

Food Delivery MENU Sample

1. Roasted Sweet Potato with Protein Patties

yellow sweet potato, zucchini, bell pepper, olive oil, herbs, spices

2. Savory Pumpkin Curry with Bulgur

roasted pumpkin, green beans, tomato, herbs, bulgur, onion, olive oil, spices

3. Zoodles with Quinoa Broccoli Balls

zucchini, quinoa, broccoli, cashew nuts, chickpea flour, herbs, onion, lime juice, olive oil, spices

4. Garlicky Chickpea Curry on Blueberry Rice

sautéed chickpea, garlic, blueberry rice, soy sauce, lime juice, tomato, coconut oil, curry powder

5. Buckwheat Beet Gnocchi in creamy Mushroom Sauce

buckwheat flour, beetroot, oyster mushroom, cashew butter, tomato, lime juice, chive, salt & pepper

6. Colorful Burrito Bowl

red bean, fresh corn, brown rice, sweet pepper, avocado, kale, kala namak and mexican salsa

7. German Protein Meal

fermented cabbage, homemade seitan, boiled potato, mustard, rosemary, olive oil, salt & pepper

8. Mint Quinoa Bowl with Lemon Vinaigrette

quinoa, carrots, broccoli, onion, cherry tomato, mint leaf, olive oil, lime juice, salt & pepper

9. Cauliflower Rice Buddha Bowl

cauliflower, fresh asparagus, edamame, bok choy, protein pattie, garlic, ginger, kala namak

10. Colorful Sweet Potato Bowl

purple sweet potato, kale, red cabbage, nutritional yeast, olive oil, apple cider vinegar, salt & pepper

11. Creamy Spinach Stew on Barley

spinach, peanut butter, lime juice, barley, rice syrup, tomato, soy sauce, coconut milk, spices

12. Chili Sin Carne with Brown Rice

kidney beans, fresh corn, brown rice, soy sauce, tomato, tomato paste, bell pepper, spices

13. Taro Patties with fresh Cucumber Dill Salad

taro, chickpea flour, cucumber, tomato, dill, apple cider vinegar, soy sauce, nutritional yeast, spices

14. Flavorful Portobello Steak on Mashed Potato

marinated portobello, homemade mashed potato, cashew, onion, herbs, lime juice, pepper, spices

15. Bok Choy Sesame with Black Jasmine Rice

bok choy, black rice, onion, garlic, ginger, black sesame seeds, lime juice, sesame oil, soy sauce

16. Creamy Szechuan Eggplant on Quinoa infused Rosemary

eggplant, soy sauce, garlic, onion, apple cider vinegar, rosemary, tri quinoa, sesame oil, spices