

A top-down view of a dark-colored bowl filled with a variety of ingredients. On the left, there are several strips of cooked salmon. In the center, there are chunks of bright yellow mango and a cluster of blackberries. To the right, there is a large portion of cooked lentils and quinoa. Sliced radishes are arranged along the bottom right edge. Fresh green leafy vegetables, including arugula and spinach, are at the bottom. A white creamy dressing is drizzled over the salmon and mango. A red and white logo is overlaid at the top center.

Lentils.™

Menu Ideabook

In this ideabook...

BOWLS

Mediterranean Bowl.....	3
Pesto Chicken Bowl.....	4
Cobb Salad Bowl.....	5
Southwest Steak Bowl.....	6
Harvest Bowl.....	7
Lentil BBQ Bacon Ranch Bowl.....	8
Green Goddess Bowl.....	9
Warm Asian Umami Bowl.....	10
Coconut Curry Bowl.....	11
Falafel Mezze Bowl.....	12
Halloumi & Roasted Veggie Bowl.....	13
Mango Salmon Bowl.....	14
Lentil, Beet & Steak Bowl.....	15
Al Pastor Power Bowl.....	16
Niçoise Salad Bowl.....	17
Winter Grain Bowl.....	18
Tandoor Chicken Power Bowl.....	19
Turkish Kofte Bowl.....	20
Warm Spiced Cauliflower Bowl.....	21

COLD SALADS

Mediterranean Lentil Salad.....	22
French-Style Lentil Salad.....	23
Lentil Tabbouleh.....	24
Lentil Taco Salad.....	25
Summer Berry Salad Bowl.....	26
Citrus & Lentil Winter Salad.....	27
Beet & Lentil Salad.....	28
Cowboy Caviar Salad.....	29
Marinated Rainbow Salad.....	30
Lentil & Corn Elote Salad.....	31
Elote Pasta Salad.....	32
Cypriot Lentil Salad.....	33
Broccoli Lentil Crunch Slaw.....	34
Lentil Piyaz (Marinated Turkish Salad).....	35
Couscous & Lentil Salad Bowl.....	36

SIDE DISHES

Mediterranean Lentil & Farro Pilaf.....	37
Wild Rice & Lentil Pilaf.....	38
Golden Lentil & Farro Pilaf.....	39
Herbaceous Brown Rice & Lentils.....	40
Lentils with Garlic, Romano & Herb Butter Sauce.....	41
Warm & Aromatic Lentils.....	42
Barley, Lentils, Leeks & Thyme.....	43
Bulgur & Lentil Grain Blend.....	44
Lentil Succotash.....	45
Lentil Kimchi Fried Rice.....	46



Mediterranean Bowl

A base of quinoa and lentils, topped with cucumbers, tomato, red onion, sliced almonds, romesco sauce, and 2 oz of grilled chicken.



Pesto Chicken Bowl

A base of tri-colored quinoa and lentils, topped with baby spinach, cherry tomatoes, Parmesan cheese, grilled chicken, and a dollop of pesto.



Cobb Salad Bowl

Romaine lettuce is topped with lentils, cherry tomatoes, avocado, bacon, hard boiled egg, shredded cheese, with a Blue cheese dressing.



Southwest Steak Bowl

A base of rice and lentils topped with 2 oz of grilled skirt steak, romaine, pico de gallo, avocado, charred corn, and tortilla strips.



Harvest Bowl

A base of red quinoa and lentils, topped with baby kale, roasted sweet potato, shaved Brussels sprouts, pumpkin seeds, Feta, grilled chicken, and a balsamic dressing.



Lentil BBQ Bacon Ranch Bowl

-A hearty bowl with a base of lentils and brown rice, topped with lettuce, tomatoes, sweet corn, cheddar cheese, crispy bacon, tortilla strips, sliced chicken, and drizzled with BBQ ranch.



Green Goddess Bowl

A base of lentils and wild rice is topped with butter leaf lettuce, asparagus, edamame, avocado, grilled chicken, and green goddess ranch dressing.



Warm Asian Umami Bowl

A base of brown rice and lentils topped with mushrooms, edamame, broccoli, carrots, and 2 oz of salmon.



Coconut Curry Bowl

A rice and lentil base topped with sliced chicken, shaved carrot and coconut, broccoli, roasted mushrooms, and warm curry sauce.



Falafel Mezze Bowl

A base of lentils and couscous is topped with greens, grilled zucchini and red bell peppers, pickled red onions, a dollop of hummus, and 3 lentil falafel, drizzled with Lemon Tahini dressing and served with warm pita wedges.



Halloumi & Roasted Veggie Power Bowl

A bed of lentils and quinoa with roasted shallots, broccoli, peppers, and summer squash with parsley, mint, and grilled halloumi, lemon, and a balsamic vinaigrette.



Mango Salmon Bowl

A base of lentils and wild rice is topped with shredded cabbage and carrots, cucumbers, soy-glazed salmon, pickled ginger, mango cubes, and toasted peanuts.



Lentil, Beet & Steak Bowl

A base of lentils and tri-color quinoa, topped with baby kale and spinach, radishes, blackberries, Goat's cheese, golden beets, grilled steak, and a lemon-dill aioli.



Al Pastor Power Bowl

A whole food plant-based blend of lentils, mushrooms, and walnuts simmered in al pastor sauce, crumbled over a base of brown rice with greens, pico de gallo, diced pineapple, tortilla strips, and topped with a drizzle of crema.



Niçoise Salad Bowl

A modern take on the classic fresh nicoise salad - lentils and pearl barley create a hearty base, topped with cubed potato, tomatoes, green beans, olives, lettuce, hard boiled egg, and a shallot vinaigrette.



Winter Lentil Power Bowl

A base of red quinoa and lentils, topped with baby kale, roasted sweet potato, shaved Brussels sprouts, pumpkin seeds, Feta, grilled chicken, and a balsamic dressing.



Tandoor Chicken Power Bowl

Tandoor marinated roasted chicken served on a base of lentils and rice, topped with spinach, cucumber, tomatoes, a dollop of raita, a naan wedge, queso fresco, and cilantro.



Turkish Kofte Bowl

A flavor-packed blended turkey, lentil, and herb kofte served on top of a bowl base of lentils and bulgur wheat, topped with lettuce, cucumber, red onion, cacik, and parsley.



Warm Spiced Cauliflower Bowl

A warm bowl with a base of quinoa and lentils tossed warm with currants, cumin, coriander, and cinnamon, topped with spiced, roasted cauliflower, sliced almonds, Italian parsley, and a drizzle of white balsamic vinaigrette.



Mediterranean Lentil Salad

Lentils, cucumbers, tomatoes, Feta, onion, olives, parsley, mint, sun-dried tomatoes, and artichokes in a lemon vinaigrette.



French-Style Lentil Salad

A lightly marinated salad of lentils, red onion, cherry tomatoes, cucumber, parsley, and chives in a simple mustard vinaigrette.



Lentil Tabbouleh

Lentils and bulgur with parsley, mint, tomatoes, cucumber, and green onions with a lemon vinaigrette.



Lentil Taco Salad

That same versatile lentil-mushroom-walnut whole food plant-based cumble is tossed with seasonings and served over top lettuce, tomatoes, shredded cheese, and diced avocado with a dollop of salsa and sour cream.



Summer Berry Salad Bowl

A base of lentils and farro with spinach, strawberries, blueberries, red onion, Goat's cheese, candied roasted pecans and lentils, with a raspberry vinaigrette.



Citrus & Lentil Winter Salad

Lentils are paired with arugula, fennel, clementine and orange segments, and a citrus vinaigrette.



Beet & Lentil Salad

Lentils with beets, arugula, and Goat's cheese, tossed with Dijon vinaigrette.



Cowboy Caviar Salad

Lentils, tomatoes, avocado, sweet corn, bell pepper, jalapeno, and cilantro with a lime vinaigrette.



Marinated Rainbow Salad

Lentils, tomatoes, carrots, bell peppers, cucumber, cauliflower, dill, and parsley with a red wine vinaigrette.



Lentil & Corn Elote Salad

Charred corn and lentils tossed with cotija cheese, scallions, cilantro, jalapeño, lime juice, mayo, and tajin.



Elote Pasta Salad

A trend-forward Mexican street corn twist on your classic pasta salad - lentils, poblano peppers, corn, mayonnaise, cotija cheese, scallions, cilantro, jalapeno, and lime juice are folded in with cooked pasta.



Cypriot Lentil Salad

A light salad inspired by Cyprus has Mediterranean flavors singing – bulgur, lentils, onion, cilantro, parsley, pine nuts, almonds, currants, cranberries, capers, lemon juice, and olive oil.



Broccoli Lentil Crunch Slaw

Lentils are tossed with broccoli, dried cranberries, walnut pieces, asiago cheese, and Thousand Island dressing.



Lentil Piyaz (Marinated Turkish Salad)

Lentils, tomatoes, parsley, and sumac with a white wine vinaigrette.



Couscous & Lentil Salad Bowl

Sweet and flavourful roasted red and yellow peppers are combined with fresh parsley, cilantro, and mint, and served on a bed of fluffy couscous and tender lentils, tossed with a warm and sweetly spiced aromatic vinaigrette, topped with slivered almonds and plump raisins.



Mediterranean Lentil & Farro Pilaf

Simply prepared in a hotel pan, this pilaf combines lentils and farro with garlic, onion, stock, roasted red peppers, lemon zest, and oregano with an optional crumble of Feta.





Wild Rice & Lentil Pilaf with Roasted Mushrooms & Leeks

Simply prepared in a hotel pan, this pilaf combines lentils, wild rice, roasted mushrooms, leeks, and herbs.





Golden Lentil & Farro Pilaf with Roasted Root Vegetables

Simply prepared in a hotel pan, this pilaf combines lentils, farro, root vegetables, turmeric, cumin, and smoked paprika.





Herbaceous Brown Rice & Lentils

Brown rice and lentils are cooked together with a herb dressing of onion, parsley, thyme, salt, and pepper folded throughout.



Lentils with Garlic, Romano & Herb Butter Sauce

This side dish doesn't skimp on flavor – lentils are sauteed with in a garlic-butter sauce with a hint of red pepper flakes, lemon, fresh herbs, and Romano cheese.



Warm & Aromatic Lentils

A warm side dish of lentils, with celery, carrots, garlic, thyme, and sundried tomatoes, simmered in stock.



Barley, Lentils, Leeks & Thyme

A simple base of lentils, pearly barley, leeks, and thyme.



Bulgur & Lentil Grain Blend

Lentils are folded with cooked bulgur, chopped pickles, sundried tomatoes, parsley, and basil.





Lentil Succotash

A beloved North American side dish the celebrates summer's bounty – crispy bacon is sauteed with lentils, onion, okra, garlic, corn, and tomatoes for a protein-packed veg-forward side.



Lentil Kimchi Fried Rice

Lentils and rice are wok-fried with onion, garlic, ginger, kimchi, carrots, peas, soy sauce, sesame oil, gochujang, and green onion, topped with a fried egg.

