

## Farm to Table Menus

### Thursday, July 10

*Theme: Mediterranean*

- Hors D'Oeuvres
- First Course – Summer Salad **V-GF**
  - mixed greens, seasonal vegetables, oat berries, creme fraiche, lemon vinaigrette, dukkah, sumac
- Second Course - Cabbage Rolls **DF-GF**
- Third Course – Beef & Rice
  - Beef, wild rice pilaf, spiced tomato sauce, community gardens baba ganoush, tahina, pine nuts, micro greens
- Dessert – Cookies

### Thursday, August 14

*Theme: German*

- Hors D'Oeuvres
- First Course - Roasted Vegetable Salad **V-GF**
  - Roasted kohlrabi, radishes, beets, lentils, arugula, yogurt, toasted black walnuts, micro greens
- Second Course - Turf & Turf
  - Beef, smoked sausage, buckwheat spaetzle, roasted carrots, sauerkraut, herb oil
- Dessert - Gelato

### Thursday, September 11

*Theme: Mexican*

- Hors D'Oeuvres

- Farewell to Summer Salad **V-GF**
  - radishes, cucumbers, jicama, arugula, sorrel, burnt cilantro yogurt, tajin, toasted pepitas
- Tamale Duo **GF**
  - House made tamales, white kidney beans, mexican rice, tomatillo salsa verde, salsa roja, cabbage, toasted cumin, sesame seeds

*Note from Heart N Soul Café: We can adjust the menus for dietary restrictions upon request.*