

# WILD LOVE

## VEGAN CUISINE

*Inspired by global cuisines, made from scratch with organic and high quality ingredients.*

*Designed to elevate energy, mood, digestion, immune system, mental clarity and focus while providing a mouthwatering experience. Gluten free upon request.*

♥ Organic ♥ Eco-Friendly ♥ Customized Menus & Recipes

### ~ Breakfast Entrees ~

#### Probiotic Chia Parfaits

lemon maple chia pudding with probiotic yogurt, raw seasonal fruit compote, sweet spices and gluten-free seeded granola

#### Caramelized Onion and Chickpea Frittata

with herb-roasted potatoes, cherry tomatoes, spinach, peppers and pea pesto in a puff pastry crust. comes with white truffle bechamel

#### Papas con Chorizo Burrito Bowl

roasted potatoes, mushroom-walnut chorizo, tofu scramble, black beans caseros, pico de gallo (tomato, onion, cilantro, lime salad) comes with whole avocado

#### Smoked Maple Chickpea Sandwich

chickpea patty with smoked maple-mushrooms, grilled onion and breakfast sausage spices, topped with sautéed kale and cashew mozzarella ,apple and carrot slaw, in organic buns

#### Spinach Scramble

deliciously savory tofu scramble with sauteed onion, peppers, mozzarella, spinach and roasted spiced-potatoes, comes with garlic aioli and corn tortillas

#### Tofu Shakshuka

stewed tomatoes, onion and peppers with fried tofu “eggs”, spinach, parsley and cilantro with a side of herbed flatbread

#### Mushroom, Bacon & Kale Hash

rosemary roasted potatoes and mushrooms with tempeh bacon, seared onions, peppers and kale, gluten-free maple-waffle bits and fresh parsley

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## ~ Lunch & Dinner Entrees ~

### Spanish Paella

saffron rice stewed with kidney beans, white wine redux, veggie consome, vegan sausage, carrot, celery, onion, peppers, tomato, lemon, herbs and spices

### Cauliflower Asada Tacos

roasted cauliflower, corn and chickpeas, seared onions and peppers with asada seasoning, organic corn tortillas, and creamy rainbow slaw for topping

### Thai Red Curry

with red lentils, yellow squash, zucchini, tomato, red pepper, cauliflower, cilantro, tofu served with quinoa and basmati rice pilaf

### Cauliflower Tikka Masala

with bell pepper, onion and chickpeas in a creamy cashew and roasted tomato curry, topped with cashew yogurt and fresh cilantro. comes with steamed basmati

### Moroccan-Spiced Lentil Stew

red lentils stewed with tomato, roasted pepper, onion, celery, carrot, garlic, sweet potato, coconut, chickpeas, spinach, parsley and Moroccan spice mix

### 3 Bean Caribbean Chili

with black beans, navy beans and kidney beans, stewed with tomato, roasted pepper, corn, onion, celery, carrot, garlic, sweet potato, kale, coconut cream, cilantro parsley and spices

### Buddha Bowl

organic stir fried tofu and mushrooms with steamed carrot, broccoli, zucchini, squash and seaweed in a coconut amino-ginger sauce with sesame and green onion and wild rice pilaf

### Whole Bowl

wild rice blend and quinoa pilaf, chickpeas, roasted sweet potato, sauteed kale, seared onion, carrot, celery, steamed cauliflower, sunflower seeds and Green Goddess cream



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### ~ Lunch & Dinner Entrees ~

#### Spinach & Almond Ricotta Lasagna

organic pasta, layered with yellow squash, zucchini, spinach, sundried tomato, almond ricotta, mushroom bolognese sauce and cashew mozzarella

#### Butternut Squash Mac n Cheese

organic pasta, butternut squash and cashew cheese sauce, herb roasted tomatoes, chickpeas, kale and fresh parsley

#### Veggie Bolognese Pasta

organic pasta with mushroom walnut bolognese, spinach carrot, celery, onion, garlic, tomato, red pepper, vegan parm and basil

#### Falafel Burger

falafel spiced chickpea patties, organic buns, tahini-dill sauce, topped with purple cabbage, cucumber, onion and carrot

#### Bahn Mi Sandwich

organic buns, 5-spice tofu, pickled carrot, daikon and onions, topped with fresh jalapeno, cilantro, basil, mint and sriracha aioli

#### South West Burger

black bean and sweet potato patties with roasted corn, organic buns, fresh tomato, onion, cabbage and chipotle aioli

#### Secret Sauce Protein Burger

made of a high protein patty containing beans, quinoa, walnuts and mixed veggies topped with cashew cheese, cabbage slaw, onion, tomato, pickles and secret sauce.  
served in organic buns



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### ~ Hearty Soup Entrees ~

#### Classic Butternut Squash

creamy soup with with veggie broth, carrot, celery, apple, onion, garlic, parsley, rosemary, bay leaf, thyme, himalayan salt, and black pepper  
comes with gluten free or organic French baguette with herbed oat-butter

#### Yellow Moong Dal

light lentil soup with spinach, coconut, onion, tomato, ginger, curry spices, basmati rice  
lemon and fresh cilantro

#### Minestrone

vegetable consomme with tomato, onion, celery, zucchini, carrot, garlic, yellow squash, chickpeas, gluten-free pasta and Italian herbs

#### Parsnip and Tarragon Bisque

creamy soup with carrots, onion, celery, fennel, coconut, parsley. himalayan salt & pepper  
comes with gluten free or sprouted grain bread and herbed oat butter

#### Red Chickpea Pozole

mild chili tomato broth, seared oyster mushrooms, zucchini, yellow squash, onion, garlic, carrot, celery, tomato, oregano, lime, cilantro.  
comes with pickled cabbage salad for topping and organic corn chips

#### Potato-Broccoli Soup

creamy soup with potato, broccoli, fresh celery, onion, garlic, parsley, rosemary, oat butter, lemon, cashew, nutritional yeast, himalayan salt, and black pepper.  
comes with gluten free or sprouted grain bread and herbed oat butter

#### Super Green Detox Soup

a deliciously creamy high protein soup with green peas, spinach, a variety of herbs, celery, fennel, onion, coconut, Himalayan salt, turmeric and black pepper. comes with gluten-free bread and herbed oat butter



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### ~ Hearty Salad Entrees ~

#### Sweet Potato Noodle Salad

with red cabbage, carrot, green onion, red bell peppers, daikon, cilantro, seared and marinated tofu with a Vietnamese style peanut dressing and sprinkle of toasted sesame seeds

#### Mediterranean Pasta Salad

with chickpeas, red bell pepper, cucumber, celery, fennel, olives, lemon, garlic, olive oil, pine nuts, sun dried tomato, parsley, Himalayan salt, pepper

#### French Lentil Salad

with celery, purple cabbage, fennel, carrot, red onion, parsley, vegan feta, dill and white wine vinaigrette

#### Ethiopian-Style Lentil Salad

this fresh and zesty, high protein salad is made with lentils, red onion, tomato, celery, kale, ginger, mint, cilantro, lime juice, mustard, olive oil and spices

#### Wild Rice Salad

this hearty salad is high in protein and antioxidants, promotes cell regeneration and healthy digestion. with carrot, celery, red onion, kale, beets, coconut aminos, coconut oil, pumpkin seeds, and sunflower seeds

#### Mexican Quinoa Salad

with kale, tomatoes, corn, pink pickled onion, black beans caseros, toasted pumpkin seeds, fresh radish and cilantro-lime vinaigrette

#### Rainbow Kale & Quinoa Salad

with purple cabbage, carrots, pecans, dry cranberries, quinoa and apple cider vinaigrette



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### ~ Hearty Salad Entrees ~

#### Roasted Butternut Squash Salad

with fresh kale, fennel, carrot, purple onion, plant-feta, candied pecans  
and caramelized shallot vinaigrette

#### Hemp Tabouli

parsley, hemp seeds, tomato, cucumber, chickpeas, olives, lemon-olive oil vinaigrette

#### Sushi Salad

with cucumber, sushi rice, seaweed, carrot, radish, green onion, tofu, cilantro,  
pickled ginger and toasted sesame soy dressing

#### Kale Caesar

with fennel, chickpeas & capers, gluten free herbed croutons, and cashew-caesar dressing

#### Mediterranean Salad

spinach, cherry tomato, cucumber, chickpeas, herbed croutons, vegan parm,  
and lemon-garlic vinaigrette

### ~ Add On Drinks ~

#### Master Cleanse Lemonade

organic fresh squeezed lemon juice, water, maple syrup, cayenne pepper

#### Rise & Shine Shake

banana, nut butter, espresso, lion's mane, cordyceps, reishi, maca, maple, cinnamon,  
himalayan salt and alkaline water

#### Power Up Smoothie

Banana, blueberries, nut butter, alkaline water, vitamineral greens (contains a wide variety  
of grasses, herbs, freshwater algae, sea vegetables, amla berry, ginger root, shilajit, and  
enzymes), cinnamon, pink Himalayan salt and date





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### ~ Savory Gourmet Add On ~

#### Veggie Baked Rice

basmati rice with assorted veggies and spices

#### Seasonal Veggies

steamed or baked and tossed in Himalayan salt and pepper

#### Miso Soup

shiitake-seaweed broth with live cultures, organic tofu, wakame, lemon & green onion

#### Green Pea Savory Cakes

with dill and lemon zest cashew aioli

### ~ Sweet Gourmet Add Ons ~

#### Red Velvet Chia Pudding

beet, coconut and vanilla chia pudding, with dark chocolate shreds sprinkled throughout, fresh strawberries and cashew yogurt for topping

#### Mexican Chocolate Mousse

coconut and agar agar based creamy and fluffy dessert can be enjoyed on its own, comes with fresh strawberries (also delicious on toast)

#### Key Lime Pie

gluten-free coconut sugar sweetened graham cracker crust with avocado and spinach based filling, topped with raspberry jelly - delicious, guilt free treat!

#### Lemon-Orange Blossom Cheesecake

with mango-almond crust, cashew-coconut cheesecake, topped with mango jelly

The logo features a heart shape composed of various colored stripes (pink, blue, green, yellow, orange). Inside the heart is a raised fist holding a bunch of green vegetables. The word "WILD" is to the left of the heart, "LOVE" is to the right, and "VEGAN CUISINE" is centered below the heart.

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### ~ Sweet Bread Gourmet Add Ons ~

#### Banana Bread

a deliciously moist and nutritious bread sweetened with coconut sugar and filled with walnuts and chocolate chips

#### Citrus Berry Loaf

a deliciously moist and nutritious bread sweetened with coconut sugar and filled with orange & lemon zest, blueberries, spices and seeds

#### GF Carrot Bread

a deliciously moist and nutritious bread sweetened with coconut sugar and filled with shredded carrot, pecans, raisins and cinnamon, comes with sweet cashew cream