



APPETIZERS & SALADS

Green Beans & Potatoes Salad

(Green beans, black olives, anchovies, potatoes, olive oil)

Eggplant 'Quesadillas'

(Eggplant, spinach, mozzarella, red pepper)

Vegetable Dips

(Seasonal vegetables with parsley and garlic sauce)

Baba Ghanoug

(Eggplant, olive oil, tahini, spices, lemon, homemade bread from whole grain flour)

SOUP

Gazpacho with Vegetables Brunoise

(Fresh tomatoes, onion, garlic and Brunoise with Zucchini, red bell pepper, cucumber)

Vegan Red Lentil Soup with Lemon

(Red lentil, carrot, tomato, potato, onion, spices)

Garden Vegetable Soup

(Tomato, virgin olive oil, carrot, onion, chicken broth, fresh chives)

Broccoli Cheese Soup

(Broccoli, carrot, cheddar, skimmed milk, gluten free flour, chicken broth)



Lactose Free



Gluten Free



Vegetarian



Vegan



Lowfat





ROOTS

Diet & Light

MAIN DISHES

Spinach Lasagna

Spinach ricotta, mozzarella, basil

Ratatouille Ragout

(Eggplant, onion, garlic, tomatoes, yellow Bell pepper, green pepper, tomato souse)

Sweet Potato & White chili Bean

(Sweet potatoes, tomatoes, onion, red chili, Zucchini, corn, green bell pepper)

Veggie Burger with Whole Wheat Bread

(Zucchini, red bell pepper, red onion, oats, Bread crumbs, eggs, fresh parsley)

Penne With Tuna

(penne, tomatoes, onion, tuna, eggplant, parsley)

Fish Curry with Chickpeas

(fish, curry powder, chickpeas, eggplant , tomato, garlic, fresh spinach)

Roasted Chicken Breast

With Lemon Herbed Potatoes

(Chicken, Potatoes, lemon, curry, turmeric)

DESSERTS

Apple Crumble Tart with Salted Caramel

(Apple, lemon juice, cinnamon, oats, nutmeg)

Mojito Fruit Salad

(Seasonal fruits, fresh mint, rum for taste, lemon souse, sugar)

Rice Pudding

(Rice, skimmed milk, sugar, lemon zest)

Fresh Seasonal Fruit Salad

(Seasonal fruits)

Carrot and Honey Cupcake

(Carrot, gluten free flour, honey, baking soda)



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