

Macrobiotic meals are based on seasonal foods and the energetics of these foods.
They incorporate ingredients like seaweed to add much needed minerals to the meals.
This menu is vegan & gluten free.

Buckwheat Stir Fry

Buckwheat, bay leaf, peas, onion, carrots, sesame oil, tamari, arame

Adzuki Beans with Delicata Squash

Adzuki beans, Kombu, bay leaf, brown rice syrup, tahini, lemon juice, tamari

Roasted Carrots with toasted sunflower seeds

Carrots, olive oil, sea salt, black pepper, oregano, cumin, sunflower seeds

Cream Of Broccoli Soup

Broccoli, wakame, salt, onion, carrots, celery, vegetable broth, cashew milk, oat milk, nutritional yeast, gluten free flour, lemon juice, garlic, sea salt, lemon pepper, white miso