

LUNCH MENU



03.11



CLASSIC GREEK SALAD

TO SERVE: Empty contents from the jar and toss with a drizzle of our house made Herby Tahini Dressing and fresh herbs of your choice. Note: A little dressing goes a long way. Use a light hand to dress.



NEW! VEGAN MINESTRONE

TO SERVE: Gently warm the soup on the stove top. Be careful not to overheat the soup as the pasta is delicate once cooked, and will get mushy if overcooked. Serve with a sprinkle of fresh herbs (if desired) and Shepherd's Bread - handmade, organic, sourdough breads baked in Carbondale, CO. NOTE: Shepherd's bread is not gluten-free



FAJITA BOWL

TO SERVE: First, pull out the lettuce and cabbage and put in a serving dish. Heat all remaining ingredients in a sauté pan for ~ 3 to 5 minutes on medium heat. Pile the fajita ingredients over the lettuces, top with a squeeze of lime, fresh cilantro, scallions, pumpkin seeds - and enjoy a fajita making fiesta!



KALE ARTICHOKE QUESADILLA WITH QUINOA SALAD

TO SERVE: Place a nonstick skillet on medium heat and add a small amount of coconut oil or olive oil. Heat the oil in the skillet. Add the quesadilla to the pan and heat each side for no longer than one minute at a time. Serve with green salad and lemon wedges on the side (cold or room temperature)



FALAFEL BOWL

TO SERVE: Warm the Falafel in a saute pan for a few minutes on each side- just until warm. Leave the lettuces crisp, and enjoy as a salad with a drizzle of Tahini Dressing. Serve this dish with our house made Vegan Tzatziki Dip.