

# MEATLESS MENU OPTIONS

*-All items are individually packaged*



*Chickpea Salad on Whole Grain*

## BREAKFAST

- Bagged Breakfast \$7.75
- Breakfast Pastries \$4.25
- Fresh Cut Fruit Cups \$3.50
- Yogurt/Berry Parfaits \$4.25
- Overnight Oats \$4.25



*Lebanese Style Bowl*

## COLD LUNCH

- Vegetarian Bag Lunch\* \$10.25
- Vegetarian Boxed Lunch\* \$12.95
- Choose sandwich/salad*
- \*Vegan options available!*
- Vegan Thai Noodles \$9.95
- with Vegetables in a Peanut Sauce*
- Lebanese Style Bowl \$14.95
- Cali. Veggie Style Bowl \$14.95

## PESCATARIAN

- Tuna Boxed Lunch \$12.95

*\*Below items \$16.95 w/ 2 sides*

- Coconut Curry Shrimp
- Shrimp Stir-fry
- Shrimp Scampi
- Tilapia or Salmon Options

## HOT LUNCH

- Tofu International Meal \$14.75
- Choose: Flavors of India, Big Easy, Far East, Mediterranean Medley, Classic Caribbean.*

*\*Below items \$14.75 w/ 2 sides*

- Coconut Curry Chickpeas
- Vegan Pasta Primavera
- Quinoa/Vegetable Stuffed Peppers
- Stuffed Shells or Cheese Tortellini
- Tofu with Mushroom Gravy
- Ginger or BBQ Grilled Tofu
- Vegan Vegetable Chili



*Quinoa/Vegetable Stuffed Peppers*



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