

HEALING HEART CENTER WORKSHOP LUNCH MENU JULY 19, 2014

During the workshop, we offered refreshments. After the workshop the participants were invited to join us in a vegetarian lunch prepared by Dev Atma Suroop Kaur.

- Refreshments -

Fresh Fruit: Cherries

Roasted Unsalted Almonds and Thai Chili Lime Cashews

Drinks: Fresh Squeezed Watermelon Juice and Bottled Spring Water

- Lunch -

All American Veggie Burger – Veggie burgers with all the fixings. Everyone put together their own burger. Fixings included 3 different cheeses, slice Maui sweet onions, sliced heirloom tomatoes, and fresh head lettuce. Condiments included organic catsup, Veganaise, yellow mustard, and organic sweet pickle relish.

Ranch Potato Salad – Creamy potato and pasta salad seasoned with ranch dressing, onions, celery, petite peas, and Veganaise.

Baked Beans – Adzuki and white bean casserole flavored with onions and garlic in a sweet tangy barbeque sauce.

Steamed Fresh Sweet Corn

- Dessert -

Red, White & Blue Shortcake– Vanilla ice cream or soy ice cream & cake topped with fresh cut organic strawberries and blueberries. Although in my opinion, it didn't need it, diners were given the option of topping the dessert with pure maple syrup. Either way, it was delicious.