



vegan MENU



APPETIZER

DOLMADES Grape leaves stuffed with seasoned rice served with lemon

HUMMUS & PITA Garbanzo bean dip seasoned with garlic, topped with olive oil. Served with pita chips

SKILLET MEATBALLS Pan seared Gardein meatballs topped with Follow Your Heart parmesan cheese

BLACK BEAN DIP Black beans stewed to perfection and seasoned with garlic and assorted seasonings. Served with toasted crostinis.

ARTICHOKE DIP Spinach and artichoke dip served with toasted crostinis.

Falafel fresh falafel served with a delicious garlic and sesame Tahini sauce

EGGPLANT DIP roasted onion and eggplant served with toasted crostinis.

STUFFED MUSHROOMS roasted button mushrooms stuffed with spinach and Follow Your Heart parmesan

VEGETABLE SPRING ROLLS and soy ginger dipping sauce

vegan ENTREES

CHICKEN PARMESAN Gardein® chicken served with angel hair pasta, topped with marinara and Follow Your Heart® mozzarella cheese

PASTA PRIMAVERA served with seasonal fresh vegetable, sauteed onion and housemade marinara sauce

BEEF OR CHICKEN FAJITAS Gardein® chicken or Gardein® beef with grilled onions, bell peppers, tomatoes, and pepperoncinis. Served with lettuce, Follow Your Heart® parmesan cheese

GREEK SPAGHETTI Pasta sauteed with olive oil, garlic, and oregano tossed together with Gardein® meatballs

STUFFED PORTABELLA MUSHROOMS Portabella Mushroom stuffed with delicious herb couscous

LEMON ROSEMARY CHICKEN Gardein® Chicken

SOUTHERN FRIED CHICKEN Gardein® Chicken

STUFFED PEPPERS Giant bell peppers stuffed with seasoned rice and fresh seasonal vegetables

SIDES

GARLIC MASHED POTATOES
HERB ROASTED VEGETABLES
COLLARD GREENS
RICE PILAF
GARDEN SALAD