



Wellness Forum Health  
**Wellness Forum Foods**

**Menu 2017**

**614-888-FOOD (3663)**

To place an order call: 614-888-3663 or e-mail [sroufed@wellnessforum.com](mailto:sroufed@wellnessforum.com).

Please allow 24 hours for delivery orders. Store hours for pick up are 9am-9pm Mon-Thurs and 9am-5pm Fri

**We are now accepting orders through Bitesquad.**  
**Download their app now and check out our delivery menu.**

## Entrees

### **Buddha Bowl \$7.95**

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

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 \$5.75**

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.

### **Mac and Cheese \$4.95**

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

### **Vegetable Pot Pie \$5.75**

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

. (Gluten Free)

### **Oven Fried Tofu \$4.95**

**Now oil Free!**

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

(Gluten Free)

### **Barbecue Tofu \$5.25**

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

. (Gluten Free)

## Soups

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

**Pint \$4.95**

**Quart \$9.75**

## Breads

**Breads must be ordered with 24 hours notice**

**1 ½ pound loaf made from organic flours \$5.75**

Millet Polenta Sunflower

Cinnamon Raisin

Whole Wheat

Tomato Olive and Caramelized Onion Foccacia (1 lb loaf)

## Sandwiches and Wraps

### **Sweet Potato Hummus and Quinoa Tabouli Wrap \$5.95**

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

### **Sweet Potato Hummus Wrap \$5.25**

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

Add Maple Ginger Baked Tofu for an additional \$1.50

### **Maple Ginger Baked Tofu Wrap \$5.25**

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

### **Chef Del's Favorite Mock Tuna Salad \$5.75**

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

## Salads and Sides

### **Big Green Salad \$5.95**

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

(Gluten Free)

### **Chef Del's Salad Sampler \$7.50**

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

### **Simple Salad \$2.60**

Organic mixed greens served with our Sweet and Spicy Mustard Dressing

(Gluten Free)

### **Sweet Potato hummus \$2.75**

1/2 pint

### **Quinoa Tabouli \$3.25**

1/2 pint

### **Chef Del's Mock Tuna Salad \$3.25**

1/2 pint

## 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.**