pilaf with scallions and pecorino cheese

Truffle whipped potatoes

Steamed parsley potatoes

Potatoes au gratin

Steamed potatoes with fine herbs

Roasted red skin potatoes with garlic

SIDE DISHES

POTATOES & STARCHES

Baked sweet potatoes with brown sugar, butter and pecans

Portabella mushroom polenta

Asian noodles

Egg noodles tossed with butter

Homemade stuffing

* Most items can be altered to accommodate special diets or restrictions