

ENTREES

Grilled “Scallops” with Green Pea & Truffle Puree

*King Oyster Mushroom is the perfect double for this grilled Scallop delight.
We smear our exotic Green Pea & Truffle Puree & garnish with crispy fried Capers*

Pineapple & Ginger Glazed Chick’n

Crispy fried Maitake Mushrooms tossed with our 5-Spice Pineapple & Ginger glaze

Cuban Black Bean with fire roasted Red Bell Pepper

Black Bean stew is deliciously simple.... With a hint of fired Lime seasoning & Red Peppers

Ital Stew (Savory, Low Spice)

Our Signature Dish! Pumpkin & Lima Bean based stew. We add a few more Root Vegetables & slow simmer ingredients with traditional herbs, spices & coconut milk.

Thyme & Sage Beet Balls w/ Chimichurri puree & Tomato-Plum Sauce (Savory, Low Spice)

Baked Beet Balls, seared, on top of Chimichurri Puree with Tomato Plum (reduction) Sauce

Red Lentil & Cashew Ricotta Lasagna (Savory, Low Spice)

House-made Marinara & Red Lentil filled Lasagna

Spicy Mushroom & Green Onion Stir-Fry

Baby Bella Mushrooms, Cherry Mucci Tomatoes, Green Onions & Bell Peppers

Paprika-Mustard Chick’n-Fried Cauliflower

Our special double battered Cauliflower is bumped up a notch with a Paprika & Mustard Rub

Garam Masala Chickpea “Meatballs,” Tamarind & Fennel “gravy” w/ crispy Sage leaves (Savory, Low Spice)

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

Kabocha Squash Curry (Savory, Low Spice)

Seasonal Kabocha Squash simmered slowly in Jamaican Curry sauce

Dreadnut Mushroom & Leek Pasta (Savory, Low Spice)

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

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

Kabocha Squash Curry (Savory, Low Spice)

Seasonal Kabocha Squash simmered slowly in Jamaican Curry 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