



# Vegan Food Options

## The Green Beet



### Salads



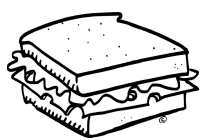
- ◆ Asian Noodle Salad
- ◆ Sultan's Tabouleh
- ◆ Cranberry & Almond Lentil Salad
- ◆ Seven Grain Edamame Salad
- ◆ Black Bean & Corn Salad
- ◆ Citrus Beet Salad
- ◆ Creamy Chickpea Salad
- ◆ Apple & Cranberry Couscous Salad
- ◆ Cucumber & Tomato Quinoa Salad
- ◆ Tri- Colour Fusilli Pasta Salad
- ◆ Canadian Bean and Bell Pepper Salad
- ◆ Sweet Potato, Kale & Quinoa Salad
- ◆ Vinaigrette Coleslaw Salad
- ◆ Mustard Vinaigrette Potato Salad
- ◆ Sesame Tofu Mixed Greens Salad
- ◆ Chickpea & Couscous Salad
- ◆ Root Vegetable Salad
- ◆ Kachumber Salad
- ◆ Thai Slaw Salad
- ◆ Asian Fusion Salad
- ◆ Tikka Chaat Salad
- ◆ Couscous & Grilled Vegetable Salad



### Sides



- ◆ Mexican Rice with Black Beans
- ◆ Oven Roasted Potatoes
- ◆ Roasted Butternut Squash Spears
- ◆ Seasoned Herb White Rice
- ◆ Red Potatoes with Red Onions
- ◆ Zucchini & Tomato Sauté
- ◆ White Long Grain Rice with Cilantro & Lime
- ◆ Fresh Broccoli
- ◆ Vegan Fried Rice
- ◆ Sweet Potato Roasted Wedges
- ◆ Ginger Roasted Cauliflower & Carrots
- ◆ Jasmine Rice
- ◆ Lemon & Paprika Oven Roasted Potatoes
- ◆ Basmati Rice Pilaf with Chickpeas
- ◆ Rosemary Roasted Potato Wedges
- ◆ Roasted Green Beans with Mushrooms
- ◆ Green & Yellow Zucchini Sauté
- ◆ Red potatoes
- ◆ Buffalo Cauliflower Bites
- ◆ Vegetable & Bean Paella
- ◆ Balsamic Glazed Beets with Carrots
- ◆ Garlic & Cumin Cauliflower
- ◆ Brown Rice
- ◆ Sautéed Bok Choy with Miso
- ◆ Indian Style Peas & Carrots
- ◆ Coconut Jasmine Rice
- ◆ Miso Vegetable Mix
- ◆ Wild Blend Rice
- ◆ Roasted Acorn Squash



### Sandwiches



- ◆ BBQ Tofu with Slaw Wrap
- ◆ Buffalo Tempeh Wrap
- ◆ Potato Kati Wrap
- ◆ Miso Tofu & Kale Wrap
- ◆ Korean Tofu Burrito
- ◆ Buffalo Tofu Wrap
- ◆ Chickpea & Couscous Wrap
- ◆ Chickpea Salad Wrap



### Entrées



- ◆ Grilled Vegetable Lasagna
- ◆ Lemon Tahini Falafel Nourish Bowl
- ◆ Vegan Shepherds Pie
- ◆ Marrakesh Vegetable Stew
- ◆ Lentil Spinach Masala
- ◆ Tofu Cacciatore
- ◆ Bulgur & Red Lentil Cauliflower Curry

