

*...Because World Peace Begins in the Kitchen*

## Appetizers

Spiced Tomatoes and Chick Peas served over Baby Arugula Salad, Tofu Feta and Crustini 9.5

Hot Italian Banana Peppers filled with fresh Herb Risotto and Soy Mozzarella, Fresh Basil Lime sauce 10.5

Grilled Gardein Satay over Baby Arugula salad with oven Roasted Tomatoes, Sweet Chili Basil Sauce 9.5

Whole Grilled Artichokes served with Lemon Caper and Roasted Red Pepper dipping sauces & grated Rawmesan 11.5

*"Absolutely amazing...."*

Frito Misto - Cauliflower tempura battered served with Lemon drizzle and Sweet Chili sauce 9.5

*"Mind blowing!"*

Hummus del Giorno with Toasted Pita, Fresh Crudite over Mixed Greens 8

Eggplant Companata Bruchetta with Soy Mozzarella, Baby Arugula Salad and Balsamic Gastrique 8.5

## Soups

Fresh Tomato Bisque with EVOO and Basil, cup 4 bowl 6

Sarah's Smoked Tuscan White Bean and Potato Soup with Aged Balsamic drizzle cup 4 bowl 6

## Salads

Warm Arugula Salad with Oven Roasted Butternut Squash, Red Onion, Sundried Cherries and Toasted Pecans, tossed in a warm Maple Dijon Balsamic Vinaigrette SM 6 - LG 9

Rustic Tuscan Chopped Salad with Cherry Tomatoes, Black Olives, Crumbled Tofu Feta, Smoked Dulse with a Creamy Italian Dressing SM 6 - LG 9

Spinach Salad with Cherry Tomatoes, Kalamata Olives, toasted spicy Almonds dressed with a Roasted Garlic Red Wine Vinaigrette and house made Croutons SM 6 - LG 9

Classic Vegan Caesar Salad with Caper Berries, Smoked Dulse, house made Croutons and Shaved Rawmesan SM 6 - LG 9

***Add Gardein Chicken, Gardein Steak or Marinated and Grilled Tofu 3***

## Pizzas

*All Pizzas are 14 plus 3 for the addition of Gardein Chicken, Gardein Steak or Vegan Italian Sausage*

VegiTerranean's pizza can be made Gluten free.

***"Squash Pizza"*** - Marsala Butternut Squash Purree with Wild Mushrooms, Cipollini Onions, Baby Arugula, topped with Soy Mozzarella

***"Chrissie's Choice"*** - Wild Mushrooms and Scot's Basil Pesto

***"The Ghoulardi"*** - Hot Italian Banana Peppers, Olives, Wild Mushrooms, Red Onion with Spicy Marinara

# Pastas

*Gluten Free Pasta is available upon request..*

*Add Gardein Chicken or Vegan Italian Sausage 3*

Spaghettoni with Vegan Italian Sausage or Gardein Meatballs with VegiTerranean's house-made Marinara 15

Fresh Whole Wheat Linguini with Roasted Butternut Squash, Wild Mushrooms, over Roasted Tomatoes and Baby Arugula, in a Fresh Thyme Sherry Cashew Cream 17

Spaghettoni with Fresh Tomato, Basil, and Extra Virgin Olive Oil 14

Whole Wheat Penne Gratin, Cashew Cream, Leeks, Wild Mushrooms, Asparagus, with Toasted Pine Nuts and Rawmesan 16

Potato Gnocchi - with grilled Artichokes, Roasted Red Pepper with a Parsley Tarragon Creamy Pine Nut Pesto Sauce 17

*"The Gnocchi that's making us famous!"*

## Entrees

*"Your Entree into the Future of Food!"*

**Roasted Root Vegetables** - over Lentil Risotto, Braised Escarole, finished with a Lemon Parsley, Chardonay Butter 18

**Baked Polenta Triangoli** - with Wild Mushroom Bolognese and Braised Escarole 18

**Risotto with Grilled Artichokes** - Roasted Tomatoes, Wild Mushrooms and Fire Grilled Red Pepper, Saffron and fresh Thyme 18

Add Grilled Gardein Chicken or Vegan Italian Sausage 3

**Baked Risotto Cakes** - with fresh Herbs and Soy Mozzarella, over Braised Escarole with a sweet Eggplant, Capers, and Roasted Red Pepper Ragout 19

**Gardein Scallopini Picatta** - Gardein Scallopini sauteed with Lemon White Wine Capers & Soy Butter sauce, over Braised Greens and Roasted Garlic White Bean Mashed Potatoes 19

**Italian Fritto Gardein Scallopini** - Herbed, battered and fried "Gardein Scallopini" served with a choice of Chrissie Fries or Roasted Garlic White Bean Mashed Potatoes and Braised Greens with a Sweet Chili Basil sauce 19

## Sides

Braised Greens of the Day 5.5

Grilled Artichokes with EVOO and Rawmesan 6

Grilled Asparagus with EVOO and Balsamic Gastrique 6

Sweet & Spicy Broccoli with Garlic 5.5

*"Broccoli takes on a whole new meaning!"*

Wild Mushrooms sauteed with a hint of Sherry and fresh Thyme 6

Tuscan Roasted Garlic White Bean Mashed Potatoes 5.5 add Roasted Tomatoes 2

Chrissie promises... "Best Fries you've ever had" served with Tofu Ricotta and Balsamic Ketchup 6

Choice of Four Sides 16

*"Thanks for joining us....because a vegan driving a Hummer has less impact on the environment than a meat eater on a bicycle!"*

VegiTerranean is pleased to serve....



*A 19% Gratuity will be added for parties of eight or more guests.*

*Executive Chef - J. Scot Jones*

*Many Thanks to Veg Advantage Executive Chef Tal Ronnen*

*The VegiTerranean is a Vegan and Kosher Friendly restaurant. Please make us aware of any dietary restrictions you may have.*