

ENTREES

Garam Masala Chickpea “Meatballs,” Tamarind & Fennel “gravy” w/ crispy Sage leaves

Chickpea “Meatballs” sit perfectly in our delicious tamarind & Fennel “gravy”

Kabocha Squash Curry

Seasonal Kabocha Squash simmered slowly in Jamaican Curry sauce

Dreadnut Mushroom & Leek Pasta

Fettuccini, topped w/ Cumin Seared Portobello Strips, in a Creamy Leek & Coconut Sauce

Roasted Pumpkin Lentil Bolognese [Boat]

Stuffed (small) Pumpkin with delicious Lentil Bolognese

Coffee & Black Pepper Grilled Cauliflower in Peanut Sauce

House-made Coffee, Pimento & Black Pepper rubbed Cauliflower in Peanut sauce

Pan-Seared Cauliflower in Brown Ginger & Pimento Sauce (Savory, Medium Spice)

Cauliflower seared then simmered in a delicious Ginger & pimento sauce

Rasta Pasta

Tri-Color Vegetable Pasta with House-made Pumpkin Seed & Basil Pesto

Stuffed Portobello Tops w/ Walnut Meat

Grilled Porto Tops stuffed with sauced Walnut “Meat” & sautéed Peppers & Onions

Crispy Vegan Quinoa Cakes

Pan Seared Quinoa Cakes served topped w/ healthy flavorful Tomato Chickpea Relish

Vegan “Date Night” Alfredo

Pasta tossed in delicious Cashew Cream w/ sautéed Mushrooms & Lemon Zest

Sheet Pan Jerk Portobello Tacos

Smoky, spicy, “meaty” Porto Tacos topped with Caribbean Red Cabbage & grilled Pineapple Slaw

Crispy Black Pepper Cauliflower & Veggies

Double Battered crispy fried Cauliflower stir-fry w/ veggies

Lentil Meatballs w/ Jamaican Coconut-Curry

Baked Black Caviar Lentil “Meatballs” infused w/ fragrant spices over Jamaican Curry Sauce

Jamaican “Oxtail” & Butter Beans (Savory, Low Spice)

Regular Oyster Mushrooms double as our Juicy “Oxtail” paired with Butter Beans

Efo Riro [Nigerian Spinach Stew] (Savory, Low Spice)

Nigerian Delicacy. Mixed Spinach stew with a Red Bell Pepper, Habanero & Tomato base

Cashew Mac & Cheeze (Savory)

Baked Mac with Cashew & Nutri Yeast based "Cheeze" with crust topped with Crispy Fried Onions
& South African smoked seasoning

Roasted Garlic & Sriracha BBQ Lentils

Lentils slow simmered in house-made Garlic & Sriracha BBQ sauce

Cumin & Paprika dusted "Steak" with Leek & Muchie Plum Tomatoes

Portobello Mushroom with house made Cumin & Paprika dry-rub topped with sautéed Leeks & Plum Tomatoes

Roasted Sweet Potato & Quinoa Chili (Savory, Medium Spice)

Smoky roasted Sweet Potato & Quinoa based Chili with Kidney Beans & roasted Corn

Chunky Lentil-Pumpkin Soup (Savory, Medium Spice)

Lentils, Pumpkin, Potato, assorted Root Vegetable, herbs, Spices, simmered to a perfect blend