

# VEGETARIAN

## *Sandwiches & Wraps*

WHOLESOME COMFORT, CRAFTED WITH CARE

### MEDITERRANEAN VEGGIE WRAP (GF OPTION)

Grilled zucchini, roasted red peppers, olives, hummus, and arugula rolled in a gluten-free tortilla.

Calories: 420 | Protein: 13g | Fat: 17g

### CAPRESE PESTO SANDWICH

Fresh mozzarella, tomatoes, and basil pesto on toasted sourdough or gluten-free bread.

Calories: 480 | Protein: 18g | Fat: 20g

### ROASTED PUMPKIN & FETA WRAP (GF OPTION)

Warm roasted pumpkin, caramelized onion, and feta with lemon yogurt dressing — comfort in every bite.

Calories: 450 | Protein: 15g | Fat: 18g

### SPINACH & RICOTTA GRILLED SANDWICH

Creamy ricotta, baby spinach, and garlic butter pressed between toasted gluten-free bread slices.

Calories: 460 | Protein: 21g | Fat: 19g

### AVOCADO VEGGIE CLUB

Layers of avocado, tomato, lettuce, cucumber, and egg (optional) with light aioli on gluten-free bread.

Calories: 420 | Protein: 14g | Fat: 22g

MARA  
THE HOUSE OF CONSCIOUS LIVING



## **SPICED LENTIL & ROASTED VEGGIE WRAP (GF)**

Warm lentils, roasted eggplant, and tahini sauce in a soft gluten-free wrap — Middle Eastern flair.

Calories: 480 | Protein: 18g | Fat: 16g

## **GRILLED MARINATED TOFU & TOMATO CHUTNEY SANDWICH**

Pan-grilled Tofu with tomato chutney and baby greens.

Calories: 500 | Protein: 22g | Fat: 21g

## **MUSHROOM & SPINACH MELT (GF OPTION)**

Sautéed mushrooms, spinach, and vegan cheese layered in toasted bread with herb butter.

Calories: 470 | Protein: 19g | Fat: 20g

## **SWEET POTATO & CHICKPEA WRAP**

Mashed chickpeas, roasted sweet potato, tahini, and pickled onions in a warm gluten-free wrap.

Calories: 440 | Protein: 16g | Fat: 17g

## **EGGPLANT, ZUCCHINI & PESTO PANINI (GF OPTION)**

Grilled vegetables with basil pesto and melted cheese pressed to crispy perfection.

Calories: 460 | Protein: 18g | Fat: 19g