



MAP Wellness

Vegetarian/Vegan Group Menu

Breakfast

Chia Seed Pudding Parfaits with Fresh Fruit, Cashew Creme & Granola
Chickpea Pancake with Black Beans, Tofu or Egg Scramble, Tomato Salsa & Avocado
Chocolate Pancakes with Bananas and Peanut Butter Syrup
Eggless Chocolate French Toast with Mango & Maple Syrup
Apple Cinnamon Carrot Muffins with Fresh Fruit Jam & Coconut Butter
Overnight Oats with Peanut Butter & Banana & Chocolate Drizzle
Sweet Potato Hash with Kale, Onion, & Raisins

Salads

Quinoa Salad with Olives, Orange, and Pine nuts
Summer Rolls with Julienned Veggies & 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 tossed Garbanzo and Arugula Salad with Avocado



Entrées

Bean Burgers on Gluten Free Bread with Red Onion Marmalade, Avocado & Vegan Mayo

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

Moroccan Chickpea Tagine with Roasted Sweet Squash & Brown Rice

Roasted Vegetable Quinoa with Mango, Cilantro and Mashed Black Bean

Smokey Butternut Squash Cheeze Sauce with Rice Pasta & Kale

Coconut Braised Garbanzo Beans with Sun-dried Tomato & Greens

Red Lentil Curry Bowl with Cilantro Cashew Sauce & Couscous

Sides

Roasted Garlic & Butternut Squash Puree

Smashed Potatoes with Garlic & Rosemary

Roasted Root Vegetables "en Papillote" with Spicy Lime Yogurt

Caponata Bruschetta with Eggplant, Raisin, Capers & Sunflower Seeds

Lemony Roasted Carrots with fresh Dill

Mashed Cauliflower with Roasted Garlic and Coconut

Kimchi Salad with Honey, Green Onion & Avocado

Mango Goji Berry Guacamole & Raw Tortilla Chips

Papaya Avocado Slaw with Chia Crackers

Spanish Brown Rice