

PETRA'S MENU

FRESH JUICES:

Simply Green (V)
Citrus Fat Flush (V)
Ginger Carrot (V)

BREAKFAST:

Coconut Granola (V)
Chia Oatmeal (V)
Berry Protein Shake (V)
Cinnamon Millet Porridge (V)
Egg Bread
Scrambled eggs with Italian peppers

SOUPS:

Cauliflower and Millet (V)
Curry Red Lentil (V)
Leek and Red Potato (V)
Lima Bean with Fresh Herbs (V)
Creamy Asparagus (V)
Creamy Thyme Broccoli (V)
Creamy Butternut Squash (V)
Creamy Spinach (V)
Turkey Minestrone
Chicken Vегgie
Beef Stew
Turkey and Vегgie
Tuscan (with turkey bacon)

COLD SOUPS:

Creamy Tomato (V)
Gazpacho with Fresh Herbs (V)
Creamy Red Pepper (V)

VEGGIE DISHES:

Roasted Garlic Cauliflower and Falafels with Creamy Dressing (V)
Italian Veggies over Quinoa (V)
Bean Burgers with Veggies (V)
Quinoa and Bean Salad with Fresh Herbs (V)
Quinoa Stir-fry with Fresh Vegetables (V)
Millet Cauliflower Mash with Vегgie Burger (V)
Vегgie Fried Rice (V)

MEAT DISHES:

Turkey Meatballs with homemade Tomato Sauce
Herbed Turkey Patties with Roasted Veggies
Roasted Chicken with Mashed Cauliflower, Kale and Green Beans
Lemony Cilantro Chicken with Roasted Veggies
Chicken Fried Rice

SALADS:

Salad with Garlic Hummus and Italian Dressing (V)
Greek
Egg Salad over Greens and Veggies
Organic Chicken Salad
Salad with Creamy Dressing and Cultured Veggies (V)
Beet and Apple (V)
Falafels with Salad and Creamy Dressing (V)
Beet Arugula Salad with Walnuts (goat cheese can be added)
Arugula and Pear Salad with Walnuts and Raw Cashew Parmesan Cheese

DRESSINGS:

Italian (V)
Creamy (V)
Lemon (V)

NUT CHEESES, PATES AND DIPS:

Cashew Parmesan Cheese (V)
Cashew Mexican Cheese (V)
Cashew Sun-dried Tomato Cheese (V)
Veggie Curry Pate (V)
Hummus (Plain, Cilantro or Greek) (V)
Pesto (V)
Hemp Pate (V)

CRACKERS:

Rosemary and Garlic Almond (V)
Cheesy Almond
Raw Sundried Tomato Flax Seed (V)

CHIPS:

Cheesy Kale (V)
Garlicky Kale (V)

FRESH NUT MILKS:

- Almond Milk (V)
- Coconut Milk (V)
- Almond and Coconut (V)
- Cashew Milk (V)
- Chocolate Almond and Coconut (V)

CREAMS:

- Coconut Cream (V)
- Cashew Cream (V)

DESSERTS and COOKIES:

- Chocolate Almond Cups (V)
- Berry Crumble (V)
- Vanilla Chocolate Coconut Pie (V)
- Cold Summer Strawberry Pie (V)
- Almond Flour Cinnamon Pear Cake (V)
- Ginger Lemon Cookies (V)
- GF Oatmeal Cookies (V)
- Almond Flour Chocolate Chip Cookies (V)
- Walnut Brownies (V)
- Cashew Cheesecake (V)
- Mixed Berry Parfait (V)
- Almond Cream with Berries (V)
- Vanilla or Chocolate Almond Macaroons (V)

(V) – Vegan

ALL DISHES ARE MADE WITH FRESH INGREDIENTS USING ORGANIC, LOCAL INGREDIENTS WHENEVER POSSIBLE AND LOVE.