

MENU

ENTREES

Savory Lentil Loaf with Sorrel-Chutney Glaze (Savory, Spicy)

Lentil loaf filled with organic veggies, glazed with sorrel-chutney sauce

Chickpea (Rajmah) Masala “Meatballs” with Tamarind-Habanero Sauce (Savory, Spicy)

Chickpea, grounded and spiced with fresh herbs and traditional seasoning, rounded into balls & served with a tamarind-habanero sauce [on the side]

Portobello Pepper “Steak” (Savory, Medium Spice)

Special dry rub, hard-seared Portobello Strips, perfectly sautéed Bell Peppers; house-made “Steak” sauce

Loaded Sweet Potato (Savory, Low Spice)

Roasted Jumbo Sweet Potato topped with caramelized pickled Red Onions, lightly sautéed Spinach, charred Organic Corn, Chives, savory Chickpea-Cilantro cream sauce, & a sprinkle of Nutritional Yeast

Brown Rice Pasta with Jerk Marinara

Organic Brown Rice Fusilli served with our house-made Jerk Marinara, topped with fresh Basil & Chives

SIDES

Lemon-pepper Green Beans (Savory, Green)

Green Beans lightly seasoned & sautéed quickly with garlic & lemon pepper

Country Mashed Potatoes (Slightly Savory)

Creamy combination with in-house garlic-butter

Tri-Color Quinoa (Savory, Starchy)

Organic Tri-Color Quinoa, seasoned with herbs & spices

Garlic Greens (Green, Savory)

Sautéed Bok Choy Greens with Garlic & Thyme

Caribbean Mixed Vegetable Medley

Chopped Green Cabbage, Carrots, Fresh Spinach sautéed with traditional herbs & spices