

Fall and Winter 2018 Offerings

ENTREES \$48

“Beefy” Mushroom Bourguignon - If you’ve ever had this authentic French dish and thought after going plant-based that you’d never have it again, you are in for a big surprise! I have “veganized” this dish and it is packed with the traditional flavors. Sautéed then slow cooked mushrooms, carrots, garlic, rosemary, thyme and even a bold dry red wine to finish the dish. (Alcohol cooks off). This is paired with a whole grain fusilli pasta. Not a traditional side but, plant based “egg” noodles do not exist that I have found. This dish is completely oil free and a true labor of Love! (Can sub gluten free)

Chipotle Lime Spaghetti Pasta - Another of my own sauce creations. It’s smoky, spicy sauce is the perfect accompaniment for the whole grain pasta. It’s topped with fresh raw red onion and jalapeños. (Corn is included but as it’s not in season, it may not be fresh off the cob.)

Butternut Squash Purée and Linguine - A returning Fall favorite. The squash is roasted and puréed with onion and garlic and puréed. It is paired with roasted mushrooms, fresh broccoli and zucchini. This dish is topped with a dash of smoked crushed almonds. Choice whole wheat or gluten free pasta.

Light Lasagna - This lasagna is a favorite all year round so it has a permanent place here no matter what the season! Home-made cashew ricotta is layered in between the gluten free rice noodles, which includes an abundance of sautéed fresh spinach, mushroom and onion. It is baked to a bubbling perfection.

(Full sheet \$55)

BOWLS \$45

Mediterranean Bowl with Farro - Chewy tasty farro with slow cooked chickpeas, cucumber, tomatoes, red onion, and chopped kale. This bowl of bountiful-ness is served with homemade fresh lemon tahini dressing. See priced below.

Chana Masala - A traditional Indian dish featuring chick peas cooked to perfect tenderness with an incredible aroma of coriander and the tang of Amchoor (unripe dry mango powder). The dish is accompanied with roasted cubed potatoes.

Asian Noodle Bowl - An abundance of sobo buckwheat noodles, shredded daikon radish, carrot and red cabbage. The sauce is a peanut-y, sweet, tangy and thick enough to hug up on those noodles. Or go for spicy and choose my signature Wasabi Lime sauce. This bowl is topped with fresh, crisp green onions. Eat cold or warmed for a sec...

SOUPS \$35

New England "DAMN!" Chowder - My magnificent alternative to making New England Clam Chowder! This soup is totally plant-based. We have white mushrooms, potatoes, corn, celery and all the other "traditional" flavour with a twist...no CLAMS, AND a spot of seaweed for that "fishy" flave.

Tomato Basil Bisque - slow simmered tomatoes with garlic, onion, fresh basil. A splash of cashew cream and almond milk add too its bold richness.

Creamy Veg Soup - This soup is out of this world and will keep you satisfied and full for hours. A low ingredient soup that carries with it a rich flavour with the essence of rosemary and thyme. This soup too has a splash of cashew cream and almond milk.

SAUCES AND DRESSINGS

Tahini Lemon Garlic - \$10

Creamy Peanut - \$9

Wasabi Lime - \$8