



Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect: 2020** All our bread are made in house

## 1 WEEK - 2 MONTH CYCLE MENU

### MONDAY

Breakfast: **Alert: Nut Allergies**

**4** Homemade banana & walnut pancakes over fried apples with **2oz** organic maple syrup, vegan butter, and **1** fresh banana & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch:

**6oz** Savory black-eyed peas stew over **4oz** steam quinoa and **6oz** sauteed Green Beans & **1** fresh apple

Nutrition Facts: **coming very soon**

Dinner: **Alert: Spicy**

**6oz** Indian-style Creamy Indian Korma over **3oz** basmati rice and **1** naan bread

Nutrition Facts: **coming very soon**

### TUESDAY

Breakfast:

**5oz** Creamy Grits over **3oz** sauteed fresh kale, onions, bell peppers, local farm mushrooms, garlic and **1** fresh orange & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch:

**5oz** Jamaican-style curry chickpeas & potatoes over **3oz** Jamaican Rice & Beans and **6oz** sauteed green cabbage and carrots and **1** fresh banana

Nutrition Facts: **coming very soon**

Dinner: **Alert: Gluten**

$\frac{1}{2}$  slice Italian-style fresh eggplant parmesan and **8oz** sauteed fresh kale

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065

**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**



Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect: 2020** All our bread are made in house

Nutrition Facts: **coming very soon**

## WEDNESDAY

Breakfast: **Alert: Nut Allergies**

**6oz** Oatmeal over **3oz** frozen blueberries, **2oz** almond nuts, **2oz** dried cranberries  
and **1** fresh banana & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch: **Alert: Soy Allergies & Gluten**

Soul Food-style smokey **5oz** lima beans over **3oz** steamed white rice, **3oz** candied yams, **6oz** braised  
collard greens, **4oz** cashew macaroni & cheese, and **1** slice of homemade cornbread

Nutrition Facts: **coming very soon**

Dinner:

**12oz** Irish style white beans and cabbage stew **2oz** steam brown rice  
and **4oz** roasted carrot, parsnip, radish, turnip

Nutrition Facts: **coming very soon**

## THURSDAY

Breakfast:

**2** homemade sweet potato scones and **1** vegan yogurt  
and **1** fresh banana & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch: **Alert: Gluten-Free**

**12oz** “Chinese-style” Lo Mein  
(fresh Chinese cabbage, bok choy, celery, broccoli, snow peas, carrot, red & sweet onions, green onions)  
and **4oz** sauteed Chinese Broccoli & **1** fresh Asian pear

Nutrition Facts: **coming very soon**

Dinner: **Alert: Gluten Allergies**

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065  
**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**



Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect:** 2020 All our bread are made in house

**26oz** savory butternut squash soup and **8oz** steamed green beans  
and **2** homemade fresh dinner rolls

Nutrition Facts: **coming very soon**

**FRIDAY**

Breakfast:

**12oz** Cream of Rice over **3oz** pan-fry fresh potato, onion, garlic, mustard greens  
and **1** fresh apple & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch: **Alert: Gluten Allergies**

**1** Grilled Cheese sandwich with homemade fresh sliced bread and **12oz**  
homemade tomato soup and **8oz** choice of milk

Nutrition Facts: **coming very soon**

Dinner: **Alert: Spicy**

**8oz** Haitian-style *Fredelyne's* spinach legume serve with **4oz** steam Haitian-style white rice  
and **3oz** fresh sweet plantains, **1oz** pikliz (very spicy)

Nutrition Facts: **coming very soon**

#### **SATURDAY & SUNDAY**

Choice from the ALT Menu and/or use the Wix app to order.

#### **2 WEEK - 2 MONTH CYCLE MENU**

**MONDAY**

Breakfast: **Alert: Soy Allergies**

**6oz** Creamy grits serve with **3oz** Spanish-style scrambled tofu  
and **4oz** home fries & **1** fresh orange & **8oz** choice of milk

Nutrition Facts: **coming very soon**

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065  
**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**



Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect: 2020** All our bread are made in house

Lunch:

**10oz** Spaghetti and “Gardein brand” ground meatless sauce & **6oz** steamed Green Beans  
and **8oz** choice of milk

Nutrition Facts: **coming very soon**

Dinner:

**4oz** Southern Black-Eyed Peas over **3oz** steam wild rice and **6oz** sauteed fresh mustard greens

Nutrition Facts: **coming very soon**

**TUESDAY**

Breakfast:

**8oz** Pan-Fry Potatoes with zucchini squash, green & red bell peppers, onions, garlic  
with **1** fresh gold sun kiwi and **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch:

**26oz** Chef's Kale & Quinoa Soup (fresh kale, red kidney beans, onions, carrots,  
celery, quinoa, homemade stock, etc.) and fresh **8oz** choice of milk

Nutrition Facts: **coming very soon**

Dinner:

**1** Stuffed Bell Pepper

**6oz** pinto, red kidney beans, brown rice, onions, celery, carrots, leeks, garlic, frozen corn, homemade red  
Italian sauce, etc.

and **8oz** steam Broccoli

Nutrition Facts: **coming very soon**

**WEDNESDAY**

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065

**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**



Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect: 2020** All our bread are made in house

Breakfast: **Alert: Nut: Almond**

French Toasted with Fresh Strawberries with **2oz** organic maple syrup, vegan butter

And **2oz** almond whipped cream

and **4oz** Fresh Fruit Salad and **8oz** choice of Milk

Nutrition Facts: **coming very soon**

Lunch:

**4oz** Spanish Style Rice and pigeon peas, **4oz** pan-fry sweet plantains, **4oz** Spanish seasoning Seitan, and **6oz** sauteed green beans

Nutrition Facts: **coming very soon**

Dinner: **Alert: Nut: Cashews**

**4oz** Country Style Braised Collard Greens, **3oz** Candy Yams, **4oz** creamy cashew macaroni & cheese, **4oz** BBQ seitan, and **4oz** Potato Salad & **1** slice stove-top cornbread

Nutrition Facts: **coming very soon**

**THURSDAY**

Breakfast:

**6oz** Grill-top smokey fresh kale, potatoes, tomatoes, **mushrooms**, and onions over **4oz** creamy cornmeal and fresh Apple & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch: **Alert: Soy Allergies**

½ “Gardein brand” breaded/battered chick’n breast sandwich w/ lettuce, sliced tomato, onions, and (**follow your heart brand**) vegenaïse mayo, and pickles and **8oz** butternut squash soup

Nutrition Facts: **coming very soon**

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065

**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**



Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect:** 2020 All our bread are made in house

Dinner: **Alert: Nut Allergies Cashew**

**6oz** Penne pasta & homemade alfredo cashew sauce and **6oz** sauteed fresh Kale

Nutrition Facts: **coming very soon**

## FRIDAY

Breakfast: **Alert: Nut/Seed - Pumpkin Seed**

**8oz** Hot Cereal Quinoa Orange with **2oz** Pumpkin Seeds & fresh Pomegranate, **1** fresh banana and **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch: **Alert: Soy Sauce**

**1 slice** Chickpea meatloaf w/ **2oz** homemade brown gravy, **3oz** mashed potatoes, and **6oz** sauteed Kale & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Dinner: **Alert: Spicy**

**4oz** Indian style Black-Eyed Pea Curry over **3oz** steamed brown basmati rice and **4oz** steam Broccoli

Nutrition Facts: **coming very soon**

## SATURDAY & SUNDAY

Choice from the ALT Menu and/or use the Wix app to order.

## 3 WEEK - 2 MONTH CYCLE MENU

## MONDAY

Breakfast: **Alert: Gluten**

**4** Homemade fresh collard greens pancakes over **4oz** fried apples with **2oz** organic maple syrup, vegan butter, and **1** fresh golden apples & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch:

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065  
**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**



Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect:** 2020 All our bread are made in house

**6oz** Southern navy beans stew with **3oz** sauteed zucchini squash & onions  
and **8oz** choice of milk

Nutrition Facts: **coming very soon**

Dinner: **Alert: Gluten-Free**

**6oz** spaghetti pasta over **6oz** sauteed fresh onions, yellow bell peppers, garlic, yellow squash,  
homemade red Italian sauce, and a garnish of fresh basil and **6oz** garden salad

Nutrition Facts: **coming very soon**

## TUESDAY

Breakfast:

**6oz** Southern creamy & buttered grits over **6oz** pan-fry fresh collard greens, onions, garlic,  
fried potato and **1** fresh tangerine & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch:

**4oz** Pan-fry savory black-eyed peas over **2oz** steamed brown rice, ½ roasted fresh kabocha squash,  
and **4oz** sauteed greens & onions

Nutrition Facts: **coming very soon**

Dinner: **Alert: Little Spicy**

**6oz** Roasted chickpeas and fresh green beans serve with **1** crispy roasted potatoes  
and **4oz** steam broccoli

Nutrition Facts: **coming very soon**

## WEDNESDAY

Breakfast: **Alert: Gluten Allergies**

**4** Homemade carrot-cake pancakes with **2oz** organic maple syrup and vegan butter  
and **1** fresh banana & **8oz** choice of milk

Nutrition Facts: **coming very soon**

## CLICK HERE

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065  
**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**





Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect: 2020** All our bread are made in house

Lunch: **Alert: Gluten Allergies**

**2oz/5** homemade chickpea meatless over **2oz** brown gravy over **6oz** mashed potato and **4oz** sauteed fresh kale

Nutrition Facts: **coming very soon**

Dinner:

**26oz** Homemade Chef Marcus's & fresh kale soup and **6oz** fresh green beans

Nutrition Facts: **coming very soon**

**THURSDAY**

Breakfast:

**1/6oz** Homemade chickpea & heart of palm crab-cake with **8oz** creamy grits and **1** fresh banana & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch:

**6oz** Greek/Vegan-style moussaka with **6oz** sauteed broccoli rabe and **1** fresh pear

Nutrition Facts: **coming very soon**

Dinner:

**12oz** Irish Style white beans and cabbage stew over **2oz** steam brown rice and **8oz** choice of milk

Nutrition Facts: **coming very soon**

**FRIDAY**

Breakfast: **Alert: Nut/Seed: Pumpkin Seeds**

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065

**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**





Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect: 2020** All our bread are made in house

**8oz** Brown sugar & cinnamon oatmeal with raw pumpkin seeds  
and **1** fresh pear and **8oz** choice of milk

Lunch:

**26oz** Colombian-style chickpea soup: **AJIACO** (chickpeas, onions, vegan homemade stock, frozen corn, fresh oregano, thyme, bay leaves, guasca, potatoes, Yukon gold potatoes, crosswise, fresh lime, hot sauce, capes) **1** fresh apple & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Dinner:

**½** fresh Eggplant Parmesan (*white American cheese and cheddar shredded cheese*) and  
**6oz** sauteed collard greens

### **SATURDAY & SUNDAY**

Choice from the ALT Menu and/or use the Wix app to order.

### **4 WEEK - 2 MONTH CYCLE MENU**

#### **MONDAY**

Breakfast:

**5oz** Creamy grits with **6oz** baby shiitake (local farm), fresh kale, diced fresh tomato, onions, garlic  
and **1** fresh banana & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch:

**6oz** Puerto Rican-style Chickpea stew with **4oz** Arroz con Gandules and **6oz** sauteed fresh Kale  
and **1** fresh banana & **8oz** choice of milk

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065

**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**



Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect: 2020** All our bread are made in house

Nutrition Facts: **coming very soon**

Dinner:

**6oz** Ratatouille Spaghetti and **6oz** sauteed Green Beans & Garlic

Nutrition Facts: **coming very soon**

**TUESDAY**

Breakfast

**6oz** Hot Cereal with Brown Sugar over **3oz** fresh Blueberry Sauce  
and **1** fresh banana & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch **Alert: Nuts-Coconut**

Thai- Style Vegetable Stir Fry (fresh shallots, garlic, ginger, carrots, onions, boy Choy, broccoli, green bell pepper, snow peas, fresh basil, coconut milk, baby shiitake mushrooms from the local farm over **3oz** steam Asian-style sticky rice

Nutrition Facts: **coming very soon**

Dinner

**Bean Chili with Homemade Stove-Top Cornbread with sautéed Kale** (blackeye peas, red kidney beans, black beans, onions, orange bell pepper, carrots, celery, garlic, leeks, diced tomatoes, tomato paste, homemade stock, chili powder, ground cumin, pink salt, black pepper, smoked paprika, fresh oregano, fresh bay leaves, fresh cilantro “garnish”, sherry vinegar, liquor smoke, and Follow Your Heart brand Shredded Vegan Yellow Cheese)

Nutrition Facts: **coming very soon**

**WEDNESDAY**

Breakfast: **Alert: Gluten & Pumpkin Seeds, Pecan**

**3oz- 1** Pumpkin spice french toast w/**1oz** maple syrup & pecan & pumpkin seeds syrup

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065  
**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**



Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt, homemade stock, Vegan Butter & Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

**(All you need to do is provide Hot Water or Hot Black Coffee)**

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect: 2020** All our bread are made in house  
and **1** fresh banana & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch:

**6oz** Italian style Penne and Vodka Sauce and **6oz** roasted green beans & carrots  
and **2** fresh homemade dinner roll and **1** fresh Orange

Nutrition Facts: **coming very soon**

Dinner:

**8oz** Homemade chickpea pot pie and **8oz** garden salad

Nutrition Facts: **coming very soon**

## THURSDAY

Breakfast:

**2oz- 2** Homemade fried grit cakes over **4oz** smokey fresh collard greens, kale, diced tomatoes, onions, ginger, raw julienning apples, and raw carrots and **1** fresh banana & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch: **Alert: Soy**

**29oz** Mixed Green Salad over Macaroni Salad (*brand Follow Your Heart Mayo “Soy”*), diced tomatoes, cucumbers, onions, yellow bell peppers, shredded carrots, seasoning with dried oregano, pumpkin seed oil, red wine vinegar, etc. and **8oz** choice of milk

Nutrition Facts: **coming very soon**

Dinner: **Alert: Wheat & Soy Mayo**

**3oz** Pulled BBQ Seitan on Hamburger **2oz** Bun and sauteed **5oz** Purple Lady Bok Choy,  
**4oz** Macaroni Salad, and Grilled Corn Cob and **8oz** choice of milk

Nutrition Facts: **coming very soon**

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065  
**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

**Menu may change on any day if we have any issues on our end**



Everything Chef Marcus cooks is either **organic** or comes from **local farms**. He cooks with **Himalayan Pink Salt**, **homemade stock**, **Vegan Butter** & **Avocado** or **Sunflower Oil** and **Fresh Bay Leaves**.

**Choice:** pc soy creamer & organic raw sugar or organic tea brand & fresh lemons

*(All you need to do is provide Hot Water or Hot Black Coffee)*

**Drink a lot of WATER 6 – 8 glasses (16oz) per day**

Weekly Dessert Special made by Chef Marcus **\$6 slice**

**Choice:** 8oz Soy, Almond, Chocolate Almond, **NEW** Coconut, and/or **NEW** Oat milk

**Goes in effect:** 2020 All our bread are made in house

**FRIDAY**

Breakfast: **Alert: Gluten**

**4oz** Spanish-style scrambled tofu, **4oz** creamy grits, **3oz** home fries  
and **1** homemade biscuit & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Lunch:

**26oz** Haitian-style Bouyon soup (bouillon is a Haitian soup. This name comes from the French verb bouillir, meaning to boil). Frozen spinach, onions, scallions, carrots, green & tiger bell peppers, yucca, yams, potatoes, Haitian seasoning, hot peppers, fresh thyme, parsley, and green onions, vegan butter, tomato paste, avocado oil and homemade vegan stock and **1** fresh Apple & **8oz** choice of milk

Nutrition Facts: **coming very soon**

Dinner: **Alert: Nut - Almond milk**

**8oz** Homemade Chickpea Pot Pie and Mixed Green Salad

Nutrition Facts: **coming very soon**

**SATURDAY & SUNDAY**

Choice from the ALT Menu and/or use the Wix app to order.

**CLICK HERE**

**Homemade \* Savory \* Comfort \* Organic \* Local Farms \* Clean Eating \* All-Natural \* NON-GMO \* eco-friendly**

**Food Distributors:** Ace Natural, Baldor Specialty Foods, Jamac Frozen Foods, Cream-O-Land, ecoQuality.INC, Amazon

**Poughkeepsie Location:** 442 Main Street Poughkeepsie, NY \* **Rahway Locations:** 169 W. Main Street Rahway, New Jersey 07065  
**city of Poughkeepsie, New York 12601 \* 1- (877) 2VEGANO \* [www.marcusefford.com](http://www.marcusefford.com)**

*Menu may change on any day if we have any issues on our end*