Plant	Based	Mena
-------	-------	------

Starters

Roasted Beet & Orange Salad Roasted beets, orange segments, arugula, and nuts

or

Sweet Potato & Black Bean Quesadillas Sweet potatoes, onion, black beans, and cilantro

Main Courses

Lentil and Vegetable Curry Mixed lentils, onions, ginger and assorted vegetables

or

Mushroom Risotto Arborio rice, fresh mushroom, and vegetable broth

Desserts

Vegan Mango Pudding Maple syrup, almond milk, and Egyptian Mango

or

Vegan Chocolate Avocado Mousse Ripe avocados, cocoa powder, agave nectar, and dark chocolate

270