

Sample 4-Day Menu

Day 1

Breakfast

Poached Eggs “Chilaquiles”
Tomatillo Salsa Verde
Polenta and Quinoa Grits
Banana Hemp Smoothie

Lunch

Local Tomato Gazpacho
Vegan Artichoke “Crab” Cakes
Root Vegetable Slaw
Baby Spinach Salad with Creamy Vegan Lemon Garlic Dressing

Dinner

Tamari-Mirin Marinated Tofu Skewers
Sushi Rice Balls with Sesame Cashew Glaze and Nori
Braised Greens Ohitashi
Miso Soup with Roasted Shiitakes
Seasonal Greens with Mandolin Vegetables
Japanese Orange Ginger Dressing
Sweet Scallion Pancakes

Day 2

Breakfast

Curried Tofu Scramble
Wilted Garden Greens
Ancient Grain Porridge
House-baked Lemon Poppy Muffins

Lunches

Vegan Mulligatawny Soup
Israeli Couscous Stuffed Peppers
Farro and Wild Rice Salad
Menla Organic Salad Bar and House Vinaigrette

Dinner

Sunflower Quinoa "Meat" Balls
Brown Rice Fusilli Puttanesca
Blanched Broccoli Rabe with Crispy Garlic Oil
Arugula Salad with Garden Pesto and Oven-Roasted Plum Tomatoes
Coconut Chia Seed Panna Cotta

Day 3

Breakfast

Egyptian Ful Medames
(fava bean stew with fried eggs)
Baharat Potato Homefries
Spiced Popovers
Seasonal Fruit Salad

Lunch

Vegan French Onion Soup
Toasted Cheese Crostinis
Sticky Rice and Garden Vegetable Roll-ups
Classic Caesar Salad
Chilled Lentil and Cauliflower Salad

Dinner

Potato Saffron Bouillabaisse
Rustic Baguette Wedges
Seasonal Vegetable Ratatouille
Braised Cabbage and Apples
Chocolate Profiteroles

Day 4

Breakfast

Huevos Rancheros
Menla Garden Pico De Gallo
Raspberry and Currant Oat Porridge
Spiced Apple Tofu Smoothie

Lunch

Mediterranean Mezze Spread
Quinoa Tabouli
Roasted Eggplant Baba Ganoush
Sprouted Chickpea Hummus
Toasted Pita Wedges and Fresh Vegetables
Bulgarian Feta Cheese

Dinner

Sprouted Mung Bean and Green Lentil Dal
Ginger Basmati Rice
Garlic Naan
Curry-roasted Cauliflower with Chilis
Menla Organic Salad Bar
Cinnamon and Cardamom Kir