



## ***Vegetarian / Vegan***

### **Mushroom Stroganoff**

*A blend of sautéed mushrooms in a rich sour cream sauce. Served over garlic parsley noodles*

### **Braised Leek & Mushroom Strudel**

*a blend of wild mushrooms & braised leeks, wrapped in puff pastry and baked in a parmesan cream sauce*

### **Ratatouille**

*Stewed eggplant, zucchini, mushrooms, garlic, onions, & tomatoes served over brown rice*

### **Stuffed Delicata Squash**

*Sautéed veggies, dried fruits, quinoa & spices*

### **Stir-fried veggies**

*Choice of tofu, seitan or tempeh w/ spicy peanut sauce*

### **Ginger garlic tofu**

*Served over sesame noodles & wilted greens*

### **Orange Ginger Sesame Seitan**

*w/ red peppers, carrots, shiitake mushrooms, scallions, & snow peas*

### **Thai Red Coconut Curry**

*chick peas, carrots, red pepper, zucchini, onion, & cashews. Served over jasmine rice*

### **Homemade Veggie Burgers**

*Sautéed vegetables, garbanzo beans, brown rice, oats, sunflower seeds, & spices*

### **Asparagus & Mushroom Crepes**

*wrapped in delicate crepe shells then baked in a tarragon cream sauce*

### **Falafel Platter**

*Seasoned chickpea patties served w/ pita bread, hummus, tomatoes, cucumbers, sweet onion, & lemon tahini dressing*

### **Lentils & Rice**

*red & green lentils, layered w/ brown rice, caramelized onions, garlic, tomatoes, & herbs*

### **Roasted Veggie Torte**

*butternut squash, potatoes, caramelized onions, spinach, mushrooms, cauliflower, red peppers, sweet potatoes, asiago, & VT chevere,*

### **Roasted Eggplant Torte**

*w/ roasted red pepper, tomatoes, garlic, ricotta, caramelized onions, pesto & fresh mozzarella*

### **Lasagna**

*Veggie, 4-cheese, or white spinach & mushroom*

### **Pasta primavera**

*Spinach, mushrooms, sundried tomatoes, carrots, garlic, & broccoli, & parmesan*

### **Spinach Stuffed Shells**

*w/pesto, ricotta, & parmesan*

### **Chili Rellanos**

*roasted poblano peppers stuffed w/ cheese, beans, & roasted veggies, baked in ranchero sauce*

### **Veggie Burrito**

*onions, peppers, pinto beans, rice, yams, greens, homemade salsa & VT cheddar*

### **Kale & Black Beans Enchiladas**

*topped w/ tomatillo sauce & cheese & lemon tahini dressing or tzatziki sauce*

### **Spanakopita**

*Spinach, sautéed onions, feta, ricotta, garlic, & dill baked in phyllo dough*

### **Chef's Choice**

*a special vegetarian meal inspired by the freshest local ingredients available*

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