



A Taste of

Wellness Forum Foods

Wellness Forum Foods [New Menu](#)

If you haven't looked at our menu for awhile, now is the time. We've changed the menu to make it easier to choose from a selection of some of your favorite dishes. We've also expanded our weekly specials to a monthly theme with more specials to choose from on any given day.

We've also put our AWL(Accelerated Weight Loss) Menu in with our regular menu so you only have to go one place to make your selections.

[Take a look](#) and give us a call or email us if you have any questions, and don't forget, we can still customize your order to suit your dietary needs and taste preferences

While you're at it, check out [Chef Del's Lunch Menu](#) for tasty and healthy meals available for delivery or pick up.

Specials For The Month of June 2008

MONDAY

Buddha's Jewels

Organic baked dumplings made with tofu, peanut butter, scallions, green bell peppers, water chestnuts, and mushrooms. Tossed with a sweet and sour sauce and served with organic brown rice and steamed vegetables. **(Gluten Free)**

\$9.75

Two or Three Servings--\$8.75 per serving

Four or More Servings--\$7.50 per serving

Spicy Black Bean Cakes

Organic black beans, red and green bell peppers, green onion, garlic, cumin and chile powder shaped and rolled in cornmeal then baked crispy. Served with a roasted red pepper sauce, brown basmati rice, and a mixed greens salad. **(Available Gluten Free)**

\$12.50

Two or Three Servings--\$11.25 per serving

Four or More Servings--\$9.25 per serving

TUESDAY

Seitan Picadillo

A full flavored dish with minced seitan, onion, garlic, tomatoes, green olives, raisins, and capers, served on a bed of fettuccine, with a mixed greens salad.

\$11.50

Two or Three Servings--\$10.35 per serving

Four or More Servings--\$8.75 per serving

Add \$1.50 per serving for gluten free pasta.

Hoppin' John

A Southern favorite with black-eyed peas seasoned with onion, celery, green pepper, garlic, and thyme. Served over brown rice, with corn and pepper succotash. **(Gluten Free)**

\$8.50

Two or Three Servings--\$7.50 per serving

Four or More Servings--\$6.75 per serving

WEDNESDAY

Spring Pasta Salad

Organic bowtie pasta tossed with a light balsamic vinaigrette, asparagus, fresh basil, scallions,

sugar snap peas, Nicoise Olives and toasted pine nuts. Served with a mixed greens salad with strawberry tarragon dressing.

\$8.95

Two or Three Servings--\$7.95 per serving

Four or More Servings--\$6.75 per serving

Linguine with Fresh Tomato Basil And Garlic

Served with a mixed greens salad.

\$7.95

Two or Three Servings--\$6.95 per serving

Four or More Servings--\$5.75 per serving

THURSDAY

Spicy Chickpea Cakes

Organic garbonzo beans, cooked then mashed with jalapeno peppers, cumin, garlic and onion, baked golden brown and served with a curried tomato coulis, brown rice and a vegetable medley.

\$9.75

Two or Three Servings--\$8.75 per serving

Four or More Servings--\$7.25 per serving

Ethiopian Lentil Stew

A rich and hearty stew made with organic red lentils and tomatoes with a spice blend called berbere. Served with organic brown rice, and Ethiopian Green Beans and Potatoes.

\$8.95

Two or Three Servings--\$7.95 per serving

Four or More Servings--\$6.75 per serving

FRIDAY

Dominican Rice And Beans

Traditionally, a Caribbean Chicken and Rice dish, made here with red kidney beans, stewed with organic brown rice, onion, green bell peppers, mushrooms, saffron, lime juice and rum. Served with a mixed greens salad.

\$10.25

Two or Three Servings--\$9.25 per serving

Four or More Servings--\$7.75 per serving

Tofu Tetrazzini

Organic tofu, baked to golden perfection then tossed with organic linguine, and a creamy mushroom and sherry sauce, baked casserole style topped with toasted almonds ----YUM!!!
Served with mixed greens salad.

\$10.25

Two or Three Servings--\$9.25 per serving

Four or More Servings--\$7.50 per serving

Desserts

Sour Cherry Cobbler

\$4.75

A note about ordering: Please make sure to send you order by email to sroufed@wellnessforum.com.

You will receive an email verification letting you know that we have received your order.

Wellness Forum Foods
510 E. Wilson Bridge Road, Suite F
Worthington, Ohio 43085
(614) 888-FOOD (3663)