



FROZEN EATS MENU

with Chef Caitlin Boyer

2025

eat
your own way



Hot pot pie casserole

With layers of potato, carrot, white bean, onion, green peas, and crispy veggie burger cooked in a deliciously creamy veggie broth-based sauce

Mango-red lentil curry

With mixed vegetables, herbs, tofu, and roasted pumpkin seeds (choose between rice/udon noodles OR basmati/brown rice)

Indian spinach saag

With a side of roasted carrot, cauliflower, chickpea OR tofu, citrus yogurt, and basmati rice

Your choice of curry

Red, yellow, or green with pan seared tofu, fresh herbs, mixed colorful veggies and a side of basmati/brown rice

Classic lasagna

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

Lasagna rollatini

With pan fried breaded eggplant, roasted red onion, bell pepper, zucchini, tofu ricotta, grilled artichoke heart, marinara, and homemade pesto

Mexican lasagna

With layers of tortilla, sautéed mixed veggies, spices, cilantro, black and pinto bean, coconut cheddar, cashew sour cream and your choice of red or green salsa + avocado on the side





Lentil-kale stew

With carrot, kale, roasted garlic, olive oil, and lemon

Tuscan bean soup

Filled with navy bean, fennel, parsnip, onion, carrot, pea protein veggie crumbles, greens, thyme, basil, oven roasted tomato, and green bean

Veggie and mixed bean chili

With a side of homemade cornbread muffins and Forager's cashew sour cream

Shepard's pie

With mixed veggies, beans, homemade mushroom gravy, crispy golden potatoes, and a side of green beans with shallots

Eggplant-basil stir

With carrot, broccoli, tofu, bell peppers, onion, garlic, and savory simmered soy sauce and a side of brown/basmati rice

Shredded root veggies and tofu Asian patties

With a side of brown rice, cilantro + green onion topping, and a creamy tahini ginger sauce

