

# 2017 Ignight Fire Conference Menu

## Dinner Friday May 5th (7p-10p)

Organic Mixed Greens Salad with Tomato, Cucumber, Crushed Hazelnuts, Garbanzo Beans, Blueberries, Avocado, Bleu Cheese, & Red Wine Vinaigrette  
Baked Mac n Cheese & Sautéed Garlic Broccoli  
Grilled Tri-Tip with Red Wine Sauce OR Pan Seared Garlic Tofu  
Fresh Baked Garlic Bread

## Breakfast Saturday May 6th (8a-10a) Includes Coffee

Veggie Scramble OR Tofu Scramble with Deep Playa Potato, & Gypsy Fruit Salad  
Choice of Smoked Bacon, Sausage, or Veggie Sausage  
Belgian Waffles with Whipped Cream & Fresh Berries

## Lunch Saturday May 6th (1p-3p)

Thai Chopped Salad with Romaine, Cabbage, Shredded Carrots, Radish, Cucumber, Cantaloupe, Snap Peas, Bean Sprouts, Cilantro, Peanuts, & Ginger Lime Dressing  
Toasted Coconut Sesame Rice & Sautéed Long Beans with Spicy Tofu  
Thai BBQ Chicken

## Dinner Saturday May 6th (7p-10p)

Kale Salad with Cucumber, Tomato, Roasted Beets, Marinated Red Onion, Dried Cranberries, Toasted Pepitas, Feta Cheese, and Balsamic Honey-Citrus Dressing  
Vegan Quinoa Succotash with Peas, Corn, Carrots, Red Bell Pepper, Zucchini, & Mushrooms  
Maple Chili Glazed Salmon  
Vegetarian Chili with Cheddar Cheese, Chopped Onion, & Sour Cream

## Breakfast Saturday May 7th (8a-10a) Includes Coffee

Veggie Scramble OR Tofu Scramble with Deep Playa Potato, & Gypsy Fruit Salad  
Choice of Smoked Bacon, Sausage, or Veggie Sausage  
French Toast

## Lunch May 7th (1p-4p)

Tuscan Salad with Romaine, Arugula, Roasted Sweet Peppers, Tomato, Artichoke Hearts, Olives, Cucumber, Fresh Mozzarella, & Creamy Balsamic Dressing  
Roasted Baby Potatoes & Roasted Butternut Squash  
Grilled Lemon Herb Chicken OR Garlic Cumin Tofu