

## ENTRESS

### **Loaded Sweet Potato (Savory, Medium Spice)**

Baked jumbo Sweet Potato topped with grilled Corn & Spinach Hash, roasted Red Pepper & Garlic Aioli

### **Coffee & Black Pepper Grilled Cauliflower in Peanut Sauce**

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

### **Brown Stew Lentils (Savory, Medium Spice)**

Medium brown lentils, simmered in delicious brown stew sauce

### **Grilled [King Oyster] "Scallops" w/ Creamy Lemon-Dill Sauce (Savory, Medium Spice)**

Mushroom Scallops

### **Whole Roasted Cauliflower with Jerk Tahini (Savory, Spicy)**

Whole Cauliflower seasoned with special rub, roasted and dressed with our house-made Tahini

### **Beet, Mint, Pomegranate Salad**

Salad Greens, Fresh Beets, leaves & stems forms the base of this delicious power salad drizzled with a Dijon mustard & balsamic dressing

### **Roasted Vegetable Soup with Turmeric & Ginge (Savory, Low Spice)**

Seasonal Root Vegetable soup topped with coconut cream, chopped cilantro, parsley, served with crusty bread

### **Quinoa Pasta with Hemp Pesto & Sautéed Greens (Savory, Low Spice)**

Quinoa Pasta, Sliced Zucchini, Broccoli & Sprinkled Hemp seeds

### **Red Curry Butternut Squash & Red Lentils (Savory, Low Spice)**

Cubed Roasted Butternut Squash & Red Lentil simmered in coconut milk, with Cilantro & Fresh Lime Juice

### **Mushroom & Chickpea Tikka Masala (Savory, Low Spice)**

King Oyster Mushrooms, Chickpeas, Coconut Milk & Baby Spinach is all simmered in one pot for a delicious Masala Stew

### **One Pot Caribbean Jackfruit & Rice (Savory, Low Spice)**

Jackfruit, Red Kidney Beans & Basmati Rice in a fragrant Tomato based Vegetable stock, Fresh Cilantro, Lime Juice

### **Caribbean 5 Spiced Baked Beans (Savory, Low Spice)**

Spiced Pinto Beans with Parsley, Fresh Thyme

### **Celeriac, Pea & Spinach Soup (Savory, Low Spice)**

Sweet & Savory, hearty combination of Celeriac with Green Peas & Spinach, fresh Mint & Bell Pepper

### **Baked Chickpea Balls in Tomato Sauce (Savory, Low Spice)**

Baked Chickpea Balls in a Zesty Tomato Basil Sauce, with Cashew Sour Cream

### **Jamaican Curried Potato Stew (Savory, Low Spice)**

Hearty, spiced potatoes simmered in Jamaican Curry Sauce

### **Wild Rice Stir Fry (Savory, Low Spice)**

Our special Three-Grain wild Rice stir fried with added Broccoli, Carrots, Celery, Greens

### **One pot Spiced Mushroom Fusilli Pasta (Savory, Low Spice)**

Fusilli Pasta, Mixed Mushrooms, Baby Spinach, in spicy creamy broth

### **Crispy Vegan Quinoa Cakes (Savory, Low Spice)**

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

### **Yellow Split Pea Dahl (Savory, Low Spice)**

Exotic Spices like Turmeric & Cumin evenly balanced to form the base of this delicious Yellow Split Pea Stew

### **Pineapple & Ginger Glazed Chick'n (Savory, Low Spice)**

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