



## Vegan & Vegetarian DINNER Menu



### APPETIZERS

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#### RED QUINOA SALAD

warm red quinoa served with apple, cucumber, cherry tomato, fresh orange, crispy garden greens, refreshing mango basil salsa 12 VG / GF

#### HOMEMADE SPANAKOPITA

phyllo dough, filled with spinach and cottage cheese, fresh garden greens, balsamic vinaigrette, tomato-basil relish, curry aioli 10 V

#### PORTOBELLO RAVIOLI

Portobello mushroom ravioli with mixed greens parmesan cheese and balsamic vinaigrette 9 V

#### CUCUMBER CARPACCIO

cherry tomato, fresh spinach, Brussels sprout leaves on cucumber, raspberry vinaigrette, Parmesan and roasted pine-nuts 10 VG / GF and VG on request

#### VEGETABLE TEMPURA

assorted market vegetables in a crispy tempura batter served with a ginger soy dip 11 V / VG

#### TROPICAL TOMATO BRUSCHETTA

garlic bread, ripe tomatoes, red onions, basil and extra virgin olive oil topped with homemade mango salsa 9 V / VG

Hereby we present menu highlights of both Ike's Bistro as well as The Chophouse' Vegan and Vegetarian menu option.

Besides these menu items Manchebo Beach Resort & Spa offers several other options for all dietary restrictions and it is our pleasure to work with you to personalize your menu.

Please let your waiter know if you have any allergies and/or dietary restrictions.

Please be aware that our dishes are prepared in a kitchen where allergens are present throughout, therefore we cannot guarantee that any dishes or drinks will be free from trace ingredients.

### SALADS

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#### GRILLED ROMAINE LETTUCE

grilled romaine lettuce, cherry tomatoes, green asparagus, orange filets, shaved radish, sliced roasted almonds, refreshing raspberry dressing 10 V / VG / GF

#### MESCLUN SALAD

mixed greens with caramelized walnuts, cherry tomatoes, cucumber, red bell pepper, pickled red onions, shaved parmesan cheese and passion fruit coulis 10 V / GF (VG on request)

#### CAPRESE

Buffalo mozzarella with ripe tomatoes, in our own greenhouse grown basil, olive oil, garlic croutons and balsamic vinaigrette 10 V / GF on request

### SOUPS

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#### BUTTERNUT SQUASH BISQUE

smooth creamy soup made from fresh butternut squash, organic herb oil and almond milk 8 V / VG / GF

#### GREEN GAZPACHO

chilled cucumber & honeydew melon, basil, organic sea salt 8 VG / GF on request

#### WHITE TOMATO ESSENCE SOUP

made from concentrated essence of ripe and juicy plumb tomatoes served with bruschetta chips 10 V / GF on request

#### ROASTED POBLANO SOUP

roasted green poblano peppers blended into a mild creamy soup 8 VG / GF on request

#### ASIAN STYLE VEGETABLE BROTH

Locally grown mushrooms, vegetable julienne and Tofu cubes 9 V / VG / GF



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## MAIN COURSE

### QUINOA AND CRISPY SWEET POTATO

steamed red quinoa and sweet potato wedges pan-fried in garlic and olive oil, served with grilled Portobello mushrooms and roasted cashew nuts 22 **V / VG / GF**

### BUCKWHEAT VEGETABLE PASTA

gluten-free buckwheat pasta, sautéed spinach, grilled zucchini, asparagus, squash and other seasonal vegetables, finished with olive oil, garlic and special vegetarian seasoning 22 **VG / GF**

### TOFU STEAK

golden pan-fried tofu steak served with red quinoa and fresh green asparagus, grilled pineapple, roasted pine-nuts and cilantro vinaigrette 25 **V / VG / GF**

### GRILLED VEGETABLES

combination of seasonal vegetables such as zucchini, squash, bell peppers, asparagus, tomatoes, mushroom, green beans, carrots, onions, cauliflower and broccoli, bok choy and fresh herbs 22 **V / GF and VG** on request

### FRESH PUMPKIN RAVIOLI

al dente ravioli stuffed with a refreshing pumpkin cream, cherry tomato, roasted pumpkin seeds and a butternut squash sauce 20 **V**

### CAULIFLOWER STEAK

roasted cauliflower marinated with organic herbs and garlic olive oil, served with corn polenta fries, brussels sprout and truffle aioli 24 **V / VG / GF**

### TRUFFLE AND PORCINI RISOTTO

al dente Arborio rice with Truffle and Porcini mushroom baby arugula, honey dressing, grape tomatoes confit and caramelized nuts 25 **V / GF and VG** on request

### RAVIOLI TRIO

combination of our favorite homemade raviolis Cheese ravioli, Portobello ravioli and pumpkin ravioli served with Saffron infused creamy white wine sauce 24 **V**

### VEGETABLE LINGUINI

homemade linguini with roasted vegetables, tomato, white wine sauce, toasted almonds and Parmesan 24 **V**

## 3 - COURSE VEGETARIAN CHEF TASTING MENU

Menu Surprise 35  
Add \$30 for wine pairing

## SIDE DISHES

Sautéed baby spinach 5  
Grilled green asparagus 5  
Sautéed mushroom and onions 5

Mesclun and radish salad 5  
Seasonal market vegetables 5  
Balsamic vinegar glazed carrots 5

Cauliflower au gratin 5  
Roasted Brussels sprouts 5  
Sweet potato puree & cashew 5

**V - Vegetarian | VG - Vegan | GF - Gluten-free**

Please let your server know if you have any allergies and / or dietary restrictions.

Our prices are in US Dollars | 15% service charge will be added to your bill. This is shared amongst the staff on a point basis & becomes part of the server's monthly salary. Additional gratuities / tips are always appreciated for excellent service!