

# MENU

## ENTREES

**Savory Lentil “Meat Loaf” with Roasted Garlic & Sriracha BBQ Glaze (Savory, Spicy)**

*Delicious Lentil Loaf glazed with house-made Roasted Garlic & Sriracha BBQ glaze*

**Wild Rice Stir Fry**

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

**South African Pinto Bean Stew (Savory, Low Spice)**

*Stewed Pinto beans with Roasted red Potatoes -Delicious!*

**Chick Pea Pasta with Chunky Jerk Marinara (Savory, Spicy)**

*Red Chick Pea Pasta with house made Jerk Marinara*

**Jamaican Brown Stewed Chick’n (Savory, Medium Spice)**

*Maitake Mushrooms simmered with Potatoes & Carrots perfectly stewed*

## SIDES

**Grilled Veggies w/ Lemon Pepper**

*Grilled Parsnips, Asparagus, Zucchini & Butternut Squash*

**Roasted Yuca w/ Chile-Lemon Pepper**

*Roasted Jicama Puree with light seasoning*

**Ghana Jolof Rice**

*Traditional Ghanaian Jolof (Meatless)*

**Caribbean Mixed Vegetable Medley**

*Sautéed Savoy & Green Cabbage, Carrots, bit of Spinach*

**Garlic Greens**

*Sautéed Kale with Garlic*