

BOWLS

NOURISH BOWL

- Spinach
- 2 scoops Rice
- Rooted sauce
- Carrot
- Onion
- Edamame
- Pumpkin seeds
- **1 scoop Spicy** Tofu
- Extra drizzle Rooted sauce
- Avocado

BUDDHA BOWL

- Steam 5-6 broccoli on grill
- Baby kale
- 2 scoops Potatoes
- Queso
- Tomato
- Sunflower seeds
- Steamed broccoli
- 1 scoop Garbanzo beans
- Extra drizzle queso
- Pea shoots

SURE-FIRE BOWL

- Romaine lettuce
- 2 scoops Rice
- 1 scoop Black beans
- Lime cilantro sauce
- Salsa
- 1 scoop Jackfruit
- Extra lime cilantro
- Candied jalapeños
- Guacamole

SWEET PEA BOWL

- Spinach
- 2 scoops Quinoa
- 1 scoops Black beans
- Sweet chili sauce
- Pineapple
- Tomato
- Pumpkin seeds
- Avocado
- Pea shoots

SPICY THAI BOWL

- Steam: cabbage, carrots, red bell pepper and broccoli on grill
- Remove from grill and add jalapenos
- Top veggies with Thai peanut sauce
- 1 scoop Garbanzos
- Pea shoots

BURRITOS

NOURISH BURRITO

- Avocado mashed on tortilla
- Rooted sauce on tortilla
- Spinach
- 2 scoops Rice
- More Rooted sauce
- Carrot
- Onion
- Edamame
- Pumpkin seeds
- **1 scoop Spicy** Tofu

BUDDHA BURRITO

- Steam 5-6 broccoli on grill
- Queso on tortilla
- Baby kale
- 2 scoops of Potatoes
- Queso
- Tomato
- Sunflower seeds
- Steamed broccoli
- 1 scoop garbanzo beans
- Pea shoots

SURE-FIRE BURRITO

- 1 sm. scoop Guacamole
- Romaine lettuce
- 2 scoops Rice
- 1 scoop Black beans
- Lime cilantro sauce
- Salsa
- 1 scoop Jackfruit
- Extra lime cilantro
- Candied jalapeños

SWEET PEA BURRITO

- Avocado
- Spinach
- 2 scoops Quinoa
- 1 scoops Black beans
- Sweet chili sauce
- Pineapple
- Tomato
- Pumpkin seeds
- Pea shoots

SPICY THAI BURRITO

- Steam: cabbage, carrots, red bell pepper and broccoli on grill
- Remove from grill & add cold jalapenos
- Top steamed veggies with Thai peanut sauce
- 1 scoop of Garbanzos

SALADS

Green Glow Salad:

- Spinach
- Nutritional Yeast
- Diced green apple
- Diced cucumber
- Tomato
- Red bell pepper
- Onion
- 1 scoops Garbanzos
- Pea Shoots
- Lemon vinaigrette (on side)

Summer Cider Salad:

- Mixed greens
- Diced cucumber
- Tomato
- Onion
- Carrots
- Pumpkin seeds
- 1 scoops Garbanzo beans
- Avocado
- Apple cider vinaigrette (on side)

Blueberry Quinoa Salad:

- Baby kale
- 1 scoop Quinoa
- 1 scoops Walnuts
- Blueberries
- Avocado
- Lemon vinaigrette (on side)

Sweet n Spicy Salad:

- Portabellas on the grill
- Mixed greens
- Balsamic drizzle
- Diced pear
- Walnuts
- Candied jalapenos
- Grilled Portabellas
- Balsamic drizzle
- Small side of olive oil

Buffalo Ranch Salad:

- Fill metal bowl with romaine
- Toss romaine in ranch
- Transfer lettuce to serving plate
- Top with Tomato
- Top with Onion
- Using the same metal bowl, Toss 1 scoop jackfruit with buffalo sauce
- Place jackfruit on top of salad
- Top with Avocado

Caesar Salad:

- Toss half romaine + kale in caesar (metal bowl)
- Transfer to serving plate
- Top with walnut parmesan
- 1 scoops Garbanzos

WRAPS

Green Glow Wrap:

- In a metal bowl:
 - Fill $\frac{3}{4}$ bowl with Spinach
 - Nutritional Yeast
 - Diced green apple
 - Diced cucumber
 - Tomato
 - Red bell pepper
 - Onion
 - Pea Shoots (tear up)
 - Toss in lemon vinaigrette
- Warm tortilla
- Fill with salad mix
- 1 scoop Garbanzos

Summer Cider Wrap:

- In a metal bowl:
 - $\frac{3}{4}$ bowl Mixed greens
 - Diced cucumber
 - Tomato
 - Onion
 - Carrots
 - Pumpkin seeds
 - Diced avocado
 - Toss lightly in ACV
- Warm tortilla
- Salad mix
- 1 scoop Garbanzo beans

Caesar Wrap:

- Toss romaine + kale in caesar (metal bowl)
- Top with walnut parmesan
- Warm tortilla
- Salad mix
- 1 scoops Garbanzos

Blueberry Quinoa Wrap:

- In metal bowl:
 - Baby kale
 - 1 scoop Quinoa
 - 1 scoops Walnuts
 - Blueberries
 - Toss in lemon vin.
- Warm tortilla
- Avocado on tortilla
- Add Salad mix

Sweet n Spicy Wrap:

- Portabellas on the grill
- In metal bowl:
 - Fill bowl $\frac{3}{4}$ Mixed greens
 - Drizzle Balsamic drizzle
 - Very light drizzle olive oil
 - Diced pear
 - Walnuts
 - Candied jalapenos
- Warm Tortilla
- Salad mix
- Add Portabellas

Buffalo Ranch Wrap:

- Metal bowl toss in ranch:
 - Romaine
 - Tomato
 - Onion
 - Avocado
- Add 1 scoop jackfruit to bowl jackfruit & add buffalo sauce.
- Toss all together
- Warm tortilla
- Add Salad mix

Paninis

Chickpea Melt:

- Chickpea mix on grill
- *Top Bun:*
 - Queso
- *Bottom Bun:*
 - Mayo
 - Very light mustard
 - 4-5 pickles
- Cook chickpea patty on both sides
- Grill on panini press until crispy

Spring Green Panini:

- Grill mushrooms **DO NOT DICE**
- Pesto on both buns
- *Top bun:*
 - Baby kale
- *Bottom bun:*
 - Avocado
- Melt provolone on portabella
- Grill on panini press until crispy

Rooted Nachos:

- Chips
- Lots of queso
- Onions
- 1 scoop Black beans all over
- 1 scoop Jackfruit in the center
- Another drizzle queso Queso
- 7 Candied jalapenos around nachos
- Small scoop Guacamole

Wild One Panini:

- Grill pear
- balsamic on both buns
- Spread almond butter on top of balsamic
- *Top bun:*
 - Baby kale
- *Bottom bun:*
 - Mashed Avocado
 - Candied jalapenos
- Melt gouda on pear
- Grill on panini press until crispy

Pulled Popper Panini:

- Steam 1 scoop onion on grill
- Lots of queso on both buns
- *Bottom bun:*
 - Fresh jalapeno
 - Grilled onion
 - Top with Jackfruit
- Grill on panini press until crispy

Breakfast Burritos

Black Bean Scramble Burrito:

- (if with eggs cook those first)
- Warm tortilla
- 1 scoop Guac and queso on tortilla
- 2 scoop Black beans on grill (or strain very very well)
- More Queso
- 1 ladle of Salsa
- 1 *scoop Scrambled Tofu* (or 2 eggs)

Forager Burrito:

- (if with eggs cook those first)
- Portabellas on grill & **dice**
- Warm tortilla
- rooted sauce on tortilla
- Spinach
- 2 scoop Potato hash
- 1 scoop Scrambled tofu (or eggs)
- More rooted sauce
- Grilled Portabellas

Salsa Verde Burrito:

- (if with eggs cook those first)
- Warm tortilla
- 2 scoops Potatoes
- Verde salsa
- 1 *scoop Scrambled tofu* (or 2 eggs)
- 1 scoop Jackfruit

Garden Burrito:

- (if with eggs cook those first)
- Steam red pepper & broccoli on grill
- Warm tortilla
- Queso on tortilla
- Spinach
- 2 scoops Potatoes
- More queso
- Peppers & broccoli
- 1 scoop Scrambled tofu (or 2 eggs)

Breakfast Bowls

Black Bean Scramble Bowl:

- (if with eggs cook those first)
- 2 scoops Black beans
- Queso
- 1 ladle Salsa
- **1 scoop Scrambled** Tofu (or eggs)
- Queso
- Guacamole

Salsa Verde Bowl:

- (if with eggs cook those first)
- 2 scoops Potatoes
- Verde salsa
- **1 scoop Scrambled** tofu (or 2 eggs)
- 1 scoop Jackfruit

Forager Bowl:

- (if with eggs cook those first)
- Portabellas on grill -**DICE**
- Spinach
- 2 scoops Potatoes
- Rooted sauce
- 1 scoop Scrambled tofu (or eggs)
- Grilled Potabellas

Garden Bowl:

- (if with eggs cook those first)
- Steam red pepper & broccoli on grill
- Spinach
- 2 scoops Potatoes
- Queso
- Add Peppers & broccoli
- **1 scoop Scrambled** tofu (or 2 eggs)
- Queso