

SAMPLE MENUS

PLANT-BASED • VEGETARIAN • VEGAN

☎ 305-388-3536

✉ CHEFLIZ@THEPICKLEDBEET.COM

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**All menus are 100%
customized for each client.**

You receive a new menu to review and approve every week. These are some sample menus we've prepared recently.



PLANT-BASED, VEGETARIAN, VEGAN

If you have a specific eating style, and you want to know if we can accommodate it – the answer is "Yes, we absolutely can."

We design each meal to adhere to your preferred eating style. Here are a few menus to consider

MONDAY BREAKFAST

FRESH FRUIT AND YOGURT PARFAIT

Fresh fruit layered with yogurt and topped with toasted almonds.

PUMPKIN OATMEAL SQUARES

Soft and muffin-like in texture, these oil-free pumpkin oatmeal bars are light enough for breakfast and all your snacking needs.

MONDAY LUNCH

BLACK BEAN VEGGIE BURGER

A house made patty served in a lettuce "bun" with tomato, red onion and a tasty aioli.

AIP TURMERIC ROASTED YUCA FRIES

Oven-roasting at a high temp turns this root vege into a healthier, immune-boosting French fry.

MONDAY DINNER

VEGETARIAN TEX MEX "BEEF" AND "RICE" CASSEROLE

A Tex-Mex dish featuring Beyond Meat, cauliflower rice, bell peppers, onions, tomatoes, vegan cheese and salsa.

REFRIED BLACK BEANS

TUESDAY

BREAKFAST

FLOURLESS THUMBPRINT BREAKFAST COOKIES

Rolled oats, bananas, strawberries and flaxseed star in these cookies.

FRESH FRUIT

A medley of seasonal fruit.

LUNCH

VEGAN VEGETABLE PASTA BOWL

Roasted chickpeas, mushrooms, onion, and peppers in a red sauce served with brown rice pasta.

AIP BROCCOLINI

Tender broccolini sautéed with garlic, and olive oil.

DINNER

VEGAN SHEPHERD'S PIE

A meaty tasting, savory comfort-food classic featuring Beyond Meat, mashed potatoes, carrots, peas, and corn and topped with melted vegan cheese.

ARUGULA SALAD WITH LEMONY DRESSING

Peppery arugula with celery, broccoli, and a lemony dressing.

WEDNESDAY

BREAKFAST

ZUCCHINI BREAD OATMEAL

That's right, zucchini bread in oatmeal form.

GARLIC HASH BROWNS WITH KALE

LUNCH

VEGAN CHOPPED SALAD

Romaine, red onion, artichoke hearts, pepperoncini, olives, chickpeas, and cherry tomatoes in a red wine vinaigrette.

VEGAN CREAM OF TOMATO SOUP

DINNER

INDIAN COCONUT BUTTER CAULIFLOWER

We swapped the chicken for nutrient-packed cauliflower, replaced the heavy cream and butter with rich and creamy coconut milk and added roasted chickpeas for protein.

INDIAN CUCUMBER AND TOMATO SALAD

Cucumbers, tomatoes, and fresh mint with a nondairy yogurt dressing.

CONTACT US TO GET STARTED



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