Our menus feature the choices consumers are looking for across the plant-forward spectrum.

- **Vegetarian**
  - Very Veggie: Vegetarian meals where fruits, vegetables, whole grains, beans, seeds and pulses steal the show.
  - Fruit/Vegetable Meat Substitutes: Filling and high in healthy fats, avocados are growing in popularity as a meat substitute.

- **Meat-Alternative**
  - Soy Bean-Based Proteins: Tofu offers a low calorie, high protein alternative to meat, poultry and seafood.

- **Plant-Based**
  - Plant-Based Proteins: Falafel, made of ground chickpeas or fava beans, is high in fiber and protein.

- **Vegan Menus**
  - Vegan Menus: No animal products. Features innovative offerings from Gardein, Daiya, MorningStar Farms.