

COOKING CLASS MENUS

Below is a 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 may be able accommodate other dietary restrictions.

ASIAN FUSION

Spring Rolls with Tamari Dipping Sauce, Soy Ginger Drumsticks with Peanut Dipping Sauce, Thai Noodle Salad and Cashew Ginger "Cheesecakes". Contains: Poultry and Nuts. Gluten Free and Dairy Free.

BASIC SKILLS

In this class, you will learn how to: Use a knife, roast a chicken, make perfect roasted vegetables, make balanced and hearty "salads", repurpose leftovers, identify and use essential kitchen tools and much more!

BATCH COOK MIX AND MATCH

Rice and Greens Bowl with Miso Turmeric Dressing (optional chicken), Sweet Potato Black Bean Burgers with Avocado Cream, Warm Black Bean and Millet Salad, Roasted Chicken Thighs with Gingery Sweet Potato Mash. Gluten Free and Dairy Free.

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.

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

Option 1: 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.

Option 2: Lentil Bowl with Lemon-Tahini Dressing, Thai Tofu Bowl, and Vegan Burrito Bowl. Contains nuts and soy. Optional dairy.

Option 3: A variety of legumes, grains, and vegetables topped with 3 different sauces: Spanish Romesco, Turmeric Ginger, and Quick Curry. For dessert: Maple Cashew Cream over Seasonal Fruit.

COOKING WITH HERBS

Rosemary Citrus Salad, Roasted Cauliflower and Thyme Soup, Butternut Squash Gnocchi with Sage Pesto, Lemon Lavender Shortbread Cookies. This class is vegan and gluten free.

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.

GET TO KNOW YOUR ROOTS

Creamy Beetroot Soup, Parsnip Fries with Siracha Dipping Sauce, Sweet Potato Noodles with Winter Greens and a Creamy Cashew Sauce, and Ginger- Molasses Cookies. Vegan and Gluten-Free.

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 Cinnamon Sugar Pasta Chips. 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.

HOLIDAY BRUNCH

Mushroom and Leek Frittata, Root vegetable Hash, French Toast with Amaretto Cream, and Pear and Pomegranate Salad. Meat-Free and Gluten Free.

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.

SUMMER BOUNTY

Heirloom Tomato Salad, Gnocchi with Summer Squash and Sweet Corn and Broiled Stone Fruit with Sweet Cream. Contains: gluten and dairy.

SUMMER IN THE RAW

Sweet Corn and Tomato Soup, Asian Kale Salad, Raw Zucchini Lasagna and Banana Nice Cream. Vegan and Gluten Free.

VEGGIE MAINS

Creamy Broccoli Soup, Celeriac Ribbon Salad with Quinoa and Toasted Cumin, Spaghetti Squash with Basil Pesto, and a Apple Crumble with Cinnamon Cashew Cream for dessert. Vegan and Gluten Free.

VEGAN VITALITY CLASSES

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.

Mediterranean Feast:

Green Salad with Vegan Feta 'Cheese', Cauliflower Tabouli, Baked Falafel with Garlic Tahini Sauce and Pistachio Date Bits.

Mexican Fiesta:

Queso Dip, Spicy Black Bean Soup with Sour Cream, Cauliflower Tacos with Fresh Salsa, Mexican Sweet Potato Pudding

Summer Brunch:

Breakfast Tacos with Sweet Potato Hash, Eggplant Bacon, Kale Waldorf Salad, Strawberry Parfaits. Contains soy and nuts. No eggs, dairy, or meat.