

# LUNCH



## BUDDHA BOWLS

Roasted local veggies, basil hemp pesto, garlic tahini sauce, raw crackers or bread  
Mixed green salad on a bed of wild rice or cauliflower rice, avocado, and fresh herbs/flowers

~Your choice of protein sample: grilled marinated tempeh, raw vegan herb falafels, lemon garlic herb chicken

## MEZZE PLATES

Raw vegan falafels, fresh herb tabouli, no-bean or beet hummus, grain-free low-carb pita, greek salad w/ cashew feta cheese

~Your choice of protein sample: grilled marinated tempeh, lemon garlic herb chicken

