

# VEGAN EXAMPLE MENU

## APPETIZERS/SALADS

Arugulla Salad with Vegetable Tempura  
Rocket Salad with Chick Pea & Spinach Fritters  
Hummus / Pita bread/ Salad  
Mixed Salad with Blackened Tofu

## MAIN COURSE

Stir fried Vegetable/ Rice & Grilled Tofu  
Vegetable Fajitas  
Squash & Coconut curry with Almond Rice  
Dhal Palak, White Rice, Pickle & Papadum  
Tofu Palak in Palak Paneer style white rice & Papadum  
Chickpea & Potato curry  
Vegetable & Lentil Ragout with Boiled Potato  
Barbequed Portobello mushrooms  
Baked Stuffed Aubergines  
Mixed Bean Casserole  
Vegan tomato & mushroom pancakes  
Falafel burgers  
Vegetarian casserole with Brown rice  
Sweet Potato & Black Bean Veggie Burgers  
Cauliflower and Chickpea Stew With Couscous  
Vegan Quesadillas  
Vegan Mushroom Stroganoff with Pilaf Rice  
Vegan Pizza

## DESSERTS

Poached Pear (red or white wine)  
Rice Puddings  
Baked Apple  
Banana Split  
Tapioca Puddings  
*Crème Brulee in below flavours:*  
Chocolate, Vanilla, Coffee and different flavours of liqueurs  
*Fruit Crumbles in below flavours:*  
Apple, Cherry, Peach, Apricot, Plum, Berries  
Baked custard-vanilla fruit and chocolate flavour  
Black Forest Trifle  
Chocolate Croquant Royale  
Peach Melba  
Summer Berry Pudding