

WILD LOVE

VEGAN CUISINE

♥ Organic ♥ Eco-Friendly ♥ Customized Menus & Recipes

~ Breakfast Entrées ~

Cran-Apple Pie Chia Parfait *GF*

vanilla-cinnamon probiotic chia pudding sweetened with maple, topped with raw apple-cranberry compote and gluten-free pecan granola

Pear Pie Chia Parfait *GF*

vanilla-almond probiotic chia pudding sweetened with maple, topped with with spiced pear compote and gluten-free pumpkin seed granola

Butternut Squash & Kale Quiche

with herb-roasted butternut squash, kale, and caramelized onion a chickpea eggy batter baked in a buttermilk biscuit crust,
with a side of apple-carrot slaw with a maple-mustard dressing

Potato Crust Pie *GF*

double baked yukon potatoes, pressed into lil' pie crusts with garlic and fresh thyme, topped with chickpea "egg" salad, dill-yogurt aioli, carrot, green onion, celery, parsley

Yam Benedict *GF*

layers of finely sliced baked white yam topped with seared collard greens, tempeh bacon, silken-tofu-egg and a creamy hollandaise sauce

Biscuits & Gravy Benny

buttermilk biscuits topped with seared collard greens, tempeh bacon, silken-tofu-egg and a creamy mushroom gravy

Fennel Sausage & Brussel Sprout Scramble *GF*

shortgrain brown rice and fennel sausage crumble, roasted brussel sprout wedges, and succulent tofu scramble

*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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~ Lunch/Dinner Entrées ~

Gambian Sweet Potato Stew *GF*

a rich and creamy stew inspired by West African cuisine made with sweet potato, white beans, tomato, kale, onion, carrot, ginger, cilantro, garlic, jalapeno, thyme and a blend of spices. served with a side of brown rice pilaf

Kabocha & Sage Pasta *GF*

amaranth and quinoa pasta in a creamy kabocha squash sauce with browned sage butter, almond ricotta and seared collard greens

Braised Cabbage *GF*

seared green cabbage wedges, braised in an herbal vegetable broth, served over a creamy white bean and garlic puree with a side of pearl rice pilaf

Mushroom Risotto *GF*

creamy rice cooked with white wine redux, vegetable consomme, assorted mushrooms, caramelized shallots, kale, parmesan, and rosemary topped with white truffle oil, fresh parsley

White Truffle Alfredo *GF*

amaranth and quinoa pasta with a white truffle infused cream sauce, arugula, roasted butternut squash, seared kale, and tofu, topped with parsley and candied pecans

Mushroom Stroganoff *GF*

brown rice and quinoa pasta with seared crimini mushroom gravy, caramelized onion, tempeh bacon and topped with fresh parsley

Veggie Pot Pie

with carrot, peas, potato, onion, celery, tofu mince, cashew gravy and buttermilk biscuits

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~ Hearty Soup Entrees ~

Pumpkin Ramen *GF*

creamy pumpkin and miso broth with a touch of chili oil, brown rice noodles, red onion, broccoli, corn, shiitake mushrooms, kabocha squash, carrot, ginger, and cilantro

Poblano Pumpkin Soup *GF*

creamy soup with pumpkin, chickpea, onion, carrot, celery, garlic, sage, and a variety of Mexican chiles for a sweet, savory and lightly spicy finish.
comes with a poblano pepper crema, fresh cilantro, and plantain chips for topping

Beet Soup *GF*

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

~ Hearty Salad Entrees ~

Beet & Feta Salad *GF*

steamed beets, tri-colored quinoa, kale, plant feta, purple onion, candied pecans, parsley, and balsamic vinaigrette

Brussel Sprout Quinoa Salad *GF*

garlic roasted brussel sprouts, tri-colored quinoa, cranberries, carrot, apple, toasted walnuts and dijon mustard vinaigrette

Baked Greens & Quinoa Salad *GF*

baked green cabbage and kale with red wine vinaigrette infused with sage and thyme, pickled purple onions, baked navy beans, and smokey quinoa

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~ Add-Ons ~

Pumpkin Chai Lassi *GF*

probiotic yogurt, chai tea, pumpkin puree and maple

**contains caffeine*

Golden Anti-Inflamitory Late *GF*

coconut milk, turmeric, ginger, clove, cinnamon, cardamom, vanilla, maple

Rose Antioxidant Late *GF*

coconut milk, beets, rose water, cardamom, agave

Pumpkin Pie *GF*

with a gluten-free graham cracker crust and a rich spiced pumpkin filling
topped with toasted pecans

Pecan Pie Cheesecake *GF*

gluten free spiced cookie crust filled with cashew based vanilla cheesecake,
topped with pecan pie topping

Pumpkin Spice Loaf

topped with pumpkin seeds, with a side of sweet cream cheese moose

Sweet Potato Brownies & Protein-Peanut Cream *GF*

sweet potato brownies made with oat flour, maple and cinnamon
topped with chickpea-peanut-chia cream

Sweet Potato & Pecan Bread Pudding

creamy, fluffy, and perfectly sweet with a touch of pumpkin spice, candied pecans,
and roasted sweet potato, topped with a vanilla-coconut custard sauce

Sweet Potato Rolls & Sage Butter

fluffy sweet potato infused rolls, topped with toasted seeds, served with caramelized onion
and sage butter

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