




**Villa Espada - Cap Cana, Dominican Republic**
**Vegetarian Meal Plan Selection**
Full Day US$ 54 | Half Day US$ 44

**Name:**
**Villa:**
**Dates:**

**Allergies:**

**The Vegetarian Meal Plan includes a salad, starter, main dish, and side dish based on the menu of the day. Feel free to have a look at the menu items below and talk to the chef.**

Prices are per person, per day. Meal plans are only for groups of 6 persons or more, for 3 days or more.
Menu items may change due to local product availability. Meal plans include breakfast. Full day: Breakfast, lunch AND dinner. Half day: Breakfast, lunch OR dinner. Meat and seafood selections depend on the meal plan budget.
All villa guests must choose the same meal plan, except vegetarians. Special requests are subject to the meal plan budget and chef's approval. Outside visitors will be charged for the applicable meal plan during their visit.

## ~~~~~~~~~~~~~~~~~~~~~~ LUNCH MENU ~~~~~~~~~~~~~~~~~~~~~~

**Salads** - *Choose according to the menu of the group*

*Salads:*
Arugula salad
Avocado salad
Greek salad
Mixed green salad
Pasta salad
Quinoa salad

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
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*Your special request:*




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**Main Course** - *Choose according to the menu of the group*

| *Pasta & Rice:* | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| Moro (Dominican rice w/ pigeon peas) | | | | | | | |
| Pasta caprese (tomatoes, mozzarella, basil) | | | | | | | |
| Pasta pesto | | | | | | | |
| Pasta Pomodoro with fresh basil | | | | | | | |
| Pasta with alfredo/carbonara sauce, mushrooms) | | | | | | | |
| Rice & beans | | | | | | | |
| Rice to your taste | | | | | | | |
| Risotto w/ wine sauce | | | | | | | |
| Risotto with mixed mushrooms | | | | | | | |
| Risotto with tomato | | | | | | | |
| Veggie stir-fried rice with tofu/beans/chickpeas | | | | | | | |
| Stir-fry noodles with vegetables, tofu & soy sauce | | | | | | | |
| Vegetarian spaghetti Bolognese with lentils | | | | | | | |

*Your special request:*

| *Meat substitutes:* | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| Pita or wrap with falafel, lettuce, tomato, etc. | | | | | | | |
| Tofu dishes | | | | | | | |
| Veggie burgers | | | | | | | |

*Your special request:*




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| *Potato & vegetable dishes:* | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| Asparagus | | | | | | | |
| Baked potatoes | | | | | | | |
| Eggplant parmesan with pasta on the side | | | | | | | |
| Flatbread pizza with vegetables and mozarella | | | | | | | |
| Fried plantains (tostones) | | | | | | | |
| Grilled Portobello mushrooms | | | | | | | |
| Grilled vegetables skewers (peppers, eggplant, onions) | | | | | | | |
| Home fries | | | | | | | |
| Sautéed vegetables | | | | | | | |
| Stuffed peppers with tofu/beans, veggies, cheese | | | | | | | |
| Tacos with tofu/beans/chickpeas and vegetables | | | | | | | |

*Your special request:*

**Side Dishes** - *Choose according to the menu of the group*

| *Side dishes:* | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| Baked potatoes | | | | | | | |
| French fries | | | | | | | |
| Rice to your taste | | | | | | | |
| Sautéed vegetables | | | | | | | |

*Your special request:*

Thank you