



# The Peaceful Plate

wholesome meals rooted in ease

(V) - Vegan Options

## BREAKFAST

### Savory Mediterranean Roasted Vegetable Frittata

Fluffy eggs baked with roasted zucchini, cherry tomatoes, spinach, kalamata olives, and feta.

### Avocado on Whole Grain Toast with Radish & Microgreens (V)

Whole grain bread toasted and topped with smashed avocado, thinly sliced radishes

### Cinnamon Oat Waffles with Maple Drizzle

whole wheat waffles, sweetened with cinnamon and vanilla

## LUNCH

### Spiced Lamb & Roasted Pepper Flatbread with Feta

Ground lamb with Moroccan spices, roasted red peppers, caramelized onions, and crumbled feta over a crisp flatbread

### Herb Roasted Chicken & Fig Pita with Goat Cheese

Roasted chicken, caramelized onions, sliced fresh figs, arugula, and goat cheese in a soft pita

### Harvest Quinoa Salad with Citrus Dressing (V)

Crispy quinoa, roasted sweet potato, spinach & pomegranate

## MAIN COURSE

### Lemon-Herb Chicken Thighs with Roasted Cauliflower & Olive Gremolata

Crispy skin-on chicken thighs marinated in lemon and rosemary, served over golden cauliflower with a briny, herbaceous olive topping

### Garlicky Shrimp & White Bean Stew with Crusty Bread

Plump shrimp simmered with garlic, white beans, tomatoes, and fennel in a light broth. Served with toasted sourdough

### Sweet Potato Gnocchi with Sage Brown Butter & Wilted Greens (V)

Pillowy sweet potato gnocchi tossed in browned butter, crispy sage, and sautéed kale. A cozy yet elevated plant-forward dish

### Za'atar Lamb with Herbed Couscous & Cucumber Yogurt

Tender lamb spiced with za'atar, nestled in fluffy couscous with a cool cucumber-mint yogurt sauce.

## SHAREABLES/SNACKS

### Whipped Feta with Roasted Grapes & Thyme

whipped feta topped with blistered grapes, honey drizzle

### Herbed Carrot & Lentil Fritters

Crispy fritters served with a cool lemon-garlic yogurt sauce.

### Stuffed Medjool Dates

lump dates filled with almond butter, topped with chili oil, flaky salt, and torn mint leaves.

## DESSERTS

### Dark Chocolate Olive Oil Cake

Moist, and deeply flavored with a hint of espresso

### Poached Pears in Spiced Hibiscus Syrup (V)

Whole pears served chilled with vanilla cashew drizzle

### Sweet Potato Blondies

Fudgy, nutrient-rich blondies made with almond flour, and a tahini-maple swirl. Warm spices and a hint of vanilla.

## DRINKS

½ gallon size  
sold separately

Ginger Rose Iced Tea	\$ 5.00
Cucumber Mint Limeade	\$ 5.00
Pineapple Aqua Fresca	\$ 7.00

Maple Vanilla Cashew Milk	\$ 7.00
Iced Golden Milk Latte	\$ 7.00