



Faith in Food

Gluten free Sample Menu

100% plant-based, always



Mediterranean Pasta
Salad Jar



Bang Bang Tofu



Thai Noodle Salad



Black Bean Tostadas



Broccoli "Cheddar"
Soup



Tofu and Bean Filling
*can be used in multiple
dishes*

Replacements I Offer

collards - *wraps*

corn tortillas - *tacos*

protein pasta - *made
from beans/grains*

rice noodles - *stir frys*

homemade millet *burger buns*

sweet potato or
hashbrowns - *toasts*



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I will cook right in your kitchen