

LAUREN'S *Kitchen*

275 Main St. C-106 Edwards, CO

Vegetarian Menu

Anything can be customized, just ask!

Minimum per selection is 4-servings

Southwest Sweet potato & Black bean Enchiladas with homemade enchilada sauce, sharp cheddar cheese, corn. *Choose corn tortillas or steamed collard greens as the "enchilada wrapper"*

Eggplant and Zucchini Lasagna with pesto-ricotta, red sauce with mushrooms, mozzarella

Caprese (OR SpinArtichoke) -stuffed, roasted Portabello Mushrooms with balsamic

Panko-Parmesan crusted, baked Eggplant with spicy red sauce, melted mozzarella

Mushroom Stroganoff over egg noodles

All-bean Chile with all the fixin's and cheddar corn bread

Black Bean Burgers, buns, lettuce, tomato, onion, etc. *(let me know what toppings you like).*

Vegetarian Shepherd's pie -bean, mushroom, onion with mashed garlic potatoes, peas, veg jus

Fried brown rice with kale, zucchini, mushroom, carrots, egg *(if desired)*

Veggie kebobs with chimichurri, over brown rice with wilted kale

Coconut Red Curry Vegetables zucchini, cauliflower, carrots, red bell pepper, onion over brown rice

Buffalo Roasted Cauliflower Tacos with Rainbow Slaw, cilantro vin, corn tortillas; SW corn saute

Pesto Pasta with Atrichokes, Tomato, kalamata olives, garlic

Vegetable Stir Fry with Ginger-Soy sauce (broccoli, peppers, carrots, zucchini, onion)

Buddha Bowl: Roasted vegetables (pick 4), brown rice, black beans. *Choice of sauce: chimichurri, romesco, garlic-herb oil, Roasted garlic tomato*

SW Rice, Bean and Corn stuffed Bell Peppers with Chimichurri

All-bean Sloppy Joes with buns OR over Cauliflower-parsnip puree

Grilled Cauliflower or Portobello "Steak" with Choice of Sauce:

Sauteed Garlic Mushrooms, Balsamic Reduction, Garlic-Herb Oil, Roasted Garlic Tomato, Thai Peanut Sauce, Red Pepper Romesco, Chimichurri, Maple-Dijon, or other

Choice of Veggie "Noodles" (zucchini, yellow squash, spaghetti squash) with sauce:

Basil Marinara, Roasted Garlic Tomato, Pesto, Garlic-Herb Olive Oil, Cauliflower Alfredo, Mushroom Ragù

Spaghetti with Veggie "meat" balls in roasted tomato-garlic sauce & spinach

Roasted Acorn Squash (seasonal) stuffed with Quinoa, Craisens, spinach, walnuts

SALADS:

Classic Greek, House or Caesar *(no anchovies)*

Beet, Spinach, Goat, Balsalmic

Kale, Brussel, Cran, Almonds, feta

Rainbow Slaw with Cilantro Vin.

Tomtao, Cucumber, Red onion, vin.

Roasted Veg, Quinoa, Spinach, lemon vin

SOUPS:

Vegan Butternut Squash

Vegetarian Black Bean

Creamy Tomato Basil

Mushroom Wild Rice Soup

Veggie Minestrone with small pasta

Tuscan White Bean, spinach

Veggie Quinoa