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