

Healthy Living Menu

Chef's Selection of Raw Vegetable Crudite with the Following (Choice of 3):

White Bean & Grilled Red Peppers
Black Bean Dip - Humus - Babbaganoosh - Guacamole - Piquant Tomato Salsa

Fresh Fruit Display
An Artistic Display of Traditional and Tropical Fruits

Hors doeuvres

Sweet Potato Rounds Topped with Guacamole
Vegetable Stuffed Mushrooms - Asparagus Wrapped with Puff Pastry
Steamed Vegetable Wontons - Seasoned Raw Goat Cheese Stuffed Endive
Skewered Fresh Fruit with Raspberry Dipping Sauce
Brown Rice Vegetable Sushi

Soups

Chilled Apple & Strawberry Soup - Chilled Carrot & Cucumber Soup
Split Pea & Barley Soup
Escarole & White Bean Soup - Potato & Leek Soup
Chickpea Stew with Winter Vegetables - Red Lentil & Squash Soup

Salads

Baby Spinach Salad with Beets - Arugula Salad with Apples
Romaine, Endive, & Radicchio - Assorted Sea Vegetable Salad
Wild Rice Salad with Red & Green Peppers Served on Endive

Entrees

Tinkyada Rice Pasta with Fresh Vegetables in-season
Sheppard's Pie – Lentils & Vegetables topped with Mashed Potatoes
Quinoa Stuffed Portobella Mushrooms - Brown Rice Stuffed Peppers
Five Bean Casserole - Tofu & Stir Fry Vegetables

Vegetables, Rice & Potatoes

A Medley Of Steamed Cauliflower, Zucchini, & Carrots
Broccoli Rabe Saute - String Beans with Pecans
Broccoli with Lemon & Olive Oil
Asparagus Spears with Creamy Cashew Dressing
Assorted Grilled Vegetables - Sweet Potatoes with Raw Honey
Brown Rice Valenciana - Garlic Smashed Red Potatoes

Free Range Chicken, Beef, & Fish Available Upon Request