

VegetationPlanttFood

Made fresh in  
Lakeland by  
**Vegetation Plant  
Food**

**FALAFEL  
BOWL**

crunchy and fresh veggies,  
falafel and tofu feta,  
topped with house made vegan  
tzatziki sauce



vegan

chickpea  
onion  
garlic  
lemon zest  
cumin  
coriander  
cayenne  
baking powder  
cilantro  
parsley  
tofu  
miso  
apple cider vinegar  
nutritional yeast  
oregano  
garlic powder  
cashew  
soy yogurt  
garlic  
cucumber  
dill  
farro  
red onion  
cucumber  
cherry tomato  
olive  
parsley  
mint  
olive oil  
lemon juice  
rice vinegar  
dried thyme  
dijon mustard  
black pepper

**\*contains soy, nuts (cashew)**

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