



100% GOURMET - 100% VEGETARIAN OR PLANT BASED.
PLEASE SPECIFY PLANT BASED VERSION WHEN ORDERING

Specials

LOCAL WILD MUSHROOM BOUREKAS

SONOMA'S VELLA MEZZO SECO CHEESE, DOUBLE BROTH ORGANIC BÉCHAMEL, CRIMINI & PORCINI MUSHROOMS, TRUFFLE SALT, CARAMELIZED ONION, POACHED RED GARLIC, OLIVE OIL, SPINACH, CARROTS, ITALIAN PARSLEY,

"PRAWN & SAUSAGE FETTUCINI. 'SCAMPI' - GARLIC, MARINARA

SPRING IS GREEN RAVIOLI - BASIL AND SPINACH, BELLWETHER CARMODY,

OLIVE OIL POACHED GARLIC, CARAMELIZED ONION / BLUSH TOMATO SAUCE

SPRING IS GREEN CANNELLONI - FRESH BASIL, FRESH SPINACH,

RED BELL PEPPER, ARTICHOKE HEARTS, GALBANI RICOTTA, BELLWETHER CARMODY, FISCALINI FARMHOUSE CHEDDAR, CARAMELIZED ONION, OLIVE OIL, POACHED GARLIC, NAPOLITANA SAUCE, OREGANO

ORGANIC CAULIFLOWER & FISCALINI LIONZA FONDUE SOUP

CALIFORNIA CREAM, WHITE SOFRITO, VEGETABLE VELOUTÉ, WHITE WINE, CRACKED PEPPER, OLIVE OIL

Vegetarian Appetizers & Small Plates

VERY LOCAL MT EITAN CHEESE PLATE - SONOMA COUNTY'S GOURMET DAIRY CHEESES

LA BODEGA CHEESE PLATE - ALL CALIFORNIA, ALL YUMMY

MEZA PLATE - PITA, HUMMUS, RED PEPPER MATBUCHA,

CARAMELIZED EGGPLANT W/ POMEGRANATE MOLASSES & GARLIC, OLIVES, LA BODEGA LABNE (REDWOOD HILL FARM YOGURT - CERTIFIED HUMANE. (GLUTEN FREE OPTIONAL*):

ROASTED ROMAN ARTICHOKE HEARTS (6 PCS) RATATOUILLE, FISCALINI CHEESE-

PANKO, BUTTER, HERB SUN-DRIED TOMATO MARINARA (VEGAN OPTIONAL, GLUTEN FREE OPTIONAL)

LOCAL CARAMELIZED ORGANIC PEAR TARTLETS - (3 PCS)

PT. REYES BLUE CHEESE, PEAR BRANDY COMPOTE, CALI PORT REDUCTION, PUFF PASTRY.

SAFFRON & ROSE PETAL ARANCINI (3 PCS) - CARNAROLI RICE

FRESH MILK MOZZARELLA, CLOVER BUTTER, LA BODEGA MARINARA, JUDY'S EGGS, SHALLOTS, GARLIC, FRENCH GREY SALT, GF PANKO (GLUTEN FREE)

YUKON GOLD ROASTED POTATOES WITH HERBS & GARLIC

CREAMER POTATOES, OLIVE OIL, HOUSE HARISSA KETCHUP, GARLIC & HERBS, MEXICAN CREMA, CHIVES (GLUTEN FREE)

Plant Based Appetizers & Small Plates

MEZA PLATE - AS ABOVE WITH LA BODEGA'S LABNE (PB VERSION)

CONTAINS FORAGER YOGURT - CASHEW BASED

ROASTED ROMAN ARTICHOKE HEARTS (6 PCS) RATATOUILLE, VIOLIFE PARMESAN

PANKO, BUTTER, HERB SUN-DRIED TOMATO MARINARA (PB VERSION, GLUTEN FREE OPTIONAL)

"PRAWN & SAUSAGE FETTUCINI 'SCAMPI' - GARLIC, SHALLOTS, MARINARA

SPRING TIME BOUREKAS CAULIFLOWER, PEAS, SPINACH, CARROTS, BASIL

OLIVE OIL, POACHED GARLIC, MIYOKOS AND VIOLIFE MOZZARELLA, PUFF PASTRY TURNOVER

LOCAL: CARAMELIZED ORGANIC PEAR TARTLETS - (3 PCS)

LA BODEGA "BLUE CHEESE", PEAR COMPOTE, REDUCTION, PUFF PASTRY (CONTAINS CASHEWS)
THANK YOU TO MARIA & JOHN THOMAS FOR THE WONDERFUL ORGANIC PEARS! (PB VERSION)

SAFFRON & ROSE PETAL ARANCINI (3 PCS) - CARNAROLI RICE

MIYOKO'S MOZZARELLA, FORAGER PARMESAN, MIYOKO'S BUTTER, LA BODEGA MARINARA, BOB'S RED MILL EGG REPLACER, GF PANKO, SHALLOTS, GARLIC, FRENCH GREY SALT, ROSE PETALS (PB VERSION -CONTAINS CASHEW, GLUTEN FREE)

SOURDOUGH BAGUETTES

Soups - 13. Quarts to go 19.

"12 VEGETABLE" MINISTRONE AU PISTOU TOMATO PORCINI BRODO

CANNELLINI AND PERUANO BEANS, BASIL, DOUBLE VEGETABLE BROTH, OLIVE OIL

FRENCH LENTIL - GREEN PUY LENTILS, PORCINI MUSHROOMS, FILLETO TOMATOES,

SPICES: GREEN AND BLACK CARDAMOM, SZECHUAN PEPPERCORNS, STAR ANISE, CINNAMON, FENUGREEK, HOUSE RAZ EL HANOUT BLEND (CUMIN, CINNAMON, CORIANDER, GINGER, ONION, GARLIC, NUTMEG, MACE, TURMERIC, BLACK PEPPER, WHITE PEPPER, ALLSPICE), THYME, BAY; SOFRITO TOMATOES, HOUSE STOCK, CLOVER BUTTER, TOPPED WITH ZHUG & MEXICAN CREMA (GLUTEN FREE)

FRENCH LENTIL - FORAGER SOUR "CREAM" (PLANT BASED - CONTAINS CASHEWS)

Fresh Plant Based Salads

HOUSE GREEN SALAD - MIXED ARTISAN, SPRING MIX, LITTLE GEMS,

CARROTS, TARRAGON, DIJON MUSTARD, SONOMA CHAMPAGNE VINAIGRETTE (GLUTEN FREE).

(WITH HONEY) LOCAL FUJI APPLE & BELGIAN ENDIVE SALAD

BLUE CHEESE, CARAMELIZED HONEY WALNUTS, WALNUT OIL & HONEY MUSTARD VINAIGRETTE (PB VERSION, GLUTEN FREE).

BEET SALAD - MIYOKOS MOZZARELLA, ORGANIC SPRING MIX,

TARRAGON VINAIGRETTE SHALLOTS, SONOMA VINEGAR WORKS (PB VERSION, GLUTEN FREE, CONTAINS CASHEWS).

Fresh Vegetarian Salads. 13.

LOCAL: FUJI APPLE & BELGIAN ENDIVE SALAD

PT. REYES BLUE, CARAMELIZED HONEY WALNUTS, WALNUT OIL & HONEY MUSTARD VINAIGRETTE (GLUTEN FREE).

LOCAL: BEET SALAD - LA BODEGA'S HERBAL CHEVRE

ORGANIC SPRING MIX, TARRAGON VINAIGRETTE SONOMA VINEGAR WORKS (GLUTEN FREE).

CESAR SALAD - ROMAINE LETTUCE, DRY JACK CHEESE, CROSTINI

OREGANO, GARLIC, LEMON, CODDLED EGG, BLACK PEPPER, SEAWEED, VEGAN WORCESTER SAUCE (GLUTEN FREE OPTIONAL).



La Bodega Plant Based Specialities

- LOCAL: FRESH SHIITAKE MUSHROOM BOURGUIGNON** **26.**
 CRIMINI, TRUMPET ROYAL, DRIED PORCINI, SONOMA CO RED WINE, ROOT VEGETABLE DEMI GLACE, GLAZED CARROTS, PEAS, CARAMELIZED PEARL ONIONS, CREAMER YUKON GOLD POTATOES, (GREEN BEANS?
- LOCAL: LA BODEGA KEBABS "MUSHROOM, LAMB & BEEF BLEND"** **24.**
 WILD PORCINI & SHIITAKE MUSHROOMS, BLACK SHEEP "LAMB", IMPOSSIBLE "BEEF", GREEN CARDAMOM, ROASTED GARLIC, CARAMELIZED ONION, RAS EL HANOUT SPICE BLEND (12 SPICES), SONOMA VINEGAR WORKS FIG BALSAMIC GLAZE, CHIMICHURRI, GREEN LENTILS, BASMATI RICE MAJADRA, LA BODEGA VEGETABLE STOCK (PLANT BASED, CONTAINS SOY, GLUTEN FREE).
- MIDDLE EASTERN STUFFED CABBAGE** **22.**
 CARAMELIZED EGGPLANT
 ONION & ROOT VEGETABLE SOFRITO, PRESERVED ORGANIC LEMON, BAHARAT TOMATO BROTH, BEYOND "BEEF", CRIMINI AND SHIITAKE MUSHROOMS, BASMATI RICE, POMEGRANATE MOLASSES, RAS EL HANOUT & BHARAT EXOTIC SPICES (GLUTEN FREE).
- SHEPHERDS PIE: ROOT VEGETABLE STEW** **24.**
 CARROTS, PARSNIPS, CELERY ROOT, CELERY STALKS, RUTABAGAS, TURNIPS, GREEN BEANS, PEAS, LEEKS, ONION, GARLIC, BUTTON MUSHROOMS, SHIITAKE MUSHROOMS, TOMATOES, BEYOND BEEF CRUMBLES, RED WINE, VEGETABLE GF DEMI-GLACE, MASHED YUKON GOLD POTATOES, VIOLIFE PB BUTTER (GLUTEN FREE), VIOLIFE PB CREAM

Vegetarian Specialities & Lasagna

- SHEPHERDS PIE: ROOT VEGETABLE STEW** **24.**
 SAME AS ABOVE, WITH LOCAL CLOVER BUTTER (GLUTEN FREE).
- WILD MOREL MUSHROOM & ARTICHOKE HEART RAVIOLI, (9 PIECES)** **29.**
 WILD MUSHROOM CREAM SAUCE, ALBA WHITE TRUFFLE SALT, CARMODY, LIONZA, VELLA CHEESES.
- LASAGNA "BOLOGNESE"** **24.**
 BEYOND MEAT SPICY ITALIAN SAUSAGE, IMPOSSIBLE BEEF, PORCINI & CRIMINI MUSHROOM RAGU, SOFRITO, GARDEN HERBS, ORGANIC STRAUSS MILK, GROUND FENNEL, NUTMEG, TOMATO, RICOTTA, VELLA JACK & BELLWETHER FARMS CARMODY, HOUSE MARINARA, ONION, GARLIC (CONTAINS SOY).
- ORGANIC BAKED RIGATONI PASTA, PARMA ROSA SAUCE** **21.**
 CHEESY ALFREDO VELOUTÉ, FRESH BASIL, GARLIC, VODKA, OLIVE OIL.

Plate of Pasta Your Way

**PASTA AND: WILD MUSHROOM \$25. PESTO / PISTOU \$22 MARINARA \$17.
 WE CAN HELP YOU - JUST ASK!**

TYPE	PASTA	PASTA CHOICE	SAUCE CHOICE	QTY
VEGETARIAN	LA BODEGA -	CHOICE OF FETTUCCHINI, RIGATONI	<u>MUSHROOM</u> : WILD MOREL MUSHROOMS, PORCINI & CRIMINI MUSHROOMS, HEAVY CREAM, FRENCH THYME.	
	ORGANIC PASTA,		PESTO - CLASSIC BASIL, CHEESE, GARLIC AND OLIVE OIL.	
	ORGANIC EGG		<u>MARINARA</u> (CALI TOMATOES, GARLIC, ONION, HERBS), GRATED LOCAL CHEESE (FROM OUR FRIENDS AT VELLA, OR FISCALINI).	
DAIRY FREE	LA BODEGA -	SAME AS VEGETARIAN CHOICE	<u>PB MUSHROOM</u> : WILD MOREL MUSHROOM, PORCINI & CRIMINI, MIYOKOS BUTTER, FLORA CREAM, THYME (CONTAINS CASHEWS & FABA BEANS)	
	ORGANIC PASTA,		<u>PB PISTOU</u> - FRENCH PESTO OF BASIL, GARLIC, OLIVE OIL	
	ORGANIC EGG		<u>PB MARINARA</u> <u>MARINARA</u> (CALI TOMATOES, GARLIC, ONION, HERBS), FORAGER VEGAN PARMESAN (CONTAINS CASHEWS)	
PLANT BASE	<u>ORGANIC PB PASTA</u>	<u>CHOICE OF SPAGHETTI PENNE GEMELLI (TWINS) ASARECCE (SICILIAN)</u>	SAME AS "DAIRY FREE" SAUCE CHOICE.	
GLUTEN FREE	<u>GLUTEN FREE PASTA NON-GMO</u>	<u>FUSILLI SPAGHETTI</u>	ALL SAUCES (ALL GLUTEN FREE)	
GRAIN FREE	<u>GRAIN FREE PASTA NON-GMO</u>	<u>PENNE</u>	ALL SAUCES (ALL GRAIN FREE)	



Desserts is Stressed Spelled Backwards
Plant Based Desserts

_____	TCHO & PACARI CHOCOLATE MOUSSE (GF)	9.
_____	VERY LOCAL - HUNTER'S QUINCE COMPOTE TART - JOHN & MARIA'S BLACK APPLE ORGANIC SUGAR, BRANDIED VIOLIFE & MIYOKO'S BUTTER, PUFF PASTRY (CONTAINS CASHEWS)	9.
	LA BODEGA 'ICE CREAM' ALA MODE	5.
_____	ORGANIC CHERRY CLAFOUTIS (GF, ALMONDS & SOY) (25 MINUTES)	14.
_____	TCHO & PACARI CHOCOLATE GANACHE NUT TORTE ALMONDS, PECANS, CASHEWS (CORN)	9.
_____	POMEGRANATE & ROSE WATER MALABI VIOLIFE CREAM, ORGANIC SUGAR.. COCONUT, PISTACHIO & ALMOND TOPPING (GF, CORN) (MAPLE SYRUP OPTION)	9.

Vegetarian Desserts

_____	VERY LOCAL - HUNTER'S QUINCE COMPOTE TART (AS ABOVE) SCREAMING MIMI'S VANILLA BEAN ICE CREAM ALA MODE	9. 5.
_____	* LA BODEGA TIRAMISÙ VALRONA CHOCOLATE, AMARETTO, KAHLUA ESPRESSO, VANILLA, MASCARPONE, ITALIAN LADY FINGERS	13.
_____	* CARDAMON ALMOND COOKIES (GF)	8.
_____	* ALFAJORES - PERUVIAN WEDDING COOKIES (CORN)	9.
_____	* MOCHA POT DE CRÈME (GF)- VALRONA CHOCOLATE, KAHLUA, DULCE DE LECHE, VANILLA CREAM	12.
_____	* GUITTARD CHOCOLATE CHIP COOKIES	6.
_____	* ORGANIC OATMEAL & RAISIN COOKIES	6.
_____	* HONEY DATE & CHOCOLATE CUPCAKE GLUTEN FREE	6.
_____	* HONEY DATE CAKE (GREAT FOR BREAKFAST WITH COFFEE)	12.
_____	* MEYER LEMON & GINGER TARTLETS W RASPBERRY SAUCE	8.
_____	* ALMOND CANDIED MEYER LEMON CAKELETS (GF)	8.

THANK YOU STEPHEN HAUPTMAN FOR BEING ONE OF OUR MEYER LEMON FRIENDS.

"Tea & Coffee Service".

_____	* ECO DELIGHT COFFEE -	POUR OVER	3. / 5.
_____	* ECO DELIGHT STRONG COFFEE	POUR OVER	3. / 5.
_____	* ECO DELIGHT DECAF COFFEE -	POUR OVER	3. / 5.
_____	* ECO DELIGHT STRONG DECAF COFFEE -	POUR OVER	3. / 5.
_____	* SELECTION OF TEA	POT	5.

LA BODEGA PROUDLY SOURCES FROM

LOCAL PROVIDERS, VENDORS, & SMALL BUSINESSES:

FISCALINI CHEESE	STRAUSS MILK*
REDWOOD HILL FARMS	COWGIRL CREAMERY*
CLOVER BUTTER	BELLWETHER
CYPRESS GROVE	VELLA CHEESE
KEITH GIUSTO'S FLOUR*	JUDY'S EGGS*
GREENSTRING FARMS*	TREE FROG FARM*
BLACK SHEEP	HODO YUBA*
MIYOKOS	MT EITAN CHEESE
WHOLE SPICE	MYSTIC RIVER TEAS*
ECO DELIGHT COFFEE	PACARI CHOCOLATE*
GHIRARDELLI CHOCOLATE	GUITTARD CHOCOLATE
TCHO CHOCOLATE	AFRICAN SPICES

*ORGANIC 100% VEGETARIAN OR 100% PLANT BASED

**SPECIAL THANKS TO OUR MEMBERS FOR BRINGING
THEIR LOCAL ORGANIC FRUIT & VEGETABLES
INGREDIENTS SUBJECT TO CHANGE WITHOUT NOTICE.**

FOOD ALLERGIES: PLEASE BE AWARE THAT OUR FOOD MAY CONTAIN OR COME INTO CONTACT WITH ALLERGENS, SOME COMMON, SOME RARE. THESE CAN BE DAIRY, EGGS, SOY, WHEAT, SOYBEANS, CASHEWS, TREE NUTS, PINE NUTS, FABA BEANS, CORN, CORN STARCH, NIGHTSHADES, GARLIC, TOMATOES, CHILIS, PEPPERS, CERTAIN SPICES.

CROSS-CONTAMINATION; WHILE WE TAKE STEPS TO MINIMIZE RISK AND SAFELY HANDLE THE FOODS THAT CONTAIN POTENTIAL ALLERGENS, PLEASE BE ADVISED THAT CROSS CONTAMINATION MAY OCCUR. ALSO, FACTORS BEYOND OUR REASONABLE CONTROL MAY ALTER THE FORMULATIONS OF THE FOOD WE SERVE, OR MANUFACTURERS MAY CHANGE THEIR FORMULATIONS WITHOUT OUR KNOWLEDGE.

PREORDERING: WE TRY TO REDUCE FOOD WASTE BY ASKING FOR DINERS TO PLEASE PRE-ORDER THEIR MEALS. ANYTIME PRIOR TO YOUR RESERVATION HELPS OUR KITCHEN PLAN PRODUCTION. IT IS OK TO MAKE LAST MINUTE RESERVATIONS. WE ALSO ARE HAPPY FOR WALK-IN DINERS - IT CAN TAKE LONGER TO BE SERVED.

CORKAGE: \$25 PER BOTTLE. WINE CLUB MEMBERS CAN BRING 1 BOTTLE PER RESERVATION. NO CORKAGE CHARGE FOR WINE BOUGHT FROM SONOMA WINE SHOP.