

### Soup and Appetizer

curried red lentil soup	vegan stock, curry powder coconut milk	.....\$2
miso soup	miso tofu green onion	.....\$2
split pea soup	split peas, sweet potatoes, vegan stock spices	.....\$2
eggplant salad	eggplant, sesame paste, lemon juice, olive oil	.....\$2
stuffed grilled portabella mushroom	carrots, rice flour, flex seeds cashew nuts	.....\$2
sweet potatoes gnocchi with creamy curry sauce	sweet potatoes, flax seed, rice flour, served with creamy curry sauce	....\$2 per 2

### Main course

black bean burger	black bean, garlic onion, flour, nutritional yeast oat flour, chick pea flour bread crumb	.....\$2
veggie burger with nuts	bulgur, oil, sun flower seeds, sesame seeds chick peas spices walnuts	.....\$2
Cashew burger	cashew, nutritional yeast, pecan flex seeds rice flour fresh herbs	.....\$2
Tofu picata	tofu, lemon juice, parsley, oat flour, soy milk, flex seeds	.....\$4
Tofu Caribbean	tofu marinade in orange, mango juice	.....\$4
Tofu curry	tofu marinade in curry sauce	.....\$4
General Tao's tofu chunk	of tofu baked and then smattered in sweet and sour sauce	.....\$4
Tofu satay	peanut butter, whole wheat noodle tofu coconut milk	.....\$6
ginger garlic marinated tofu	ginger, garlic tofu served over fried rice	.....\$6
Saitan fajitas	wheat meat, red and yellow pepper, sautéed in Mexican sauce	.....\$6
medetranian saitan	wheat meat, capper, olive, sun dried tomato chick peas white wine sauce	.....\$6
Spinach pie	filo dough, vegan feta cheese, pinch	.....\$6
burrito fillo dough	ground seitan Mexican spices	.....\$6
meat less ball	in tomato sauce ground seitan, rice flour, ground flex seeds served over whole wheat noodle	.....\$6

### Side dishes

rice with lima beans and herbs	brown rice lima beans dill parsley green onion	.....\$2
rice with red beans	red beans, brown rice, spices	.....\$2
rice with carrots and resin		.....\$2

### Cakes

flour less Chocolate cake	cashew nuts, vegan choc chip, soy milk	.....\$18
Apple cake	apple ,orange juice, cinnamon flex seed spelt flour	.....\$12
chocolate cake	vegan choc chip spelt flour, coffee, baking soda	.....\$14
Banana bread	banana soy milk flex seed baking powder	.....\$12
Assorted Muffins	pears banana apple/Cranbury carrots	.....\$1.25 for small \$2 for large per muffins

### Healthy Endeavors

#### Vegan flair

Jimmy Gavarian is a professionally trained and experienced chef and baker with a niche for vegan appetizers, entrees and delicious desserts. He knows that in this day and age, health is a chief priority of many South Floridians. With that in mind, Jimmy Gavarian is proud to offer you his vegan take on some of your favorite meals. From General Tso's Tofu, Pepper Steak with Seitan and Vegan Burritos in Filo Dough to Vegan Chocolate Mousse, Apple-Cranberry Muffins and much, much more, there's always a healthy and mouth-watering meal to please your palate at HEALTHY ENDEAVORS!

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