9115 Whiskey Bottom Road, Suite E
Laurel, Maryland 20723

1-800-213-7427 ♦ 301-725-4244 Fax

Vegetarian and Vegan

VEGETARIAN SELECTIONS

Some substitutions may require an additional charge.

ASIAN STIR-FRY

Sautéed Vegetable Stir Fry with Marinated Tofu, Baby Corn, Water Chestnuts and Baby Bok Choy in a Ponzu Sauce

BUTTERNUT SQUASH RAVIOLI (seasonal availability)

On a Bed of Roasted Spaghetti Squash in a Sage Beurre Blanc and Crispy Sage Garnish

EGGPLANT FLORENTINE

Roasted Sliced Eggplant Stuffed with Wilted Spinach & Provolone Cheese, Drizzled with Tomato Cream Sauce and Sprinkled with Asiago Cheese

FOREST MUSHROOM AND SPINACH TART

Shiitake and Oyster Mushrooms Sautéed with Baby Spinach, Shallots, Garlic, Parmesan and Fresh Herbs Baked into a Buttery Tart Shell Topped with Shaved Parmesan

GREEK EDAMAME AND QUINOA BOWL

This Delicious and Filing Dish Features English Cucumber, Diced Tomatoes, Oregano and a Lemon-Dill Sour Cream

MUSHROOM RAVIOLI WITH MARSALA, TOMATO & SPINACH

Ravioli Stuffed with Wild Mushrooms, Lightly Tossed with Tender Spinach, Oven-Roasted Tomatoes, Marsala Wine & Olive Oil, Garnished with Basil Chiffonade

POLENTA CAKES

Pan-Seared Polenta Cakes Served with Sliced Vine-Ripened Tomatoes, Aged Manchego Cheese, Micro Greens, Extra Virgin Olive Oil and Cracked Black Pepper

QUATTRO FORMAGGI RAVIOLI

A Blend of Four Cheeses in a Spinach Striped Ravioli with Vodka Tomato Cream Sauce

RISOTTO GÂTEAU

Marinated and Roasted Portobello topped with Risotto Milanese Laced with Imported Parmesan in a Roasted Red Pepper Coulis

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Roasted Vegetable Biryani
Indian Rice Dish with Roasted Vegetables, Flavored with Turmeric, Cumin, Coriander

Spiced Black Bean and Corn Cakes
Seared Savory Black Bean and Corn Cakes Topped with Sliced Grilled Avocado, Sweet Corn and Queso Fresco Served with Mango Chutney and a Hint of Cilantro

Stuffed Zucchini
Thinly Sliced Zucchini or Eggplant Stuffed with Mozzarella, Ricotta and Fresh Herbs Baked and topped with Plum Tomato Marinara and Chiffonade of Basil

Tagliatelli Pisello
Tagliatelli Pasta with Spring Peas, Rainbow Carrots, Pecorino Romano, Fresh Herbs and Lemon Zest

Vegetable & Mozzarella Napoleon
Marinated and Char-Grilled Squash, Zucchini, Portobello and Eggplant Layered with Fresh Mozzarella on Rosemary Spear with an Aged Balsamic Reduction

Vegetable Wellington
Asparagus, Peppers, Carrots, Spinach and Goat Cheese are Highlighted in this Vegetarian Dish Enveloped in a Buttery Puff Pastry

Vegan Selections

Some substitutions may require an additional charge.

Asian Stir Fry

Sautéed Vegetable Stir Fry with Marinated Tofu, Baby Corn, Water Chestnuts and Baby Bok Choy in a Ponzu Sauce

Grilled Soy-Ginger Glazed Tofu

Silky Tofu with a Crisp Crust Featuring the Flavors of Ginger, Garlic and Chili-Soy Sauce

Chickpea Cakes with Tomato-Cucumber Relish

Earthy Chickpeas and a Colorful Vegetable Relish Combine to Create this Satisfying Vegan Entree

Honey and Sesame Encrusted Vegan Chicken

Plant-Based Vegetarian "Chicken" Marinated in Soy, Ginger, Honey and Spices, with a Crispy Panko and Sesame Seed Crust, Served with Plum Sauce

Mediterranean Zucchini Noodles

This Delicious Vegan Entree Features Zucchini Noodles Tossed with
Cherry Tomatoes, Sun-Dried Tomatoes, Artichoke Hearts, Garlic and Olive Oil

Paella

Our Vegan Version of the Traditional Spanish Dish of Saffron Rice with Grilled Marinated Tofu, Vegetables, Spices and Herbs

Quinoa Stuffed Pepper

This Vegan Stuffed Pepper has a Mix of Ratatouille, Artichoke Hearts and Garbanzo Beans in a Fire-Roasted Pepper

Ratatouille-Stuffed Red Pepper

A French Dish Combining Eggplant and A Medley of Fresh Vegetables, Seasoned with Garlic and Fresh Served in a Roasted Red Pepper Cup

Roasted Vegetable Biryani

Indian Rice Dish with Roasted Vegetables, Flavored with Turmeric, Cumin, Coriander

Spicy Thai Tofu Skewers

Skewers of Lightly Battered and Grilled Tofu in a Spicy Thai Coconut Curry Sauce

Steak Marsala

Chargrilled Vegan Steak topped with Porcini and Crimini Mushroom Marsala Sauce

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Tuscan Grilled Vegan Steak

Chargrilled Vegan Steak with Rosemary-Garlic Marinade and Roasted Tomato Agrodolce

Vegetable & Tofu Napoleon

Marinated and Char-Grilled Squash, Zucchini, Portobello and Eggplant Layered with Grilled Tofu, Rosemary Spear and Aged Balsamic Reduction