

Today's *menu*

VEGETARIAN MENU

Soups

Cucumber /mint, Papaya, Cauliflower, RouRou, Gaspacho, Tom Kah, Pumpkin/ Ginger/ Honey
Sweet corn, Curried Carrot, Dahl, Eggplant, Celery/Cassava, Sweet Corn, Bele

Salads

Garden, Greek, Sumi, Potato, Green Papaya, Papaya/pineapple, Watermelon/cucumber, GadoGado, Cole
Slaw, Fruit

Entrees

Tomato Bruchetta, Hummus with Pita Chips, Potato/ Dalo/ or Cassava Chips

Menu

Pumpkin and Chickpea Stew

Served on a bed of quinoa with a coconut milk sauce

Red Lentil and Tofu Curry

Served with garlic, onion and coriander

Caponata

Eggplant and tomato sautéed to perfection with long grain rice

Grilled Tofu with Papaya and Pineapple Salad

Served with a crispy papadum

Falafels

Chickpea vegetarian patties with tomato, onion, and cucumber

Sweet & Sour Tofu

Served with red lentils and an Asian cucumber salad

Vegetable Lasagna

Seasonal vegetables layered with parmesan cheese, marinara and baked to perfection

Vegetable quiche

Vegetable Pizza

Bean and Pasta Salad

Spinach Wrap

Coconut Pesto Fettuccine, Spaghetti with red sauce

Vegetable Taco

Vegetable Stir Fry

Gluten Free