

Week Menu November 5 - 11



Monday

Soups

- ♥ Red Lentil Butternut Squash Soup
- ♥ Creamy Broccoli Soup with Pesto

Specials

- ♥ South Indian Vegetable Curry with Basmati Rice and Mango Chutney
- ♥ South American Chili with Quinoa and Guacamole

Bake of the Day

- ♥ Spinach Pie

Tuesday

Soups

- ♥ Spinach Mung Dhal
- ♥ Winter Root Vegetable Soup

Specials

- ♥ Vegetable Korma with Basmati Rice and Mango Chutney
- ♥ Ratatouille with Quinoa and Coconut Cheddar

Bake of the Day

- ♥ Lasagna

Wednesday

Soups

- ♥ French Lentil Soup
- ♥ Zucchini Soup with Cashew Cream

Specials

- ♥ Pumpkin and Tofu Curry with Brown Rice and Date-Tamarind Chutney
- ♥ Bliss Burger Patties with Roasted Potatoes and Cashew Aioli

Bake of the Day

- ♥ Spinach Pie

Thursday

Soups

- ♥ Mung Bean Soup
- ♥ Beet-Coconut Soup

Specials

- ♥ Red Thai Curry with Tempeh and Jasmine Rice
- ♥ Vegetable Moussaka with Cashew Tzatziki

Bake of the Day

- ♥ Lasagna

Friday

Soups

- ♥ Indian Dhal
- ♥ Portuguese Kale Soup

Specials

- ♥ Palak Paneer with Yellow Basmati Rice and Date-Tamarind Chutney
- ♥ Nut & Vegetable Loaf with Mashed Potatoes and Mushroom Sauce

Bake of the Day

- ♥ Spinach Pie

Weekend Special

Soups

- ♥ Mum's Pea Soup
- ♥ Carrot-Ginger Soup

Specials

- ♥ Cambodian Vegetable Curry with Bean Sprouts and Jasmine Rice
- ♥ Black Bean & Beet Patty with Roasted Potatoes and Guacamole

Bake of the Day

- ♥ Lasagna

♥ All the soups and specials are gluten-free and vegan ♥
♥ All the specials come with salad on the side ♥

