

# WILD LOVE

## VEGAN CUISINE

♥ Organic ♥ Eco-Friendly ♥ Customized Menus & Recipes

### ~ Spring Breakfast Entrées ~

#### Strawberry-Lemon Chia Parfaits *GF*

cashew yogurt chia pudding infused with lemon zest, vanilla, and maple, layered with strawberry compote and gluten-free almond granola

#### Matcha-Raspberry Chia Parfaits *GF*

coconut yogurt chia pudding with matcha, vanilla, and agave, layered with raspberry compote and topped with hemp-coconut granola

#### Spring Garden Quiche

broccoli, potato, and leeks, baked with chickpea egg batter in a puff pastry crust, topped white truffle creme fraiche

#### Harvest Scramble Tacos *GF*

tofu scramble with sauteed leeks, mushrooms, cauliflower, comes with collard greens OR tortillas and pea-basil pesto

#### Savory Spring Hash Omelet *GF*

rosemary-garlic potatoes with sautéed wild mushrooms and roasted brussels sprouts in a chickpea omelet with sundried tomato aioli and tomatillo pico

#### Asparagus & Cheese Turnover

puff pastry layered with white bean and garlic spread, parsley, vegan feta, roasted asparagus, capers and a delicate lemon zest-infused olive oil drizzle

#### Breakfast Spring Rolls *GF*

leek & mungbean scramble, seasoned sticky rice, carrot, bell pepper, mushroom and sesame seeds in rice paper wraps with secret breakfast sauce

#### Japanese Veggie Pancakes *GF*

spring onion, cabbage, carrot, adame and shitake mushrooms pan-seared in a chickpea batter, topped with sweet soy-ginger glaze and creamy cucumber-seaweed salad

*Crafted with high quality and organic ingredients and environmentally friendly practices.*

*Designed to be nutrient rich and provide a mouth watering experience.*

*Gluten-free available upon request.*



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### ~ Spring Lunch/Dinner Entrées ~

#### Lentil Tofu Korma *GF*

Indian spiced brown lentils in a creamy cashew cream sauce with roasted cauliflower, tofu chic'n, carrots, onion & peas, topped with cilantro and a side of rice & quinoa OR flat bread

#### Mushroom & Asparagus Risotto *GF*

creamy arborio rice cooked with white wine, roasted asparagus, mixed mushrooms, caramelized leeks, and fresh tarragon, topped with vegan parmesan

#### Scallopini Pasta *GFO*

organic pasta tossed in lemon-caper sauce with white wine reduction, black pepper, oat butter and toasted garlic with sautéed greens, artichoke hearts, navy beans, and toasted pine nuts

#### Heart Beet Macro Bowl *GF*

beet and chickpea hummus, layered with activated wild rice blend with sautéed leeks, roasted brussel sprouts, cauliflower and rainbow carrots

#### Umami Cabbage Rolls *GF*

baked napa cabbage stuffed with quinoa and lentil picadillo made with mushrooms, onion, carrot, celery and garlic, topped with a spiced tomato pomodoro sauce

#### Picadillo Stuffed Peppers *GF*

bell peppers stuffed with fluffy white quinoa, mushroom-chickpea-sunflower seed picadillo, carrot, celery, onion, garlic, sundried tomatoes, olives, parsley and spinach

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### ~ Spring Hearty Soup Entrées ~

#### Butter Bean & Leek Stew *GFO*

with peas, spinach, cashew cream, lemon, rosemary and parsley,  
served with sourdough bread and pumpkin-seed herb spread

#### Beet Soup *GFO*

creamy soup with beet, kidney beans, coconut, onion, carrot, celery, fennel, herbs and  
spices. comes with a coconut cream and gluten free protein bread with herbed butter

#### Golden Carrot & Ginger Soup *GF*

creamy roasted carrot soup with red lentils, ginger, turmeric and coconut  
served with a rice and tricolor quinoa pilaf

### ~ Spring Hearty Salad Entrées ~

#### Four Bean Protein Salad *GF*

kidney bean, chickpeas, and green beans with minced carrot, celery, red onion,  
fennel and parsley in a caramelized leek dressing

#### Asparagus Protein Salad *GF*

asparagus, fluffy white quinoa, peas, chickpeas, dill, toasted almond,  
vegan feta, and lemon-miso vinaigrette

#### Falafel Salad *GF*

ground chickpeas with zucchini, onion, garlic, cilantro, parsley, tahini and lemon. layered  
with tomato, olive, cucumber and bell pepper. served over spiced flatbread.

#### Warm Cruciferous Salad *GF*

crisp cabbage salad topped with warm roasted cauliflower, chickpeas, sunflower seeds  
and tri-colored quinoa with yogurt-dill dressing.

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### ~ Spring Add-Ons Drinks ~

#### Blue Lightning Alkelizer *GF*

water, lemon juice, maple, blue spirulina, orange blossom water, himalayan salt

#### Tropical Smoothie *GF*

banana, mango, pineapple, orange juice and spinach

#### Green Glow Smoothie *GF*

pineapple, orange juice, spinach, fennel, mint

### ~ Spring Add-Ons Sides ~

#### Pico De Gallo *GF*

tomato, purple onion, cilantro, jalapeno, olives, lime

#### Cucumber-Yogurt Salad *GF*

with lemon, capers, dill, purple onion and everything seasoning

#### Apple & Carrot Salad *GF*

shredded apples, carrot, purple onion and herbs with dijo-vinaigrete

#### Beet Hummus & Sourdough

beet hummus with chickpeas, parsley and everything seasoning

#### Broccoli Cream Cheese & Biscuits

sunflower seed cream cheese with minced roasted broccoli, dill and everything seasoning

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### ~ Spring Add-Ons Sweets ~

#### Citrus Berry Loaves

lemon and orange infused loaf with blueberries, maple, vanilla, and nutmeg, topped with pumpkin, sunflower and poppy seeds

#### Almond & Lemon Tart *GF*

almond-date crust and a silky lemon-vanilla custard

#### Strawberries & Cream Pie *GF*

vanilla cookie crust, coconut mousse, macerated strawberry topping

#### Mango Mousse *GF*

fluffy, airy, creamy, perfectly sweet delight

#### Pina Colada Panna Cotta *GF*

coconut custard infused with vanilla bean and topped with pineapple fruit compote

#### Citrus Berry Loaves

lemon and orange infused loaf with blueberries, maple, vanilla, and nutmeg, topped with pumpkin, sunflower and poppy seeds

#### Pepita-Date Powerballs

pumpkin seeds, dates, coconut, vanilla, Mexican cinnamon and Himalayan salt

#### Black Forest Powerballs

almond, pumpkin seeds, dates, cacao, cherries, coconut, vanilla, orange zest, and Himalayan salt

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