

VEGAN MENU

	BREAKFAST	LUNCH	LUNCH SALAD	DINNER	DINNER SALAD	SWEETS
FR	fava beans moudamas: tomato onion garlic parsley fava beans + arabic bread + cherry tomato cucumber & radish	stew okra	rocket & olives w balsamic dressing	moroccan spicy quinoa: spinach quinoa carrots chickpeas green onion cashew dates w spicy tahini dressing		coconut cake
	muesli + almond milk	creamy perri perri pasta	beetroot:lettuce beetroot corn w herb vinaigrette dressing	chickpea pizza:capsicum corn mushroom chickpeas pizza sauce	soup spicy tomato	
SA	s/w brown gouda cheese + cucumber	tofu crispy coconut	fattoush:lettuce tomato cucumber capsicum summak bread crumbs parsley radish mint w lemon & pomegranate dressing	kale power: quinoa kale sweet potato black beans pumpkin seeds w lemon mustard vinaigrette dressing		chocolate avocado pudding
	banana blueberry almond parfait	mushroom risotto	pomegranate w walnuts: lettuce cherry tomato walnuts pomegranate w balsamic dressing	fava beans moutabbal + zaatar nachos	soup corn	
SU	fatayer cocktail (thyme + vegan cheese) + cherry tomato & cucumber	vegetable chop sue w rice	sesame: lettuce radish cucumber almond sesam carrot w maple mustard dressing	avocado edamame quinoa bowl: quinoa spinach cucumber marrow red cabbage edamame avocado w mustard paprika dressing		ball of dates w sesame
	banana bread + almond milk	lentils bolognese: green lentil red beans mushroom red capsicum red onion carrots	season: lettuce cucumber cherry tomato corn w maple mustard dressing	pumpkin moghrabieh: chickpeas moghrabieh pumpkin leeks celery carrots ginger	soup vermicelli	
MO	fatayer brown zaatar + rocket leaves	burghol w lentils	3 lettuce: olives 3 types of lettuce w lemon & oil dressing	cashew kale quinoa: kale red cabbage quinoa cashew chia seeds w lemon mustard vinaigrette dressing		oreo cookie
	banana oatmeal pancake + peanut butter & strawberry jam	pasta w tomato sauce	panache: lettuce cucumber tomato asparagus palmito corn artichoke mushroom w maple mustard dressing	musabaha wrap: chickpeas tahini lemon juice olive oil tomato pickles radish parsley mint onion in tortilla bread	apple beetroot spinach:carrot beetroot red apple spinach cranberry sunflower seeds w orange mustard vinaigrette dressing	
TU	mixed berries w dates chia pudding	coucous w vegetables	jabalieh:tomato lettuce mint rocket capsicum cucumber w lemon & oil dressing	homos b tahini + arabic bread	tabboule w beetroot: parsley burghol tomato beetroot onion w lemon & oil dressing	custard chocolate
	cream cheese w oregano + tortilla bread + black olives cucumber & mint	lebanese moussaka : eggplant potato cauliflower tomato chickpeas w rice	pepper:colored pepper corn lettuce w lemon & oil dressing	fatayer spinach	tropical kale: mango kale red cabbage carrots red capsicum mint coriander leaves black sesame w coconut dressing	
WE	cinnamon roll + almond milk	kibbe pumpkin	broccoli: carrots walnuts mushroom broccoli w maple mustard dressing	sweet potato: rocket dried cranberries walnuts sweet potato w sweet vinegar dressing		muffin cranberry orange
	coconut orange walnut chia parfait	kawaj w rice vermicelli	green w walnuts: rocket lettuce walnuts w maple mustard dressing	eggplant moutabbal w pomegranate + arabic bread	soup green lentil	

