



Wellness Forum Health

Wellness Forum Foods

Menu 2016

614-888-FOOD (3663)

To place an order call: 614-888-3663 or e-mail sroufed@wellnessforum.com. Please allow 24 hours for delivery orders. Store hours for pick up are 9am-9pm Monday thru Friday

Soups

Call for today's selection
All of our soups are gluten free

Pint \$4.95

Quart \$9.75

Entrees

Buddha Bowl

Quinoa or brown rice, fresh seasonal vegetables, and choice of spicy peanut or green sauce.

\$7.95

Add Maple Ginger Baked Tofu for an additional \$1.50

Beans and Grains

Each week we will feature some new dish or an old favorite. Call us to see what delicious bean or grain dish we concocted for this week

Spicy Peanut Noodles

A rich peanut sauce with garlic, onions, peanut butter, ginger and red chile flakes, tossed with organic linguine noodles and garnished with spiced peanuts and scallions.

\$5.75

Mac and Cheese

Del's creamy sauce is made from vegetables and a few cashews, and is full of flavor

\$4.95

Vegetable Pot Pie

Organic vegetables--broccoli, peas, corn and carrots, tossed in a creamy sauce, then baked in a flaky pie crust.

. (Gluten Free)

\$5.75

Oven Fried Tofu

Now oil Free!

Organic tofu dredged in garlic, almond meal, and nutritional yeast, then baked golden brown

(Gluten Free)

\$4.95

Barbecue Tofu

Del's organic oven fried tofu tossed with a zesty house made barbecue sauce.

. (Gluten Free)

\$5.25

Sandwiches and Wraps

Sweet Potato Hummus and Quinoa Tabouli Wrap

Pureed sweet potatoes, tahni, cumin, garlic and lemon juice; and gluten-free tabouli--quinoa, parsley, lemon juice, cherry tomatoes and cucumbers, and mixed greens in a whole grain wrap

\$5.95

Sweet Potato Hummus Wrap

Pureed sweet potatoes, tahini, cumin, garlic and lemon juice; and mixed greens in a whole grain wrap

\$5.25

Add Maple Ginger Baked Tofu for an additional \$1.50

Maple Ginger Baked Tofu Wrap

Organic tofu marinated in maple syrup, tamari, ginger, and garlic, baked golden brown and served with mixed greens in a whole grain wrap

\$5.25

Chef Del's Favorite Mock Tuna Salad

Made with chickpeas and sweet pickle relish, celery, and red onions in an oil free house made mayonnaise. Served with mixed greens in a whole grain wrap

\$5.75

Salads and Sides

Big Green Salad

Organic mixed greens, organic carrots, organic red cabbage, organic raisins, organic sunflower seeds, organic chickpeas, and sweet and spicy mustard dressing

(Gluten Free)

\$5.95

Chef Del's Salad Sampler

A serving each of our Quinoa Tabouli, Chef Del's Mock Tuna Salad, and Sweet Potato Hummus served with whole grain lawash

\$7.50

Simple Salad

Organic mixed greens served with our Sweet and Spicy Mustard Dressing

(Gluten Free)

\$2.60

Sweet Potato hummus

1/2 pint

\$2.75

Quinoa Tabouli

1/2 pint

\$3.25

Chef Del's Mock Tuna Salad

1/2 pint

\$3.25

Breads

Breads must be ordered with 24 hours notice



1 1/2 pound loaf made from organic flours

\$5.75

Millet Polenta Sunflower

Cinnamon Raisin

Whole Wheat

Tomato Olive and Caramelized Onion Focaccia (one pound loaf)

Desserts

Each week we feature a different selection of Del's famous desserts. Contact us to find out the weekly special. We will gladly cater your special occasion.