

WILD LOVE

VEGAN CUISINE

♥ Organic ♥ Eco-Friendly ♥ Customized Menus & Recipes

~ Summer Breakfast Entrées ~

Peach Paradise Chia Parfaits GF

cashew yogurt chia pudding infused with orange, cardamom, and vanilla,
layered with peach compote and gluten-free oat granola

Apricot Orange Blossom Chia Parfaits GF

cashew yogurt chia pudding infused with orange blossom and vanilla, layered with apricot
compote infused with rose water, topped with gluten-free pistachio granola

Black Forest Chia Parfaits GF

dark chocolate chia pudding with coconut, maca, cordyceps and lion's mane, sweetened
with maple, layered with spiced cherry compote and topped with gluten-free granola

Zucchini & Corn Cakes GF

chickpea batter based sweet and savory pancakes with shredded zucchini, sweet corn,
scallions, cilantro, and parsley. comes with an herbed cucumber-yogurt salad

Eggplant Shakshuka

seared eggplant stewed with tomatoes, onion, bell peppers, spinach, parsley, cilantro and
spices, topped with silken tofu "eggs". comes with a side of za'atar flatbread

Summer Harvest Omelet GF

mungbean omelet filled with sauteed zucchini, yellow squash, onions and peppers,
a side of garlic roasted potatoes and a fresh tomato-basil salad

Ejotes con Huevo GF

savory tofu scramble with sauteed green beans, tomato, onion, serrano pepper, and
Mexican spices. comes with corn or grain-free tortillas, tomatillo-pico de gallo
and avocado-pepita sauce for topping

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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~ Summer Lunch/Dinner Entrées ~

Mushroom & Green Bean Risotto GF

creamy arborio rice cooked with white wine, blanched green beans, mixed mushrooms, caramelized leeks, and tarragon, topped with vegan parmesan

Juicy Summer Paella GF

short grain rice stewed with with saffron-infused veggie consomme, white wine reduction, tomato, zucchini, yellow squash, green beans, carrot, celery, onion, bell peppers, pea-protein chorizo, fennel sausage, lemon, herbs, and spices

Grilled Peach & Chipotle Tempeh Bowl GF

smoky chipotle-glazed tempeh with grilled peaches, charred corn, cilantro rice, avocado crema, pickled onions, and pumpkin seed dukkah

Bacon & Squash Pasta

organic pasta with creamy white bean alfredo sauce, tempeh bacon, wilted baby kale, seared onion, parsley, roasted zucchini and yellow squash

Pasta Rustica

curly trumpet pasta with roasted yellow squash and zucchini in a mushroom bolognese sauce, topped with almond-chickpea ricotta with spinach, sundried tomato

Street Corn Tacos GF

seitan cooked with a tomato-pineapple-chile sauce, seared onions and peppers, served with corn tortillas and a side of corn and cabbage slaw with cilantro, lime, aioli & chipotle

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~ Summer Hearty Soup Entrées ~

Tom Kah Gai GF

creamy and zesty Thai soup with coconut milk, mushrooms, tofu, lime, chilies, ginger, lemon grass, tamari, coriander, cilantro and basil. served with steamed rice.

Shitake Pho GF

brown rice and millet noodles with seared shitake mushrooms and tofu, carrot, celery, onion, ginger, garlic, scallions, bell pepper, and in a Pho-spiced veggie broth with a touch of coconut milk, lime, cilantro, and jalapeño

Corn & Zucchini Chowder

sweet summer corn soup with tender zucchini in a creamy coconut milk base, stewed with scallions, carrot, celery, poblano peppers, cilantro, chipotle, smoked paprika, and lime. comes with herbed hemp-cheese toast

Summer Harvest Lentil Soup

brown lentils simmered with veggie broth, zucchini, yellow squash, tomato, corn, carrot, celery, scallions, thyme, and spices. comes with sourdough and pumpkin-seed basil pesto

Tomato Gazpacho & Fancy Grilled Cheese

fresh heirloom tomato cream soup with garlic, basil, nutritional yeast and spices. sourdough grilled cheese filled with smoked gouda, seared onion, kale, and chickpea pate.

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~ Summer Hearty Salad Entrées ~

Tofu & Mango Salad GF

glass noodles, ginger-marinated tofu, mango, purple onion, cabbage, carrot, bell peppers, cilantro, mint, tamarind dressing and toasted peanuts.

Thai Larb Salad GF

chickpeas, carrots, purple cabbage, radish, jalapeno, onion, cilantro, mint, and toasted cashew in a sweet and tangy ginger dressing

Grilled Nectarine & Chik'n Salad GF

grilled nectarines, seared mushroom & chik'n, toasted shortgrain brown rice with lightly pickled cucumber and purple onion, cilantro, mint, toasted cashews, and a sweet and tangy chili-lime vinaigrette

Chik'n Caesar Salad & Sourdough

with fluffy white quinoa, fresh kale, romaine and fennel, baked chickpeas & capers, seared mushrooms and chik'n, and cashew-caesar dressing with a side of home-made sourdough

Toona Salad Toasts

chickpea toona salad with celery, onion, cucumber, dill, parsley, creamy tahini dressing, served over sourdough toast, with avocado and cherry tomato

Eggy Salad Toasts

tofu-egg salad with celery, onion, fennel, dill, parsley, aioli, served over sourdough toast, topped with blistered cherry tomatoes, grilled onion and sauteed kale

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~ Sweet Summer Add-Ons ~

Peaches & Cream Pie *GF*

vanilla cookie crust, coconut mousse, macerated peach topping

Cherry Chocolate Mousse *GF*

dark chocolate mousse with orange zest and cherry compote

Peach Poptarts

puff pastry tarts filled with spiced peaches, topped with elderberry frosting

Stone Fruit Cheesecake *GF*

almond-cranberry crust, coconut-cashew cheesecake, topped with stonefruit compote
with a touch of lemon zest and sweet spices

Cheezy Corn Bread *GF*

with jalapeno, scallions, and cilantro. comes with cashew crema

Chocolate Chip Cookie Dough Balls *GF*

energy bites made with chickpeas, oats, peanut butter, coconut sugar, vanilla,
Himalayan salt, and dark chocolate chips

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~ Summer Drink Add-Ons ~

Lavender Lemonade GF

fresh lemonade with lavender tea, maple, blue spirulina, and a touch of Himalayan salt to energize and hydrate your days

Hibiscus Rose Alkalizer GF

hibiscus tea with rose water and fresh orange, lemon and lime juice, plus a touch of agave and himalayan salt to energize and hydrate your days

Sunshine Chia Lassi GF

deliciously fresh and energizing chia-yogurt drink, infused with orange juice, lemon juice, vanilla, maple, turmeric, cinnamon, and a touch of black pepper

Antioxidant Chia Lassi GF

deliciously fresh and energizing chia-yogurt drink, infused with orange juice, lemon juice, and mixed berries

Mango Chia Lassi GF

deliciously fresh and energizing chia-yogurt drink, infused with orange juice, lemon juice, and mango

~ Summer Savory Add-Ons ~

Lemon Miso Broth GF

chilled veggie consomme with yellow miso, lemon juice and cayenne pepper to energize and hydrate your days

House Salad GF

mixed greens, parm style hemp sprinkles and and citrus vinaigrette

Homemade Bread & Butter GF

seeded sourdough with avocado oil-based butter

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