

VEGETARIAN / VEGAN MENU

AT THE FLAMINGO'S TERRACE GRILLE

Available for LUNCH and DINNER

Mixed Green Salad..... 7.50
Romaine Salad..... 7.50
Spinach Salad..... 8.00

All Salads Served with Cucumbers, Tomatoes, & Carrots and Choice of Oil Free McDougall Peanut or Oriental Dressing, Served on the Side

McDougall Lasagna 17.00
Layered Pasta with Spinach and Tofu Ricotta, Baked with Soy Parmesan Cheese

Avocado, Lettuce & Tomato Club Sandwich 10.50
Toasted Multigrain Bread with Oil Free Nayoanise, Avocado, Lettuce, Tomato, Vegan Cheddar Cheese

Whole Wheat Pizza Margherita 10.50
Tomato Herb Sauce, Sliced Tomatoes, Vegan Mozzarella Cheese

Whole Grain Penne Pasta 10.50
Tomato Marinara Sauce, Mushrooms, Garlic, Fresh Basil, Topped with Soy Parmesan Cheese

McDougall Tofu Burger 10.50
Tofu, Oat & Spinach Burgers (2), Alvarado St. Wheat Bun, Tomato, Lettuce, Onion, Pickle, Oven Baked Steak Fries

Please allow 15-20 minutes preparation time for most selections.

Dairy Free Desserts

Fruit & Berry Plate 6.00
Local Seasonal Selection

McDougall Brownie 6.50
Rich Fat Free Chocolate Favorite

Rice Dream Vanilla Ice Cream 6.00