



## **Savour Ottawa Summer Tables Specials**

*August 12-13*

### **Glory Bowl** (Vegan, Gluten Free)

*Local beets, carrots & spinach from Ferme aux Pleines Saveurs.* Baby spinach with fine beets and carrots served over steamed red grain rice. Seasoned with our 'Glory Sauce' (nutritional yeast, apple cider vinegar, olive oil, tamari, tahini, fresh garlic), topped with ginger toasted walnut and tamari roasted silken tofu pieces.

*August 15*

### **Pasta Primavera** (Gluten Free)

*Local bell pepper, zucchini from Ferme aux Pleines Saveurs & micro greens from Butterfly Sky Farm.* Oven roasted bell pepper, zucchini, cauliflower, sundried tomatoes, and basilica in a parmesan bechamel over rice rotini. Garnished with micro greens.

*August 16*

### **Vegetarian Cheviche** (Vegan, Gluten Free)

*Local bell pepper, broccoli, sweet corn from Ferme aux Pleines Saveurs & summer greens from Juniper Farm.* A Latin American dish of orange-marinated bell pepper, broccoli, cauliflower, tomato and oyster mushroom. Served with oven roasted, sweet corn, kohlrabi and butternut squash. Sided with summer greens, blue corn chips and avocado.

*August 17*

### **Sweet Sunshine** (Vegan, Gluten Free)

*Local herbs, summer greens & berries from Juniper Farm, maple from Maple Country Sugar Bush, and Kale from Ferme aux Pleines Saveurs.* Roasted squash cutlets and sweet peppers, served w. fresh herbed goat cheese. Sided with mixed summer greens, topped with toasted walnuts, fresh berries, poppy-seed dressing. Served with toasted kale chips.

*August 18*

### **Quinoa-Beet Burger** (Vegan, Gluten Free)

*Local Garlic and beets from Ferme aux Pleines Saveurs Farm, greens from Juniper Farm.* Our home-made beet-quinoa burger patty, smoky, hearty yet tender and nourishing with umami flavour. Served on organic grain and seed bun with aioli sauce. Sided with summer greens, blue corn chips and home-made salsa.

*August 19-20*

### **Vegan Faux Tuna Delight** (Vegan, Gluten Free)

*Local red onion, celery and kale from from Ferme aux Pleines Saveurs, micro greens from Butterfly Sky Farm.* Whole food plant based 'Tuna' served with beet compote, roasted yam, arugula, mizuna & toasted kale. Topped with chipotle toasted walnuts.