

Breakfast and...

Apple-Ginger Muffins – With chunks of fresh apples, and sweetened with maple syrup and agave nectar, this lightly sweetened muffin is made heartier thanks to the addition of wholesome spelt flour.

Gluten-Free Carrot Muffins – With walnuts and raisins, and sweetened with maple syrup and agave nectar.

Granola – Perfect for a breakfast buffet, to sprinkle over oatmeal, yogurt, fruit salad, or just about anything else you can think of.

Appetizers...

Mini Burgers - We've shrunk our best-selling healthy burgers down to bite size! Topped with a dollop of our own piquant honey mustard and caramelized cayenne onions, these are one of our most popular options.

Raw Vegan Sushi – With an assortment of fresh vegetables and an almond pâté all wrapped up in nori, these modern maki rolls make for elegant finger food.

Chickpea of the Sea in Endive Boats – Our tasty chickpea spread applied generously to crunch endive leaves; a simple but satisfying palate pleaser.

Sun-dried Tomato Spread on Parmesan Crackers – Crispy baked strips of parmesan cheese support this rich tomato pâté, combining to form an irresistible umami flavor.

Stuffed Baby Bella Mushrooms – The same walnut filling you'll find in our standard stuffed mushrooms, but baked into miniature button mushrooms.

Mains and Side Dishes...

Raw Thai Slaw - Our rich Thai almond sauce would taste good on just about anything, but it truly brings this colorful mix of beets, sweet potatoes, and cabbage to life.

Orange Kale Salad - Raw and dressed in our silky orange-sesame vinaigrette with toasted pepitas.

Spring Beans - Welcome Spring with sugar snap peas, navy beans, caramelized onions, and fresh mint.

Mexican Lentil Salad - Our chipotle-lime vinaigrette gives this salad its zesty twist. Green lentils tossed with celery, a touch of carrot, red onion and fresh cilantro.

Lemon Curry Rice Salad - Brown rice complimented by green peas, raisins, cashews and scallions, in a lemon-curry vinaigrette.

Portabella Quinoa - A sophisticated dish of caramelized onions, Parmesan, fresh basil, parsley, and a pinch of cayenne.

Asian Wild Rice Salad - Tangy and tropical, napa cabbage, coconut, sliced almonds and sunflower seeds in a rice vinegar-sesame vinaigrette all lend Asian flare to this dish.

Sweet Ginger Tofu - Baked in a marinade of apple juice, garlic, maple syrup and sesame oil.

Baked Garden Pie - A mouth watering vegetable and cheese dish with egg, swiss chard and/or spinach, mushrooms, zucchini, ricotta and parmesan cheese.

Vegetable Tofu Almandine - Baked in tofu tossed with carrot, sugar snap peas, mushrooms, scallions, and green beans, dressed in Asian ginger vinaigrette.

Stuffed Portobello Mushrooms – Heaped with a mountain of tofu-walnut pate, made with a blend of fresh vegetables and spices.

Wraps...

**All wraps can be cut into smaller pieces to be served as appetizers as well*

Baked Falafel Wrap - A new sensation - served with caramelized "cayenne" onions, seasonal veggies and romaine lettuce.

Beet Marmalade Wrap - One of our signature creations with arugula and goat cheese.

Chickpea of the Sea - Whether you think this creamy filling tastes more like tuna salad, egg salad, or hummus is up to you, but the appeal of this vegan delight is undeniable.

Cookies and Desserts...

Tara-Laura Chocolate Krispies - Feed your chocolate habit without the guilt? Yes, it's possible with these delectable morsels of unsweetened chocolate, carob chips, gluten-free brown rice cereal, and brown rice syrup. Made with almonds.

Sesame Raisin Cookies - The ultimate "not too sweet" treat with whole wheat flour and oats!

Ginger Crisps - A spicy and aromatic cookie with a kick of ginger.

Vegan Cakes and Cupcakes – Made by our in-house baker, Hannah Kaminsky, author of [My Sweet Vegan](#) and [BitterSweet Blog](#). Her original creations include Root Beer Float Cupcakes, Gluten-Free

Coconut Cupcakes, and Triple Citrus Cupcakes. Also available as both 9-inch round layer cakes and cupcakes are Chocolate Velvet with Chocolate Fudge Frosting and Carrot Cake with vegan “Cream Cheese” Frosting. All cakes can be made gluten-free and/or nut-free upon request.