

BUFFET SPECIALTY DISHES

FIVE BEAN AND WHOLE GRAIN CHILI: (V)

A COLORFUL AND HEALTHY STEW MADE WITH ALL NATURAL VEGETABLE STOCK, RED AND GREEN PEPPERS, ONIONS, TOMATOES, BLACK, RED KIDNEY, GARBANZO, CANNELLINI AND PINTO BEANS WITH SOUTHWESTERN CHILI FLAVORING TOSSED WITH A BLEND OF QUINOA, WILD RICE, MILLET AND WHEAT BERRIES.

½ TRAY: \$50 FULL TRAY \$80

THAI BASIL VEGETABLE STIR FRY W/ NOODLES: (V)

PORTABELLA MUSHROOMS, RED PEPPERS, ONIONS, BEAN SPROUTS WITH CHILI HOISIN SAUCE AND THAI BASIL OVER RICE NOODLES TOSSED IN A SPICY SRIRACHA SAUCE

½ TRAY: \$50 FULL TRAY \$80

VEGETARIAN EGGPLANT AND SQUASH LASAGNA: (GF)

GRILLED NAPLES EGGPLANT CUTLETS LAYERED WITH SLICED GRILLED ZUCCHINI AND YELLOW SQUASH WITH CHUNKY GARDEN MARINARA SAUCE AND PARMESAN AND MOZZARELLA CHEESE

½ TRAY: \$50 FULL TRAY \$80

ASIAN STIR FRY: (V) (GF)

BROCCOLI, CARROTS, MUSHROOMS, WATER CHESTNUTS, SNOW PEAS AND BEAN SPROUTS STIR FRIED IN SESAME OIL AND TOSSED WITH GLUTEN FREE TERIYAKI OVER BROWN RICE

½ TRAY: \$50 FULL TRAY \$80

SOUTHWESTERN CHILI LIME QUINOA, RICE AND BEANS: (V) (GF)

RED AND GREEN BELL PEPPERS AND ONIONS SAUTEED IN OLIVE OIL WITH EDAMAME, BLACK BEANS, DICED TOMATO, ROASTED CORN AND CILANTRO MIXED WITH QUINOA AND WILD RICE

½ TRAY: \$55 FULL TRAY \$85

INDIAN CURRY STEW: (V) (GF)

RED LENTILS, CARROTS, ONIONS, CHICK PEAS AND MUSHROOMS SLOW STEWED IN A CREAMY SAUCE MADE WITH COCONUT MILK AND CURRY OVER BASMATI RICE AND QUINOA

½ TRAY: 55 FULL TRAY \$85

ITALIAN KALE, BEANS AND GRAINS: (V)

SAUTÉED KALE WITH GARLIC AND OIL MIXED WITH ROASTED GRAPE TOMATOES & CANNELLINI BEANS WITH FRESH BASIL AND PARSLEY SERVED OVER FARRO AND ORZO

½ TRAY: \$55 FULL TRAY \$85

ADD SOME PROTEIN TO ANY OF THE ABOVE DISHES:

GRILLED ORGANIC CHICKEN BREAST: ADD \$10 ½ TRAY. \$20 FULL TRAY

GRILLED TURKEY CUTLET: ADD \$10 ½ TRAY. \$20 FULL TRAY

GRILLED LARGE TIGER SHRIMP: ADD \$15 ½ TRAY. \$20 FULL TRAY

VEGAN PROTEIN (TOFU, SEITAN, TEMPEH): ADD \$15 ½ TRAY. \$20 FULL TRAY

(V) – VEGAN DISH (GF) – GLUTEN FREE