

## COOKING CLASS MENUS

*Below is a full list of our cooking class offerings. Choose from any menu below or mix and match menu items to customize! Ingredients are subject to seasonal availability. Many of our classes are gluten and dairy free, but we happily accommodate other dietary restrictions.*

### ASIAN FUSION

Spring Rolls with Tamari Dipping Sauce, Chicken Skewers with Peanut Dipping Sauce, Thai Noodle Salad and Matcha Green Tea Shortbread Cookies. Contains: Poultry, Dairy, and Gluten (in the cookies).

### EGGS: BREAKFAST, LUNCH & DINNER!

Classic Vegetable Omelet, Spring Greens Frittata, Marinated Celery Salad with a Soft Boiled Egg. Contains eggs and optional dairy. No meat, soy, or gluten.

### COOKING ALLERGEN FREE

Vegetable Spring Rolls with Smoked Paprika Sauce, Tamarind Chickpeas over Coconut Lemongrass Rice, and Fruit Cobbler. With no dairy, eggs, meat, fish/shellfish, soy or gluten.

### VEGAN VITALITY

#### *Summer:*

Chilled Cucumber Melon Soup, Summer Veggie Tacos and Mexican Chocolate Torte. No dairy, eggs or meat or gluten. Contains nuts.

#### *All American Cuisine:*

French Fries with Dipping Sauce, Beet Burgers with Avocado Spread and Chocolate Chip Cookies. No dairy, eggs, gluten or meat. Contains nuts.

#### *Spring:*

Minted Pea Soup, Spring Lemon Risotto Cakes, Vanilla Roasted Rhubarb and Strawberries over Coconut Bliss "Ice Cream" No dairy, eggs, or meat. Contains nuts.

#### *Winter:*

Celery Root Soup with Granny Smith Apples, Stuffed Acorn Squash, Frangipane Tart. No dairy, eggs, or meat. Contains nuts.

#### *Thanksgiving:*

Brussels Sprouts with Hazelnuts, Garlic Cauliflower Mashed Potatoes with Mushroom Gravy, Walnut Lentil Loaf, and Pumpkin Pie with Whipped Coconut Cream. Contains tree nuts. No meat, gluten, eggs or dairy.

### SUMMER BBQ



Lemon Basil Potato Salad, Baked Beans, Grilled Vegetable Salad with Poppy Seed Dressing and Mixed Berry Sorbet. Contains optional dairy; otherwise this class is both vegan and gluten free.

#### AUTUMN HARVEST

Roasted Chicken, Shaved Brussels Sprouts with Bacon, Winter Squash Risotto and Baked Apples. Contains dairy, meat, and tree nuts.

#### BOUNTIFUL BOWLS

-Sweet Potato Black Bean, Lemongrass Tofu, Polenta with Vegetable Ragu. And for dessert, fruit with cashew cream. Contains nuts and soy. Optional egg and dairy. Gluten free.

- Lentil Bowl with Lemon-Tahini Dressing, Thai Tofu Bowl, and Vegan Burrito Bowl. Contains nuts and soy. Optional dairy.

#### COOL INFLAMMATION WITH FOOD

Miso Glazed Salmon, Asian Slaw, Cauliflower Pilaf, Coconut Ginger Frozen Dessert. Contains: fish. Gluten and dairy free.

#### CURRY IN A HURRY

Wilted Spinach Salad, Chicken Curry and Vegetarian Thai Curry, Lemongrass Coconut Rice & Moroccan Stuffed Dates. Contains dairy, nuts & optional meat.

#### FOOD AND MOOD

This uplifting menu includes Wilted Spinach Salad with Cherries, Wild Rice & Mushroom Pilaf, Salmon Cakes and Dark Chocolate Pots de Creme. Contains fish, eggs, gluten and optional dairy.

#### FRESH PASTA 101

In this hands-on class, you will learn how to make savory Stuffed Ravioli, Pappardelle with Bolognese Sauce and perfect Fettuccine Alfredo. Contains: Gluten, eggs, dairy and meat.

#### SUMMER PASTA DINNER

Zucchini Ribbon Salad, Fresh Pesto Ravioli, and Vegan Strawberry Cream Pie. Contains gluten, eggs, and dairy. No meat or soy.

#### HEALTHY HOLIDAYS

Citrus Salad, Gingered Sweet Potatoes, Roasted Chicken with Root Vegetables, Caramelized Pear Bread Pudding. Contains: Dairy, meat, gluten, eggs.

### PALEO DONE WELL

Ginger Glazed Salmon or Chicken Thighs, Asian Slaw, Cauliflower Pilaf and Coconut Frozen Dessert. No grain, dairy or soy.

### PIZZA PARTY

Menu includes the following pizzas: Margherita, Roasted Vegetable with Goat Cheese, Caramelized Onion and Prosciutto with White Sauce & Mini Dessert Pizzas. Contains gluten, dairy, optional meat and nuts.

### SOUPS & STEWS

Carrot Ginger Soup, Moroccan Chickpea Stew, Korean Chicken & Rice Soup and Homemade Gluten Free Beer Bread. Contains meat. No gluten or dairy.

### SUBSTANTIAL SALADS

#### *Summer:*

Creamy Chickpea Salad, Greek Sorghum, Zucchini Ribbon Salad, Stone Fruit with Cashew Cream. No gluten, soy, dairy, or eggs.

#### *Fall/Winter:*

Farro & Butternut Squash, Massaged Kale, Creamy Chickpea and Seasonal Fruit with Maple Cashew Cream.