



MAP Wellness
RAW/Vegan & Gluten Free Group Menu

Breakfast

Chia Seed Pudding Parfaits with Fresh Fruit, Cashew Creme & Granola
Overnight Oats with Peanut Butter & Banana & Chocolate Drizzle
Raw Banana Bread Pancakes with Berry Compote
Breakfast Rolls from the Sea with Pumpkin Spice "Rice"

Salads

Summer Rolls with Julienned Veggies & Asian Dipping Sauce
Mixed Greens, Sprouts & Fresh Herbs & Seeds with Green Goddess Dressing
Massaged Kale Salad with Pineapple, Cashew & Citrus
Raw Caesar Salad with Tomato
Pesto & Sprouted Garbanzo and Arugula Salad with Avocado

Entrées

Raw Pad Thai with Spicy Tomato Sauce, Fresh Herbs & Toasted Peanuts
Living Tacos with nut Meat, Pico de Gallo, Guacamole, & Cashew Sour Cream
Raw Spaghetti with Marinated Vegetables, Fresh Basil Pesto & Almond Parmesan

Sweets

Chocolate Ganache
Cashew Lemon Cheezecake
Mixed Truffles