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## Vegan Salads 5 Coobooks

**nutrition information - updated 12/5/17 for allergen ...** - salads curry chickpea bowl 424 593 190 22 1 0 75 883 67 13 40 ... winter squash + blue cheese 266 493 318 40 80 25 1148 29 5 13 winter squash + blue cheese warm bowl 313 645 333 41 80 25 1245 55 9 45 ingredients (\$.50) 12 80 60 8 1 0 0 115 2 1 0 2 cilantro 7 0 premiums ... umami seasoning is gluten free and vegan shroomami pesto portobello ... **burgers & melts 5 salads & wraps 5 - the slaw dogs** - salads & wraps 5 5 5 final slaw dogs menu 10-18dd 1 10/31/17 10:40 am. vegan apple sage / vegan chipotle / vegan tofu (add \$2) carolina slaw dog 6.41 chili / mustard / onions / cole slaw mac n' cheese dog 7.95 bacon / grilled onion / mustard / mac n' cheese chicago 5.95 **nutrition acts g gluten free vegan salads** - nutrition acts salads lories r s t arbs ein ber um s g gluten free ~ vegan d dairy free locally sourced spicy totals 420 0 39 19.6 8 3.3 816 romaine 26 0 0 5 2 3.3 2 red onion 12 0 0 2 0 0 1 tomatoes 4 0 0 1 0 0 1 **lots of vegan love from - veganuary** - lots of vegan love from team veganuary come! 2 p.s. like all the good things in life, veganuary is better shared. ... these are his three favourite salads and they are perfect for picnics and barbecues, or as a starter or side. serves 2-4 6 breakfasts and small plates side plates and small plates. **private catering menu - lovingsalads** - lemon, coriander & chilli gf - df - vegan salads €36 per large bowl of salad salads cont> jason carroll jason@lovingsalads +353 (0)87 711 3000 1. cereals containing gluten 2. crustaceans 3. eggs 4. fish 5. peanuts 6. soyabeans 7. milk 8. nuts 9. celery 10. mustard 11. sesame seeds 12. sulphur dioxide and sulphites 13. lupin 14. molluscs **appetizers pizza garden salads sub daiya vegan cheese sm ...** - sub daiya vegan cheese sm-\$2, m-\$2.5, lg-\$3 pizza of the month - ask about our current creation! bella's - chicken breast, baby spinach, roma tomatoes, oregano, sesame seeds, extra virgin olive oil, mozzarella and feta cheese. bleu buffalo - homemade chunky bleu cheese dressing, chicken breast, bacon, **salads, vegetarian and vegan options - beaconfallsafe** - salads, vegetarian and vegan options house salad 10 mixed artisanal lettuces, with red onion, tomatoes, cucumbers with house dressing mediterranean salad 14 mixed artisanal lettuces, with red onion, tomatoes, cucumbers, artichokes, feta, chick peas with balsamic vinaigrette artisan salad 14 artisanal baby lettuces, with house dijon mustard **7-day vegan high alkaline recipes - believebig** - 7-day high alkaline vegan recipes prepared by tracy coats, vegan health coach \*start each day with a warm glass of water and lemon juice -helps the body eliminate toxins. ... 5-6 dinosaur kale leaves (curly leaves not as good for this salad) ½ red onion chopped . **easy vegan recipes - compassion over killing** - easy vegan recipes • 5 new-to-you food guide cheese dairy-free cheeses are often made from nuts, soy, or tapioca. nutritional yeast (see below) also adds a cheesy flavor to foods. brands: daiya, parma, teese, tofutti, treeline, vegan gourmet condiments condiments, including butter, mayo, and sour cream, are avail-able in veg-friendly forms. **forks & salads - edencaterers.london** - forks & salads healthy and delicious salads and buffets perfect for individuals or sharing. this menu will be served from 1st february 2019 to 31st may 2019 allergen information is available on our website and is supplied with your order. dietary legend: v = vegetarian, g = gluten free, d = dairy free, n = contains nuts full ts & cs on our website **"howl" to be: vegan - lostdogcafe** - lost dog cafe "howl" to be: vegan gourmet pizzas pointer pie..... ind 11.95 sm 16.95 lg 20.95 our whole wheat dough is drizzled with olive oil then topped with pine nuts, spin-ach, tomatoes, crumbled feta cheese, a touch of mozzarella cheese and sprinkled **children's menu desserts salads appetizers gluten friendly ...** - vegan v gf df gluten friendly v gf df dairy friendly we also offer catering available! call for details call for reservations or carry out ... all small and large salads served with pita bread \$5.25 \$8.95 \$9.95 ..... spinach salad spinach, strawberries, mandarin oranges and walnuts. add blackened swordfi sh \$5.99 ...

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