

# 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.  
Everything is or can be made 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

#### Sun Dried Tomato and Chickpea Frittata

chickpea “eggs” batter baked with spinach, roasted peppers, onion, basil, pine nuts and sundried tomato, comes with avocado, lemon wedges and fresh basil leaves for topping

#### Papas con Chorizo Burrito Bowl

roasted potatoes, soy 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, breakfast sausage spices, topped with sautéed kale, fresh apple and aioli, in whole grain buns with cashew mozzarella

#### Spinach Scramble

deliciously savory tofu scramble with sauteed onion, peppers, mozzarella, spinach and roasted spiced-potatoes

#### Tofu Shakshuka

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

#### Mushroom & Kale Hash

garlic roasted potatoes and mushrooms with tempeh bacon, sauteed kale and herbs



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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, herbs and spices

#### Mole Hibiscus Carnitas Tacos

with sweet potato and sauteed onions, pasilla peppers, corn, comes with corn tortillas, fresh cilantro and cashew sour cream

#### Thai Red Curry

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

#### Ethiopian Mung Bean Stew

with potato, carrot, celery, onion, bell pepper, ginger, tomato, spices, kale, smokey tempeh

#### Ratatouille

layered eggplant, zucchini, yellow squash, potato and purple onion baked in a creamy tomato pomodoro, topped with fresh herbs and a side of garlic bread

#### Moroccan Stew

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



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### ~ Lunch & Dinner Entrees ~

#### Whole Bowl

wild rice and quinoa pilaf, chickpeas, roasted sweet potato, sauteed kale, seared onion, steamed cauliflower, sunflower seeds

#### 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, herbed tahini sauce, topped with a probiotic sauerkraut, cucumber 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, lettuce and chipotle aioli

#### Veggie Burger Sammy

veggie-nut-quinoa patty with butternut squash cheese, lettuce, onion, tomato, pickles and secret sauce. served in sprouted grain bread



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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 sprouted grain bread and herbed oat butter

#### Mushroom and Barley Soup

with veggie consommé, carrot, celery, onion, garlic, greens, parsley, rosemary, bay leaf, himalayan salt, tamari, balsamic vinegar, olive oil and black pepper

#### 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 Leek Soup

creamy soup with fresh celery, fennel, onion, garlic, parsley, rosemary, oat butter, lemon, 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 almond 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 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

#### Cucumber Seaweed Salad

with carrot, radish, green onion, tofu, cilantro, 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

umami shiitake-seaweed broth with live cultures, organic tofu, wakame and 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

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

#### Lemon-Orange Blossom Cheesecake

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



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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