# NEOPRENE 106T VEGANNENU

MENU BY: CHEF PERY

## APPETIZERS

## MINI VEGGIEBURGER

WITH LENTILS, QUINOA AND OATMEAL AND ORGANIC SALAD.

**SWEET POTATO TOSTADA** WITH BEETS, MANGO, MINT AND AVOCADO TARTARE. HUMMUS QUESADILLAS

WITH SPINACH MUSHROOMS AND OLIVES.

**VEGAN THAI ROLLS** 

## SALADS

#### QUINOA SALAD

WITH GRILLED ZUCCHINI, ALMONDS, POMEGRANATE AND AVOCADO.

## ROOT BEET SALAD

WITH ARUGULA, MANGO, PECANS, STRAWBERRIES, CUCUMBERS, CHERRY TOMATOES AND A BALSAMIC DRESSING. COUSCOUS SALAD WITH KALE AND GRILLED VEGETABLES.

## MAIN COURSE

#### WILD RICE

WITH GARBANZO BEANS, MANGO, CARROTS, GINGER AND CURRY SAUCE. VEGAN BURRITOS WITH GUACAMOLE.

## PORTOBELLO STEAK

WITH ROSEMARY POTATOES AND PINK PEPPER SAUCE.

# DESSERT

## **BANANA PIE**

## STRAWBERRY MILKSHAKE

**VEGAN CHOCOLATE BROWNIES**