

WILD LOVE

VEGAN CUISINE

♥ Organic ♥ Eco-Friendly ♥ Customized Menus & Recipes

~ Savory Breakfast Entrées ~

Butternut Squash & Kale Quiche

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

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

Jamaican Breakfast *GF*

tofu scramble with sauteed tomatoes, garlic, scallions, collard greens and thyme,
comes with a side of roasted yams with jerk seasoning and avocado

Fennel Sausage & Brussel Sprout Scramble *GF*

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

Mungbean Omelet Rolls *GF*

mungbean omelet with sauteed leek, mushrooms, carrot and peppers, smoked gouda,
layered with short grain wrapped in rice paper
served with a side of secret sauce

Savory Porridge Bowl *GF*

creamy oat groat porridge made with umami broth, sauteed mushrooms, broccoli,
silken tofu “fried eggs”, green onion and toasted sesame seeds

*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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~ Sweet 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

Warm Protein Oat Porridge GF

oats, amaranth, quinoa and flax porridge cooked with pea and soy protein cream, infused with cinnamon and vanilla, topped with raw apple and cranberry compote, peanut butter, pumpkin and hemp seeds

Sourdough & Pear French Toasts

sourdough battered with mungbean “eggs” and sweet spices, pan fried with cashew butter topped with poached pears, cultured vanilla-chia cream, pumpkin and hemp seeds

Baked Sweet Potato Pie French Toasts

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

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~ Hearty Soup Entrees ~

Autumn Veggie Lentil Soup *GFO*

red, brown and green lentils stewed with leeks, carrot, tomato, potato, onion, celery, garlic, warm spices, served with sourdough & pumpkin spread

Borscht Soup *GFO*

hearty soup with beets, cabbage, potatoes, carrots, tomato, onions, garlic and dill served with cultured cashew sour cream and a side of seeded rye sourdough

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

Birria Ramen *GF*

jackfruit birria, brown rice noodles with tomato-passilla pepper broth, mungbean-"egg" drops, sauteed carrot, celery, onion and guajillo peppers, topped with pumpkin-seed cream and fresh 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 Bisque & Wild Rice Salad *GF*

creamy soup with beet, kidney beans, coconut, onion, carrot, celery, fennel, herbs and spices. served with wild rice and kale salad

Parsnip Bisque & Sweet Potato Rolls *GF*

creamy parsnip soup with yellow onion, celery, fennel, carrots, coconut. served with fluffy sweet potato infused rolls and caramelized onion and sage butter

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~ Hearty Salad Entrees ~

Warm Cruciferous Salad *GF*

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

Four Bean Protein Salad *GF*

kidney bean, black beans, chickpeas, and green beans with minced carrot, celery, red onion, fennel, and parsley in a dijon-lemon dressing

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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~ Lunch/Dinner Entrées ~

Umami Cabbage Rolls *GF*

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

Picadillo Stuffed Peppers *GF*

pea protein picadillo with potato, carrot, celery, onion, mushroom, tomato, garlic, a sprinkle of raisins, olives, spices and cheese. served with chimichurri quinoa salad

Stuffed Delicata Squash *GF*

roasted squash filled with lentils, rice, caramelized onions, cumin, turmeric & black pepper

Brinjal Curry *GF*

meltingly tender eggplant in a fragrant Masala sauce with tomato, chili, carrot, onion and yellow mung beans, topped with fresh herbs, served with red rice and tri-colored quinoa

Channa Masala *GF*

chickpeas, tomato, onion, carrot, garlic, ginger in Masala curry with roasted veggie-rice

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

Veggie Pot Pie

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

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Mushroom & Kale 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 *GFO*

organic pasta with a white truffle infused cashew cream sauce, roasted butternut squash, seared kale, and marinated tofu, topped with parsley and candied pecans

Mushroom Stroganoff *GFO*

organic pasta with seared crimini mushroom gravy, caramelized onion, tempeh bacon and topped with fresh parsley

Kabocha & Sage Pasta *GFO*

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

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~ Add-Ons ~

Pumpkin Chai Lassi *GF*

probiotic yogurt, chai tea, pumpkin puree and maple

**contains caffeine*

Golden Anti-Inflammatory Late *GF*

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

Rose Antioxidant Late *GF*

coconut milk, beets, rose water, cardamom, agave

Pumpkin Spice Loaf

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

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

Sweet Potato Brownies & Protein-Peanut Cream *GF*

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

Warm Arroz con Leche *GF*

sweet, creamy rice pudding with Mexican cinnamon, raisins, lemon zest and clove

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