

BOWLS

NOURISH BOWL

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

BUDDHA BOWL

- steam 2 scoops potato on grill
 - Steam 5-6 broccoli on grill
 - Steam 1 scoop garbanzo beans on grill
 - Spinach
 - Hot potatoes
 - 1 ladle of queso
 - Tomato
 - Sunflower seeds
 - Add hot broccoli
 - Garbanzo beans
- Pea shoots

KIMCHI BOWL

- 2 scoops rice
- Lime-cilantro sauce
- Thai peanut sauce
- Diced cucumber
- Edamame
- Carrot
- Cabbage
- Kimchi
- Chipotle tofu
- Chopped peanuts
- Avocado

SURE-FIRE BOWL

- 1 scoop jackfruit on grill
- Romaine lettuce
- 2 scoops rice
- 1 scoop black beans
- Lime-cilantro sauce
- 1 ladle of Salsa
- 1 scoop Jackfruit
- Candied jalapeños
- Guacamole on top

SWEET PEA BOWL

- Spinach
- 2 scoops Quinoa
- 1 scoop black beans
- Sweet chili sauce
- Pineapple
- Tomato
- Pumpkin seeds
- Avocado
- Pea shoots on top

SPICY THAI BOWL

- Small metal bowl:
- Steam: **cabbage, carrots, red pepper & broccoli** on grill
 - Steam 1 scoop garbanzos on grill (separately)
 - Remove from grill
 - Add fresh jalapenos
 - Thai peanut sauce
 - 1 scoop Garbanzos
 - Pea shoots on top

BURRITOS

NOURISH BURRITO

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

BUDDHA BURRITO

- 2 scoops potato on grill
- Steam 5-6 broccoli on grill
- Steam 1 scoop garbanzo beans on grill
- Warm tortilla
- Spinach
- Hot potatoes
- 1 ladle of queso
- garbanzo beans
- Tomato
- Sunflower seeds
- Hot broccoli
- Pea shoots (rip up)

KIMCHI Burrito

- Warm tortilla
- Sliced avocado
- **1** scoop rice
- Lime-cilantro sauce
- Thai peanut sauce
- Diced cucumber
- Edamame
- Carrot
- Cabbage
- Kimchi
- Chipotle tofu
- Chopped peanuts
- Avocado

SURE-FIRE BURRITO

- 1 scoop jackfruit on grill
- Warm tortilla
- 1 sm. scoop guacamole
- Romaine lettuce
- 2 scoops rice
- 1 scoop black beans
- Jackfruit
- Lime-cilantro sauce (lots)
- Salsa
- Candied jalapeños
- Stir up ingredients before rolling

SWEET PEA BURRITO

- Warm tortilla
- Avocado mashed on tortilla
- Spinach
- 2 scoops quinoa
- 1 scoops black beans
- Sweet chili sauce
- Pineapple
- Tomato
- Pumpkin seeds
- Pea shoots (rip up)

SPICY THAI BURRITO

- Small metal bowl Steam: **cabbage, carrot, red pepper & broccoli** on grill
- Steam 1 scoop garbanzos on grill
- Warm tortilla
- *[rice or quinoa if added]*
- Hot veggies
- Add cold jalapenos
- Thai peanut sauce
- Hot Garbanzos
- **DO NOT CUT (double wrap if togo)**

SALADS

Green Glow Salad:

- Steam 1 scoop garbanzo beans on grill (careful not to burn)
- Spinach
- Nutritional Yeast
- Diced green apple
- Diced cucumber
- Tomato
- Red bell pepper
- Onion
- Hot garbanzos
- Pea Shoots on top
- Lemon vinaigrette (*on side*)

Summer Cider Salad:

- Slice avocado (set aside)
- Steam 1 scoop garbanzo beans on grill (careful not to burn)
- Romaine & spinach
- Diced cucumber
- Tomato
- Onion
- Carrots
- Pumpkin seeds
- Hot garbanzo beans
- Avocado on top
- Apple cider vinaigrette (*on side*)

Blueberry Quinoa Salad:

- Slice avocado (set aside)
- Spinach
- 1 scoop Quinoa
- 1 scoops Walnuts
- Lots of blueberries
- Avocado on top
- Lemon vinaigrette (*on side*)

Sweet n Spicy Salad:

- Portabellas on the grill
- Romaine & spinach mixed
- Balsamic drizzle
- Diced pear
- Walnuts
- Candied jalapenos
- Grilled Portabellas on top in the center
- Balsamic drizzle
- Small side of olive oil

Buffalo Ranch Salad:

- 1 full scoop jackfruit on grill
- Slice avocado (set aside)
- Fill large metal bowl with romaine (full bowl)
- Toss romaine in ranch
- Transfer lettuce to serving plate
- Top with Tomato
- Top with Onion
- Using the same metal bowl, Toss hot jackfruit with buffalo sauce
- Place jackfruit on top in the middle of the salad
- Avocado on top

Caesar Salad:

- Steam 1 scoop garbanzo beans on grill
- Toss half romaine + spinach in caesar (full large metal bowl)
- Transfer to serving plate or box
- Top with walnut parmesan
- Garbanzos

WRAPS

Green Glow Wrap:

- Steam 1 scoop garbanzo beans on grill
- In a large metal bowl:
 - Fill ½ 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
- Garbanzos

Summer Cider Wrap:

- Steam 1 scoop garbanzo beans on grill
- In a large metal bowl:
 - ½ 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:

- Steam 1 scoop garbanzo beans on grill
- Toss romaine & spinach in caesar (lg metal bowl)
- walnut parmesan
- Warm tortilla
- Salad mix
- Hot garbanzos

Blueberry Quinoa Wrap:

- In large 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 large metal bowl:
 - Fill bowl ½ Mixed greens
 - Drizzle Balsamic drizzle
 - Very light drizzle olive oil
 - Diced pear
 - Walnuts
 - Candied jalapenos
- Warm tortilla
- Add salad mix
- Add portabellas

Buffalo Ranch Wrap:

- Steam 1 scoop jackfruit on grill
- In a metal bowl & toss in ranch:
 - Romaine (fill half the bowl)
 - Tomato
 - Onion
 - Avocado
 - Ranch
- Add hot jackfruit to bowl jackfruit & add buffalo sauce.
- Toss all together
- Warm tortilla
- Add Salad mix

Breakfast Burritos

Black Bean Scramble Burrito:

- (If with potato grill 1 scoop first)
- Warm tortilla
- *[rice or potato if added]*
- 1 scoop Guac
- 2 scoop Black beans
(strain beans very very well)
 - $\frac{3}{4}$ ladle of Queso
 - 1 ladle of Salsa
- 1 scoop **Scrambled** Tofu
- **DO NOT CUT, wrap (double wrap if togo)**

Salsa Verde Burrito:

- 2 scoops potatoes on grill
- 1 scoop Jackfruit on grill
- Warm tortilla
- Hot Potatoes
- Verde salsa
- 1 scoop **Scrambled** tofu
- Hot Jackfruit

Forager Burrito:

- 2 scoops potatoes on grill
- Portabellas on grill & **dice**
- Warm tortilla
- rooted sauce on tortilla
- Spinach
- Hot potatoes
- 1 scoop **Scrambled** tofu
 - More rooted sauce
 - Grilled portabellas

Garden Burrito:

- 2 scoops potato on grill
- Steam red pepper & broccoli on grill
 - Warm tortilla
 - Spinach
 - Hot Potatoes
 - 1 ladle queso
 - Peppers & broccoli
- 1 scoop **Scrambled** tofu

Breakfast Bowls

Black Bean Scramble Bowl:

- (If with potatoes, 1 scoop on grill)
- 2 scoops Black beans
- 1 ladle Queso
- 1 ladle Salsa
- **1 scoop Scrambled** Tofu
- Small scoop guacamole

Salsa Verde Bowl:

- 2 scoops Potatoes on grill
- 1 scoop jackfruit on grill
- Wait until potatoes are hot
- Potatoes on bottom of bowl
- Add verde salsa
- **1 scoop Scrambled** tofu
 - Hot Jackfruit

Buffalo Ranch Nachos:

- 1 scoop jackfruit grill
- Chips (measure)
- 2 ladles of queso
- 1 scoop Black beans all over
- Onion
- Tomato
- Fresh Jalapenos
- Toss hot jackfruit in buffalo sauce
- Add buffalo jackfruit in center of dish
 - Drizzle of ranch dressing
 - Fresh cilantro
 - Small scoop Guacamole

Forager Bowl:

- 2 scoops potatoes on grill
- Portabellas on grill **-DICE**
- Spinach
- 2 scoops Potatoes
- Rooted sauce
- 1 scoop Scrambled tofu
- Grilled Portabellas

Garden Bowl:

- 2 scoops potatoes on grill
- Steam red pepper & broccoli on grill
 - Spinach
 - Hot potatoes
 - 1 ladle of queso
 - Hot peppers & broccoli
- **1 scoop Scrambled** tofu

Rooted Nachos:

- 1 scoop jackfruit on grill
- Chips (measure)
- 2 ladles of queso
- 1 scoop Black beans all over
- Onions
- Hot Jackfruit in the center
- 7 Candied jalapenos around nachos
- Small scoop Guacamole

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
- Served with a side

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
- Served with a side

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
- Served with a side

Pulled Popper Panini:

- 1 Scoop jackfruit on grill
- Steam 1 scoop onion on grill
- Queso on both buns (*thick layer*)
- *Bottom bun:*
 - Fresh jalapeno
 - Grilled onion
 - Top with hot Jackfruit
- Grill on panini press until crispy
- Served with a side

Side Salad:

- Mixed romaine & lettuce
- 2 cucumber slices (don't dice)
- Tomato
- Carrot
- 3-4 Pepperoncinis
- Dressing on the side

Kids Menu

Kids Bowl:

Small bowl or Small brown to-go box

- 1 scoop brown rice
- ½ ladle queso
- 1 scoop beans

Kids Burrito:

- Warm tortilla
- 1 scoop brown rice
- ½ ladle queso
- 1 scoop beans

Kids Nachos:

Small bowl or Small brown to-go box

- Small handful of chips
- 1 ladle queso
- Small scoop of beans
- ½ small scoop of guac

Kids Breakfast Plate:

On a plate or in a plastic white to-go box

- Steam 1 scoop of hash on grill
- Plate everything side by side
(do not put scramble on top of potatoes)
- Very small fruit (*the size of a side of sauce*)
- 1 scoop of scrambled tofu
- Hot potatoes

Kids PB&J Panini:

Served on a panini board or in a large brown to-go box

- Panini bread with peanut butter on one side & jelly on the other
- Grill sandwich on panini press
- Very small fruit (*the size of a side of sauce*)
- ½ side of ranch
- 2 cucumber, 2 pepper strips, 2-3 carrots 2-3 celery