

# Wellness Forum Foods

## Fall 2017 Menu

To place an order call: 614-888-3663

Store hours for pick up are: 11am-9pm Monday-Thursday and 11am-5pm Friday

### 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

#### **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

#### **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

### Ready to Heat and Eat

#### **Spicy Peanut Noodles \$5.75 (Good Chilled or Heated)**

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

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

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)**

### Desserts

#### **Blondies \$2.95**

#### **Black Bean Brownies \$3.75**