



Vegetarian & Healthy Meals

We proudly offer more than just BBQ, and these healthy options don't skimp on flavor.

The minimum order size is for eight people.

Entree with Two Sides or Salad : \$12 per person

Entrees: (\$8 per person)

Smoked Eggplant & Lentil Chili

Eggplant Parmesan – classic with home made sauce and melted mozzarella

Smoked mushroom Stroganoff with whole wheat pasta

Cornbread pizza – a deep dish cornbread crust with any or all toppings:

VT cheddar, roasted tomatoes, caramelized onion, mushroom, and broccoli

Other toppings available

Salads: (\$5 per person. Add sliced organic chicken or shrimp for \$5 per person)

Roasted beet & goat cheese salad with mixed greens & citrus dressing

Cornbread panzanella – tomato, cucumber, & shaved onion with mixed greens, cornbread croutons, and dressed with olive oil & pepper vinegar

Classic Caesar – Romaine (or other hardy greens) with tomato, garlic croutons grated cheese, and a house made Caesar dressing with garlic & anchovies

Sides: (\$3 per person)

Braised greens with smoked tomato

Curry lentils

General Tso's broccoli

Beet salad with arugula

Whole wheat orzo pasta salad

Carolina slaw with apples

Ratatouille or roast vegetables

Cucumber salad with herb vin