

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 Berry Chia Parfaits

lemon maple chia pudding with probiotic yogurt and raw mixed berry compote with sweet spices and gluten-free oat granola

Caramelized Onion and Chickpea Frittata

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

Super-Charged Chorizo Breakfast Bowl

mushroom, sunflower seed and brown rice chorizo base, topped with tofu-kale scramble, black beans caseros, roasted sweet potato, pico de gallo salad and avocado

Smoked Maple Chickpea Sandwich

organic-vegan buttermilk biscuits with chickpea and smoked maple-mushrooms patty, topped with sautéed kale and onion with breakfast sausage spices and cashew mozzarella comes with a side of apple and carrot slaw

Spinach Scramble Tacos

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

Tofu Shakshuka

stewed tomatoes, onion, peppers spinach, parsley, and cilantro topped with fried silken tofu "eggs", with a side of herbed flatbread

Mushroom, Bacon & Kale Hash

rosemary roasted potatoes and mushrooms with tempeh bacon, seared onions, peppers kale fresh parsley, topped with fried silken tofu "eggs"



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~ Lunch & Dinner Entrees ~

Spanish Paella

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

Thai Red Lentil Curry

red lentils stewed with coconut milk, Thai red curry, yellow squash, zucchini, tomato, red bell pepper, cauliflower, tofu, cilantro and lime, served with quinoa and basmati rice pilaf

Cauliflower Tikka Masala

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

Moroccan-Spiced Lentil Stew

red lentils stewed with tomato, roasted pepper, onion, celery, carrot, garlic, sweet potato, chickpeas, golden raisins, 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, 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

Sushi Bowl

sushi rice topped with steamed carrot, sauteed mushrooms, tofu, and broccoli in a toasted sesame-soy dressing and cucumber-seaweed salad with cilantro and pickled ginger



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~ Lunch & Dinner Entrees ~

Spinach & Almond Ricotta Lasagna

organic pasta, layered with yellow squash, zucchini, spinach, sundried tomato, almond-chickpea 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-carrot slaw, pickles and red onion.
comes with seasoned potato wedges

Bahn Mi Sandwich

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

South West Burger

black bean and sweet potato patties with roasted corn, fresh tomato, onion, lettuce, and chipotle aioli in fresh made brioche buns
comes with seasoned jicama fries



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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 herbed bread

Yellow Moong Dal

yellow mungbean soup with spinach, coconut, shallot, tomato, chillies, ginger, curry spices, lemon, and fresh cilantro. served with basmati rice and quinoa pilaf

Minestrone

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

Red Chickpea Pozole

mild chili tomato broth, seared oyster mushroom carnitas, chickpeas, zucchini, yellow squash, onion, garlic, carrot, celery, tomato, oregano, lime, and 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 herbed oat bread

Super Green Detox Soup

a deliciously creamy high-protein soup with green peas, spinach, mint, dill, parsley, celery, fennel, onion, coconut, Himalayan salt, turmeric, and black pepper.
comes with high-protein 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, and pepper

French Lentil Salad

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

Ethiopian-Style Lentil Salad

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

Wild Rice Salad

wild rice blend with carrot, celery, red onion, kale, beets, coconut aminos, coconut oil, pumpkin seeds, and sunflower seeds

Mexican Quinoa Salad

fluffy white quinoa with kale, tomatoes, corn, red onion, black bean caseros, toasted pumpkin seeds, and cilantro-lime vinaigrette

Rainbow Kale & Quinoa Salad

tri-colored quinoa with fresh kale, fennel, carrot, purple onion, plant-feta, chickpeas, toasted pumpkin seeds, and caramelized shallot vinaigrette

Quinoa & Kale Caesar

fluffy white quinoa with fresh kale, fennel, baked chickpeas & capers, seared mushroom root chik'n, and cashew-caesar dressing



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~ Add On Drinks ~

Master Cleanse Lemonade

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

Rise & Shine Shake

banana, nut milk, espresso or cacao, lion's mane, cordyceps, carob, maca, date, cinnamon, and a touch of Himalayan salt

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, and enzymes), cinnamon, pink Himalayan salt, and date

~ 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

Hemp-Chickpea Tabouli

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



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~ Sweet Gourmet Add Ons ~

Red Velvet Chia Pudding

coconut and vanilla chia pudding infused with beet and dark chocolate shreds

Mexican Chocolate Mousse

cacao, coconut and agar agar based creamy and fluffy dessert
infused with Mexican cinnamon

12oz Orange Chocolate Spread

almond butter-cacao spread, sweetened with maple syrup, infused with cinnamon and orange zest, with a touch of himalayan salt. perfect for dipping fruit, spreading on toast or topping breakfast bowls

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

~ 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