

Veggie Entree

VEGETARIAN ENTREES

Vegetarian Meatloaf

For those vegetarians who miss the taste of meatloaf, here is a tasty vegetarian version that matches the flavor.

Vegan Corn Casserole

If you grew up on your grandmothers Corn Casserole, then you'll really love our vegan version made with vegan cream cheese, corn, pimientos and green chiles.

Black Bean and Sweet Potato Chili

This is a creative, yet delicious play on chili, made with black beans, sweet potato, chipotle chilies, roasted tomatoes, herbs and seasonings

Quinoa and Black Bean Chili

A great vegetarian chili made with quinoa and black beans and minced chipotle peppers.

Chipotle Chickpea Chili

This dish is made with chickpeas, kidney beans and tofu and full of protein with the addition of smoky chipotle chiles.

Lasagna Rolls with Roasted Red Pepper Sauce

A different twist on Lasagna, filled with spinach, mushrooms, basil and mozzarella cheese

Vegetarian Lasagna

This is a full-bodied flavor veggie-packed lasagna. Layer with noodles and a creamy blend of ricotta and mozzarella cheeses.

Tofu Lasagna

Tofu is combined with eggs, spaghetti sauce, mozzarella cheese and spices, then layered with lasagna noodles and topped with more cheese

Butternut Kale Lasagna

A Gruyere Bechamel sauce tops the noodles and Butternut Squash making this dish rich and delicious. The Kale balances the sweet squash and crunchy toasted pecans top this incredible lasagna

Spinach Alfredo Linguine

This creamy pasta dish is made with a rich sauce of fresh spinach and white beans making for a delicious great one dish meal.

Vegetarian Baked Pasta

A casserole layered with penne pasta, tomato sauce, portobello mushrooms, mozzarella and gorgonzola cheese.

Artichoke Spaghetti Pie

This delicious spaghetti pie is loaded with flavors from artichokes, kalamata olives, and sun dried tomatoes

Stuffed Green Peppers

Peppers stuffed with black beans, rice and cheese, then topped with tomato sauce

Baked Tomatoes with Quinoa, Corn, and Green Chiles

These tomatoes are stuffed full with healthy quinoa, fresh corn, poblano chiles, and lots of shredded cheese. Fresh lime juice adds a burst of citrus freshness.

[Ziti with Arugula-Artichoke Pesto]

This is a creative twist on pesto made with artichoke hearts, arugula and walnuts, then tossed with white beans and ziti pasta

Broccoli Meatballs with Garlic-Tomato Sauce

Steamed broccoli, almonds, parmesan and fresh herbs are used to create this delicious veggie Entree version

Carrot Fritters with Dill-Yogurt Sauce

Tasty veggie fritters made with chickpea, carrots and feta, then topped with a fresh dill yogurt sauce

Autumn Vegetable Patties

A delicious main course pattie made with sweet potatoes, white beans and spinach, then served with cranberry-ginger chutney

Zucchini Patties

These zucchini patties are cheesy and delicious, topped with tomato sauce or sour cream.

BREAKFAST SELECTIONS

Vegan Sweet Potato Hash

Here's a healthful variation of corned beef hash, a Southern breakfast staple.

Sorghum-Drizzled French Toast

Our french toast mixture is made with tofu, maple syrup, cinnamon, vanilla extract and oil, then we soak thick slices of Challah Bread and pan fry the bread. The Sorghum drizzle adds a delicious sweetness as a syrup option, then we top our french toast with bananas or berries.

Quinoa Egg Bake with Thyme and Garlic

A delicious gluten free, yet healthy alternative breakfast casserole with spinach, garlic, thyme and parmesan.

Sweet Potato Breakfast Casserole

A lighter twist on a delicious breakfast casserole for the carb-conscious and the vegetarians! Eggs, cheese, and vegetarian sausage are baked atop a layer of buttery shredded sweet potatoes for a filling breakfast casserole

Paleo Egg Muffins

Egg muffin assortment filled with fresh vegetables to make an easy pick up option

Paleo Kale and Chives Egg & Prosciutto Muffins

Prosciutto Muffins filled with kale, chives and eggs to make a great pick up and go healthy option

Savory Herb Biscuits

A savory delicious biscuit that will go with any meal, accented with fresh herbs

Stuffed Sweet Potatoes with Sausage and Eggs

Sweet Potato skins stuffed with pureed sweet potato, scrambled eggs, sausage and cheddar

Apple Leak & Bacon Breakfast Sausage

VEGAN/VEGETARIAN SIDES

Dirty (South) Rice

This is more a fusion spicy side dish, fusing cajun dirty rice with tomato based spanish rice.

[Caramelized Brussels Sprouts with Pecans]

The brussels sprouts are caramelized with a little sugar, and topped with chopped pecans to make this dish a standout side item.

Collard Greens Vegan/Vegetarian

Although Vegan/Vegetarian, we've managed to get that flavor of bacon in our collards without any meat products. You'll love this dish!

Creamy Vegan Squash Casserole

This is our veganized version of your granny's squash casserole. This creamy dish contains brown rice.

Vegan Spicy Creamy Kale Pasta

Spicy Pasta dish with fresh kale, onions, cashews and seasonings.

Harvest Crowder Peas

Crowder peas are a bit like black-eyed peas, but slightly larger and without the distinctive black eye

Caramelized Cabbage and Onion

If you grew up on your moms fried cabbage, then you'll love this caramelized version made with cabbage and onion.

Eggplant Croquettes

A delicious croquette made with eggplant, cheddar cheese, bread crumbs, onion, garlic and parsley

Cheesy Baked Eggplant

This is a very cheesy baked eggplant dish with an Italian flair. An excellent alternative to a pasta dish

French Leek Pie

A delicious side dish prepared with leeks, Gruyere cheese and light pie cream baked in a pie crust

[Nutty Mushroom Quinoa]

The delicious earthy flavors of sage and mushrooms combined with toasted pecans added to this quinoa makes a great savory side dish

Mexican Pasta

Pasta tossed with a quickly cooked sauce of tomatoes, onion, bell pepper, corn, black beans, salsa and taco seasoning

Pasta Melanzana

This is a tasty one-dish meal prepared with spinach, eggplant and Parmesan cheese

Summer Squash Risotto with Fresh Garlic, Petite Peas & Basil

Super creamy, yummy & summery! Vegetable dense Risottos

Spicy Vegan Peanut Butter Tofu with Sriracha

Browned strips of firm tofu finished off with a sauce made of soy sauce, rice vinegar, smooth peanut butter, raw agave nectar, Sriracha, and a little vegetable stock

Tomato and Asparagus Carbonara

A delicious penne pasta salad with asparagus, cherry tomatoes and fresh basil

Creamy Avocado Carbonara

Avocado add creaminess to anything. While it gives the dish a bit of green color, it's just as creamy as any soy-based cream. Then pasta is topped with toasted walnuts and fresh parsley

Creamy Avocado and Lime Chilled Pasta

Chilled pasta coated with a simple-tasting creamed avocado sauce

Smashed Butternut Squash

Fresh butternut squash steamed and seasoned

SALAD OPTIONS

(See our "salads" menu for additional options)

Roasted Carrot Salad with Toasted Quinoa and Goat Cheese

Crunchy, toasted quinoa and creamy goat cheese add delicious texture to these sweet roasted carrots.

Jalapeno-Lime Watermelon Salad

This is an awesome summer salad spiced up with jalapeno chile, lime juice and sweet basil.

Tofu Avocado Salad

Summer Tomato Salad

A great summer salad with ripe juicy tomatoes, crunchy green bell pepper, sweet Vidalia onion combined with a tangy marinade.

Southwestern Corn Salad

This dish works great as a summer salad or as a tomato free salsa for dippin chips

Broccoli Salad with Spicy Citrus Vinaigrette

This broccoli salad is packed with a double spicy punch due to crushed red pepper flakes and sriracha sauce. If you can't handle the heat, get out of the kitchen

Dill Weed Potato Salad

The combination of dill weed and tofu mayo in this down home potato salad makes it a surefire winner for your next barbecue or picnic or any side dish.

Roasted Sweet Potato and Black Bean Salad

This is a great and healthy alternative from white potato salad and much more nutritious too.

Waldorf Rice and Spinach Salad

This dish is inspired by the classic Waldorf salad, but with a surprising crunch of apples and walnuts and basmit rice.

Creamy Poppy Seed Coleslaw

This dish makes for a great side dish for any souther meal

Balsamic Quinoa Salad

This nutritional salad is packed with flavor and made with peas, sun-dried tomatoes, onions and peppers.

Balsamic Green Bean Salad (Paleo)

Fresh blanched green beans with walnuts and a simple vinaigrette

SANDWICHE SELECTIONS

Quinoa Black Bean Burgers

Our healthy vegetarian burger made with black beans and quinoa are truly delicious

Sweet Potato and Black Bean Veggie Burger

ChickPea Burger

Our chickpea burgers are full of flavor and will make you think twice about veggie burgers. Made with chickpeas, peppers, onions, garlic and our house seasoning, you will definitely be amazed as to how delicious these are.

Pimiento Cheese Sandwiches

This dairy free pimiento spread tastes much better than its nonvegan counterpart. Made with chickpeas and tahini, this sandwich is very wholesome.

Served on whole wheat bread or spread on crackers

Caprise Sandwich (Vegetarian)

Tomato, fresh mozzarella, and basil drizzled with balsamic dressing, served on a mini Hoagie Roll.

Roasted Veggie Po'Boys

Our Vegan version of the louisiana style po'boy, piled with roasted veggies.

Vegetarian Wrap

with mixed greens, mushrooms, tomatoes, and a pesto mayo spread

Open Faced Avocado and Goat Cheese Sandwiches

A delicious open faced sandwich made with a creamy avocado spread, then topped with fresh vegetables

Quinoa Veggie Burger with Roasted Red Pepper Relish

Our take on a classic meatless burger created with a slew of vegetables for flavor, color, and texture, with the main star being quinoa, then topped with a roasted red pepper relish

DESSERTS

Mandarin Orange Cobbler

This is a great twist on the traditional southern peach cobbler

Pear and Cranberry Cobbler

This cobbler has all the ingredients of heaven, made with Bosc Pears, dried cranberries and pumpkin pie spices

Mint Julep Brownies

These cakey brownies combined with bourbon and mint (the key ingredients in a mint julep) with chocolate, makes for a tasty cocktail inspired southern treat.

Chocolate Chip Coconut Bread Puddin

This version of bread pudding is more reminiscent of homemade chocolate chip cookies, topped with vanilla sauce which takes it to our gourmet level.

Coconut Date Bars

Sweet and tropical bars with an occasional crunch made with dates, coconut and almonds

Vegan Brownies

Delicious Chocolate Brownies vegan style.

Mississippi Mud Cookies

Named after the muddy Mississippi river, these are cookies are a sweet treats made from cocoa powder, creamy peanut butter and old fashioned rolled oats

Chocolate Crunch Cups - Vegan & Gluten Free

Green Tea Coconut Butter Cups

Fudgy Coconut & Oat Macaroons - Vegan & Gluten Free

Raw Brownie Bites (Paleo)

Brownie bites made with dates, walnuts, and cocoa powder make a simple yet tasty dessert

Baked Sweet Potato Chips (Paleo)

Baked sweet potato spiced with a dash of fresh rosemary adds a delicious twist to these chips

Kale Chips (Paleo)

APPETIZERS, SPREADS AND SAUCES

Crispy Quinoa Sliders

These healthy, yet tasty sliders are made with Quinoa, Chickpeas, Provolone cheese, Carrots, Green Onions and Garlic, then pan seared to make a knock out the park slider that will suit any ones taste

Black Eyed Pea Corn Cakes with Roasted Red Bell Pepper Sauce

Okay...these really are just plain ol' fritters, just dressed up with a creamy roasted red bell pepper sauce, but they are quite delicious.

Guacamole Hummus

Can't decide between hummus and guacamole? Have it both ways in this bright, creamy dip.

Deviled Tofu Bites

Our Vegan version of Deviled Eggs. Just like traditional deviled eggs, they may never make it to the table.

Yakko Tofu Bites

A delicious vegetarian appetizer made with firm tofu, soy sauce, toasted sesame oil, ginger root scallions and Sriracha

Walnut -Blue Cheese Coins

Blue cheese makes these crackers quite rich

Candied Spiced Chickpeas

A syrup of sugar and warm spices coats these chickpeas, which are then fried to create their candied exterior.

Shrimp & Spinach Quinoa Cakes

These delicious and tasty cakes are gluten free and pair great with a dill mayo

Garlicky Black-Eyed Pea Hummus

Black-Eyed Peas makes for a great hummus, but giving it that Southern flair. Serve with toasted pita chips or raw veggies.

Artichoke Parmesan Crostini

Marinated artichoke hearts, Parmesan cheese, and parsley atop a crispy crostini

Butter Bean Bruschetta

Southern cuisine meets fancy Italian fare in this twist on the classic tomato-topped crostini. Toasted baguette slices are topped with a garlicky butter bean spread, juicy tomatoes, fresh basil, and creamy avocado.

Cauliflower Tabbouleh (Paleo)

A delicious combination of cauliflower and tomatoes, lemon, lime, and cilantro in a tasty dressing presented in a Mediterranean Cuisine style.

Broccoli Meatballs with Garlic-Tomato Sauce

Steamed broccoli, almonds, parmesan and fresh herbs are used to create this delicious veggie Entree version

Tofu Mayo

This is a light creamy mayonnaise substitute and great alternative to vegan mayo. Spread it on sandwiches or use it as a dressing.

SELECT ONE OF THE FOLLOWING VEGETARIAN OPTIONS
