



# FRESH EATS MENU

*with Chef Caitlin Boyer*

2025

**eat**  
your own way



# Snacks

## 7-layer dip

With refried bean, cheddar, sour cream, pea protein chorizo, Pico de Gallo, black olives, chunky salsa and green onion + tortilla chip side

## Hummus

With assorted raw veggies and seedy crackers (roasted red pepper & artichoke hummus OR classic garlic & lemon)

## Tofu quiche muffins

With sun-dried tomato, spinach, green onion, coconut feta, and crispy onion

## Muffins

Morning Glory, Zucchini poppy seed, OR Blueberry

## Energy ball bites

Filled with medjool dates, nut or seed butter, shredded coconut, mixed seeds, nuts, dried fruit, and cacao nibs

## No bake granola bars

With sugar free dark chocolate caramel topping



# Lunch|Salad



## Green falafel bites

In butter lettuce cups OR local whole wheat pita, homemade classic hummus, creamy tzatziki sauce, and a fresh Greek salad loaded with veggies and parsley

## Zucchini noodle pad Thai

With matchstick carrot, purple cabbage, broccoli, red bell pepper, snow/snap peas, green onion, cilantro, tamari glazed tofu, toasted almond slivers, and homemade ginger-peanut sauce

*Can be made with rice noodles instead of zucchini noodles*

## Tex mex quinoa salad

With black and pinto beans, green chiles, tomato, roasted corn, roasted red pepper, cilantro, green onion, walnut-sundried tomato chorizo, toasted pumpkin seeds, and spices with a creamy cilantro-jalapeno chimichurri dressing

## Caesar salad

With shiitake OR tempeh bacon, roasted red pepper, marinated artichoke hearts, herby green olive, pepper baked chickpea, shaved red onion, mixed greens, walnut parmesan, avocado, and creamy homemade Caesar dressing

## Buffalo cauliflower salad

With crispy chickpea, celery, red onion, pickles, romaine, purple cabbage, cucumber side and homemade tahini-herb blue cheese dressing

## Balsamic roasted beet salad

With Violife coconut feta, pistachio, grilled heart of palm, shaved red onion, mixed greens, microgreens, and a champagne vinegar-Dijon dressing

*Lunch|Salad Continued* →



# Lunch/Salad



## Curried broccoli salad

With crispy butter beans, roasted Japanese yam, carrot, celery, green onion, mint, cilantro, toasted almond, raisin and maple-spiced cashew dressing

## Thai crunch salad

With napa cabbage, jicama, cucumber, mixed bell peppers, carrot, cilantro, mint, green onion, snap/snow peas, roasted peanut, edamame, baked sesame ginger tofu (or pumfu) and a limey Thai basil coconut amino dressing

## Winter farro salad

With maple balsamic Brussel sprouts, heirloom beans, dino and purple kale, toasted pecan, dried Bing cherry, shaved red onion and fennel with a creamy walnut balsamic dressing.

*Gluten free option: remove farro OR swap for quinoa/ buckwheat*



# Entrée



## Hot pot pie casserole

With with layers of thinly sliced gold potato, carrot, white bean, onion, green peas, dried herbs, and crispy Hilary's burger cooked in a deliciously creamy veggie broth-based sauce

## Mango-red lentil Thai curry

With lemongrass, sliced bell peppers, snow/snap pea, carrot, onion, basil, cilantro, baked and seasoned tofu (or pumfu), toasted pumpkin seed topping and a side of brown OR basmati rice

## Indian saag

With a side of cumin roasted carrot, cauliflower, chickpea OR tofu, creamy coconut yogurt topping, and a side of brown OR basmati rice

## Tostadas (or homemade sopes)

With seasoned refried beans, jackfruit carnitas, fajita veggies, raw cabbage slaw, chipotle aioli, homemade salsa verde and fresh avocado on the side

## Classic lasagna

With layers of noodles, marinara, cashew and coconut mozzarella and parmesan, almond ricotta, pea protein veggie crumbles, mixed herbs, and sautéed onion, garlic, and bell peppers

## Eggplant rollatini

Filled with almond ricotta, sliced onion, roasted red pepper, homemade pumpkin seed pesto, zucchini, grilled artichoke hearts, herbs, tomato, marinara, and cashew cheese.

*Entrée Continued* →



# Entrée



## Jamaican coconut greens

Roasted heart of palm and artichoke, blackened baked tofu, mango-habanero sauce and creamy tofu-dill shallot remoulade

## Asian tofu young patties

With shredded mixed potatoes and yams, sunchoke, green onion, garlic, and ginger with sides of brown rice, fresh herb topper, and miso-ginger sauce

## Eggplant-basil stir fry

With carrot, bell peppers, onion, broccoli, fresh Thai basil, crispy tofu, and side of brown OR basmati rice

## Ethiopian platter

With Gomen- stewed collard greens and potato, Metatesh-sweet and spiced sweet potatoes with tomato and red bell peppers, stewed yellow split pea with basil, and spicy berbere red lentils + homemade injera (sponge bread for scooping) and a marinated carrot salad

## Cauliflower-cashew fettuccine alfredo

With both blistered and sundried tomato, charred broccolini, asparagus, pressed oyster mushroom, fresh herbs, and crispy breaded tofu nuggets with a side of pasta to cook fresh

## 1 dozen of your choice

Roasted broccoli and sunflower seed burger, Chipotle black bean and sweet potato burger, OR Country fried seitan cutlets



# *Soups & Stews*



## **Pozole verde**

With hominy, mushrooms, jackfruit, spinach, green chiles, and an assortment of fresh and flavorful toppings + tortilla chips

## **Tuscan bean stew**

Filled with navy bean, fennel, parsnip, onion, pea protein veggie crumbles, mixed greens, blistered roasted tomato, green bean, thyme, parsley, and basil

## **Fire roasted veggie stew**

With cauliflower, broccoli, cherry tomato, red pepper, green peas, cannellini beans, and roasted garlic

## **Potato vegetable stew**

With curly kale and fresh herbs in a yellow split pea broth (me take on an elevated chicken noodle)

## **Pureed sweet potato-ginger-apple soup**

With cranberry-raisin chutney

## **Lentil-kale stew**

With carrot, roasted garlic, lemon, cumin, cinnamon, and coriander

## **Miso veggie soup**

With crispy tofu, baby bok choy, mixed seaweed, carrot, green onion, and a side of basmati rice OR udon noodles



# *Dessert*

## **Black bean brownies**

With chocolate chips and toasted pecan

## **Raw brownies**

With cashew cream and cacao

## **Coconut blondie brownies**

With banana, almond butter, chocolate chips, and vanilla frosting

## **Raw carrot cake bites**

With medjool dates and shredded coconut