

easy vegan recipes - working to end animal abuse - compassion over killing | **cok easy vegan recipes** 5 new-to-you food guide cheese dairy-free cheeses are often made from nuts, soy, or tapioca. **ethos to go menu - legal - web** - menu red onions, carrots, cucumbers, and broccoli. served with your light bites bruschetta tomatoes, whole-leaf basil, garlic and mozzarella marinated in olive oil and served with mixed spring greens atop **rd resources for consumers: protein in vegetarian and ...** - protein in vegetarian and vegan diets rd resources for consumers: some amino acids that cannot be made in the body are termed **essential**. we must get them from the food **february specials - doormet** - \$25 fee, minimum order \$100, required minimum gratuity \$25 (will be automatically added if less) 1155 s dale mabry hwy #12 (813) 287 - door (3667) **small bites drinks - tacoria** - kids menu vegan vegan proteins 2 tacos cheese, lettuce burrito box rice, black beans, and jack cheese brown rice available 5 grilled chicken +2 steak +3 **carmine's commitment to our guests-** carmine's commitment to our guests at carmine's, the health and safety of our guests is always a top priority. we understand that some of our guests suffer from food allergies. **local downtown main - local foods** - chicken posole poblano, green chiles, hominy, cilantro & pumpkin seed garnish ** vegan clam chowder cashews**, wild mushrooms, oyster crackers, root vegetables 5% surcharge for all to-go orders **lemon zest, currants cashew puree 5.5 - local foods** - sandwiches come w/ choice of 2 sides or a cup of soup substitute gluten-free wrap for 2.5 proudly serving slow dough bread gulf shrimp & crab pickled red onion, tomato, green goddess dressing, ciabatta 13.5 **catering & special events - prasino** - collection 1 select one lemon-infused yogurt, granola & honey banana bread, seasonal preserves steel cut oatmeal, dried fruits select one vegan - english muffin, chorizo seitan, black bean, pico de gallo **conference & seminar menus - ab fab catering** - gf "gluten free; df "dairy free; v "vegetarian; vg - vegan ab fab catering t: 07 3392 1132 w: abfabcatering e: info@abfabcatering corporate buffet breakfast (40+guests) \$33.50 per person +gst includes all equipment for the heating and serving of food and staff for the event (max 3hrs base to base). **appetizers - the waters edge lighthouse** - appetizers salads garden/ caesar small 4 large 6 ahi tuna and strawberry salad mixed greens and arugula, topped with wasabi coated grilled ahi tuna, sliced fresh strawberries, toasted **all day breakfast lun ch from 11.30 p i z z a v a i l a ...** - coffee in pursuit of magic black coffee / ristretto / long black short mac / long mac (single origin) cold drip (single origin) filter batch brew coffee 5 **taphouse 15 starters wood fired pizza** - sides french fries 5 onion rings 7 parmesan truffle fries 8 brussel sprouts 6 red skinned mashed potato 6 smoked poblano au gratin 6 polenta 6 sauteed broccoli 6 mac n' cheese 7 roasted potatoes 6 fried rice 6 chips & guacamole 6 entrees **kitchens sunday monday tuesday wednesday thursday friday ...** - * indicates important changes since october-december 2018. please call 415-648-3222, or email free@freeprintshop with your corrections, comments, or additions for our **happy hour snacks - barrio** - pacifico 4 negra modelo 4 michelada 4 negra modelo or pacifico, lime and house michelada mix daily wine selection 6 red, white, rosé

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