

# SAMPLE MENU 3

## *Starters*

Plantain & red bean salad

Callaloo, okra and coconut soup

## *Mains*

Quinoa with bean and smoked tofu

Stew Green lentils and cauliflower

## *Desserts*

Raw chocolate tart

Fruitcake with Vegan ice cream

## *Sides*

Mixed veg rice

Vegan Mac & Cheese

Green salad