

# VEGETARIAN

## Salads

WHOLESOME. FRESH. CONSCIOUS

### MEDITERRANEAN GLOW SALAD

Cherry tomatoes, cucumbers, feta cheese, kalamata olives, red onion, and oregano with olive oil-lemon dressing. Calories: 360 | Protein: 11g | Fat: 23g

### SUPER GREEN ENERGY BOWL

Kale, spinach, edamame, avocado, quinoa, pumpkin seeds, and a tahini-lime dressing. Calories: 420 | Protein: 16g | Fat: 20g

### ROASTED PUMPKIN & CRUNCHY TEMPEH SALAD

Caramelized pumpkin cubes, crunchy tempeh, rocket leaves, walnuts, and honey-mustard vinaigrette. Calories: 450 | Protein: 18g | Fat: 22g

### WARM LENTIL & ROASTED VEGGIE SALAD

Brown lentils, roasted carrots, beetroot, cauliflower, and feta with lemon-garlic dressing. Calories: 410 | Protein: 20g | Fat: 15g

### ORGANIC COTTAGE CHEESE GARDEN SALAD

Organic cottage cheese, heirloom tomatoes, basil, olive oil, and balsamic glaze — Italian simplicity at its best. Calories: 330 | Protein: 13g | Fat: 19g

MARA

THE HOUSE OF CONSCIOUS LIVING



## **ASIAN SESAME CRUNCH SALAD**

Cabbage, carrot, edamame, tofu, and sesame dressing topped with toasted cashews. Calories: 400 | Protein: 17g | Fat: 14g

## **GREEK POWER BOWL**

Quinoa, cucumber, tomato, olives, chickpeas, feta, and mint-yogurt dressing. Calories: 440 | Protein: 19g | Fat: 18g

## **SWEET POTATO & SPINACH SALAD**

Oven-roasted sweet potato, baby spinach, goat cheese, pomegranate seeds, and maple-lime dressing. Calories: 430 | Protein: 14g | Fat: 16g

## **PROTEIN GARDEN SALAD**

Boiled eggs, avocado, green beans, cherry tomatoes, and a lemon-olive oil drizzle. Calories: 380 | Protein: 21g | Fat: 20g

## **BROCCOLI BLISS BOWL**

Steamed broccoli, peas, cottage cheese, roasted almonds, and creamy dill dressing. Calories: 410 | Protein: 22g | Fat: 17g