



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