



## SWEETWATER KITCHEN

### Sample Vegetarian Menu

---

This sample menu is priced at \$65 per person per day. Includes breakfast, lunch and dinner, tax and gratuity also included.

Most of our ingredients are organic and sourced locally whenever possible. This is a sample menu of what can be served throughout your stay.

---

#### Breakfast

All breakfasts include coffee and tea with choice of dairy or non-dairy milks

#### **Veggie Spanish tortilla with a fruit smoothie**

A Spain classic, sautéed veggies, farm fresh eggs and potatoes baked in a skillet. Paired with seasonal fruit smoothie

#### **Smoothie Bowl and Buckwheat Banana Pancakes**

Packed with fruits and topped with chia seeds, berries, granola and shredded coconut and with a side of gluten free banana pancakes

#### **Avocado Toast Bar with a fruit smoothie**

Toasted spouted bread with an array of guacamole, bean spread, pico de gallo, hot sauce, and fresh greens to create your own unique toast with a fresh fruit smoothie

#### **Breakfast Tacos with Yogurt & Granola**

Hand-made corn tortillas with sautéed veggies, beans, and eggs with a side of house-made granola and yogurt

#### **Veggie Scramble with Oatmeal and Fresh Fruit**

Farm eggs scrambled to perfection with sautéed veggies and a side of hot oatmeal topped with fruit

---

## Lunch

Each lunch is served in a to-go box and come with fresh, organic fruit

### **Burrito Bowl**

A burrito without the wrap; beans, rice, fresh greens, avocado, peppers, and pico de gallo

### **Hummus Wrap**

House-made hummus, sautéed peppers and mushrooms, lentils, red onion, greens, and carrot in a wheat or gf wrap

### **Veggie Sandwich**

Avocado, red peppers, lettuce, tomato, and cucumber between sprouted wheat with a spread of house aioli

### **Legume Salad**

A hearty salad of kidney beans, lentils, quinoa, chopped kale, romaine lettuce, red onion, tomato, and fire-roasted red pepper with a house vinaigrette

### **Quinoa Nori Wrap**

High-mineral seaweed wrap stuffed with quinoa, avocado, carrot, asparagus, and spinach with a dipping sauce

---

## Appetizers

### **Samosa**

Pastry stuffed with potato, onion, serrano peppers, garlic, and ginger spiced with turmeric and chili powder, served with peach chutney

### **Butternut Squash Soup**

Creamy squash soup topped with toasted butternut seeds and roasted squash

### **Garden Salad**

Fresh local greens with tomatoes, cucumber, red onion, and seeds with a house dressing

### **Hummus & House Flatbread**

Fresh lemony and garlicky hummus paired with Kalamata olives and freshly baked flatbread

### **Caponata**

Cold Italian eggplant salad with fire-roasted tomatoes and red bell pepper, basil, golden raisins, and olives served with focaccia bread

### **Falafel**

Fresh made falafels with garlic, red onion, fresh herbs and homemade tahini sauce

---

### Entrees

Each entrée comes with an appetizer and side

### **Lemongrass Lentil Curry**

Coconut milk, lemongrass and ginger season this lentil curry on top of jasmine rice, red pepper and steamed broccoli and carrots

### **Black Bean-Sweet Potato Quesadilla**

Grilled tortillas stuffed with black beans, sweet potato puree, and sautéed onions and garlic with pico de gallo and guacamole

### **Gardener's Pie**

A vegetarian take on Shepard's' Pie, made with lentils, onion, garlic, celery, tomato, and peas covered with creamy mashed potatoes and topped with scallions

### **Butternut Squash Chili**

Roasted butternut squash, black beans, corn, poblano peppers and onion served with fresh bread

### **Afghan Eggplant**

Honey roasted eggplant with a minty tomato sauce and yogurt on a bed of faro pilaf

### **Vegan Enchilada**

Hand-made corn tortillas filled with mushrooms, onions and sundried-tomatoes smothered in a red sauce, topped with black bean pure and baked until perfection

---

## Sides

Seasonal roasted vegetable

Quinoa salad

Veggie pasta

Mexican rice

Cuban beans

Jasmine rice

Green salad

Any dietary restrictions can be catered to. Email any questions or inquiries to  
Eric at [sweetwaterboulder@gmail.com](mailto:sweetwaterboulder@gmail.com)