

SAMPLE MENU - Noble Vegan

HOW YOUR WEEK MIGHT LOOK ON THE NOBLE VEGAN MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (HOT or ON-THE-GO)	HOT BREAKFAST: Scrambled Tofu "Eggs" on Sough Dough with Balsamic Roasted Cherry Vine Tomatoes	HOT BREAKFAST: Full Garden Breakfast: Tofu Scramble, Avo Toast, Vine Tomatoes, Hash Browns, Grilled Mushrooms	ON THE GO BREAKFAST: Multi Cereal Porridge with Coconut Milk, Chia Seeds & Baked Apple & Blackberry	HOT BREAKFAST: 5 Beans On Toast with Vegan Cheese & Chilli Pepper Flakes	HOT BREAKFAST: Japanese Breakfast: Steamed Rice & Pickles, Japanese Omelette, Miso Soup	ON THE GO BREAKFAST: Coconut Yoghurt, Dried Mango and Seeds	ON-THE-GO BREAKFAST: Vanilla Protein & Blueberry Pancakes, Banana Caramel, Puffed Rice
LUNCH (FOR "OPTION A")	Kimchi Fried Rice, Steamed Choy Sum & Vegetable Dumplings	Pan Fried Gnocchi Broccoli Sauce, Lemon Chilli & Garlic, Toasted Breadcrumbs & Vegan Cheese	Beetroot and Onion Tarte Tatin Balsamic Caramel, Rocket Pesto, Rapeseed Humus	Bubba Bowl, Fried Rice, Avocado, Raw Carrot & Fennel, Tomato Salsa, Chilli Vinegar	Miso Baked Aubergine, Chilli Pine Nut Crumble, Finger Limes	Spinach & Pumpkin Curry, Basmati Rice, Vegetable Pakora	Tomato and Chilli Rice Cakes with Green Sauce
SNACK POT	Roasted Vegetable Pot and Garlic Dip	Melon & Lime	Chilli Bean Burrito with Rice, Avocado & Tomato Salsa	Pineapple Chunks and Chilli Caramel	Fresh Fruits in Lime Syrup, Set Coconut "Custard"	Hummus & Vegetable Crisps	Chia Pudding with Mango Chunks
DINNER	Vegan Wellington Roll, Mushroom Gravy & Vegetable Chips	Spinach & Lentil Dahl, Jasmine Rice, Samphire Pakora	Stuffed Mushroom Cannelloni Spinach, Tomato Basil, Smoked Applewood "Cheddar"	Jackfruit Katsu Curry Sticky Rice, Japanese Pickles	Cauliflower and Tofu Tikka, Korma Sauce, Vegan Paratha Flat Breads	Roasted Butternut Squash with Lentils and Sage	Vegan Sunday Roast: Salt Baked Celeriac with Horseradish, Olive Oil roasties, Leek & Spinach Gratin, Vegan Yorkie
SALAD	Toasted Pulses with Chilli Oil, Fried Onions and Vegetables	Barley with Roasted Squash and Spinach	Sweet Corn and Peas Dressed in Basil Oil	Bulgar Wheat and Tomatoes with Parsley and Garlic	Superfood Salad with Peas, Beans and Sprouts	Barley & Carrot with Endives and Herbs	Roasted Mushrooms, Couscous, Garlic, Dill and Radish
AFTERNOON SNACK	Granola Bar	Apple, Cinnamon & Date Bar	Cocoa and Vanilla Protein Bites	Apricot and Coconut Oat Bar	Chickpea and & Paprika Baked Veggie Crackers	Banana Protein Bites	Salted Caramel Million Square Bites
ADD DESSERT	SAMPLE DESSERTS: Raw Chocolate Vegan Brownie • Vegan Lemon Cheesecake • Lemon & Poppyseed Loaf • Carrot Cake • Cacao & Date Vegan Cake • Vegan Coconut Yoghurt Cheesecake						
ADD JUICE	SAMPLE JUICES: Apple, Spinach, Celery and Kale • Orange, Galangal and Lemongrass • Beetroot, Ginger and Apple • Pineapple, Ginger, Tumeric & Golden Beets • Blueberry, Raspberry and Pear						