

Mushroom Stroganoff

Onion, olive oil, garlic, mushrooms, tamari, dijon mustard, thyme, veggie stock, cashew cream, brown rice pasta, parsley

Cauli Mash

Cauliflower, turnips, cashew milk, garlic, vegan butter, sea salt, green onions

Green beans

steamed with tamari and almond slivers

Spinach lentil soup

Brown lentils, spinach, carrots, 4 onions, coriander, garlic, ginger, cilantro, miso