

Health Holiday

At Cuttyhunk Island

May 14-23, 2010

Caesar Salad

Homemade vegan Caesar dressing, fresh croutons and an assortment of fresh and grilled vegetables

Quinoa Stuffed Cucumbers

A salad of quinoa, black beluga lentils, pecans, mandarin oranges, cranberries served in cucumber boats.

Edamame Ragout

Fresh shitake mushrooms, bok choy, and edamame sautéed in a sauce of toasted sesame oil, garlic, ginger and soy sauce.

Chickpea Romesco

Chickpeas, almonds, chilies, and tomatoes simmered together and served over saffron garlic rice.

Farro Jambalaya

Farro (an ancient high protein grain) cooked with tomatoes, herbs, spices, okra, and assorted vegetables.

Aegean Stir Fry

Broccoli, sun dried tomatoes, black olives, and an assortment of fresh vegetables and Greek marinated tofu stir fried together.

Moroccan Couscous

Couscous cooked with warm spices, dried fruits, orange juice and chickpeas served on a bed of sliced zucchini.

Homemade Hummus & Roasted Vegetable Baguette w/Red Pepper Jam

Freshly made hummus with assorted roasted vegetables & red pepper jam served warm on fresh baguette.

Avocado Club Sandwich

Thick slices of avocado, roasted yellow peppers, smoky grilled tomatoes, and white bean spread

Soups

Cream of Tomato ♦ Carrot Ginger ♦ Vegetable Miso ♦
Sweet Potato & Black Bean ♦ Minestrone
♦ Served with dip, spread, or small side dish ♦

Breakfast Items

Apple Kashi ♦ Cranberry / Pecan Oatmeal ♦ Pumpkin Muffins
Blueberry – Corn Muffins ♦ Carrot Raisin Muffins ♦ Apple / Oat Muffins

Sample Menu by Angela Brooks