



Healthy Options

Eat Green - Daily Menu

Breakfast

Scrambled Tofu With Asparagus And Wild Mushroom

Home Made Tofu, Tomatoes, Mushroom, Asparagus, Salt, Pepper, Olive Oil

Citrus Apple Smoothie

Green Apple, Mandarin, Sweet Potato, Parsley, Banana, Coconut, Maple Syrup

Butternut Stew

Butternut, Bell Pepper, Leeks, Celery, Garlic, Thyme, Coconut, Sage, Pumpkin Seeds, Sunflower Seeds

Morning Snack

Walnuts

Raspberries

Roasted Vine Tomato Soup

Vine Tomato, Coriander, Garlic, Leeks, Celery

Lunch

Oven Roasted Squash With Lemon Coriander Rice

Baby Squash, Bell Peppers, Onion, Tomato, Parsley, Beans, Courgettes, Cumin, Paprika, Lemon, Coriander, Cauliflower

Baked Potato With Vegan Chili

Sweet Potato, Bell Peppers, Onion, Tomato, Parsley, Beans, Courgettes, Cumin, Paprika

Waldorf Salad

Green Apple, Red Apple, Celery, Grapes, Walnuts, Apple Cider, Mango, Mustard

Afternoon Snack

Walnuts

Raspberries

Roasted Vine Tomato Soup

Vine Tomato, Coriander, Garlic, Leeks, Celery

Dinner

Pan Roasted Chick Peas With Cucumber Salad

Chick Peas, Curry Leaf, Fresh Coconut Flakes, Onion, Turmeric, All Spice, Fresh Ginger, Coriander, Cucumber, Tahini, Garlic. Salt, Pepper, Olive Oil

Vegetable Noodles

Gluten Free Noodles, Bell Peppers, Beans, Cabbage, Onion, Scallions, Carrots, Soy Sauce, Olive Oil, Salt, Pepper

Rocca Salad

Watermelon, Rocca, Mandarin, Fennel, Raspberry, Pecans, Mustard, Honey, Balsamic, Crushed Black Pepper, Thyme, Virgin Olive Oil

