

# **FORKS OVER KNIVES**

## *Wellness Dinner*

### *Menu*

**TUESDAY, FEBRUARY 21, 2012**

**5:30-9:00PM EVERGREEN ROOM**

- *Avocado, tomato, quinoa and lentil salad*
- *Baked eggplant, spinach and sundried tomato tofu*
  - *Braised kale with curried cauliflower*
- *Baked sweet potato, butternut squash and plaintains in coconut milk*
  - *Vegetable and brown rice jambalaya*
- *Chocolate "cheese" cake with vanilla Chardonnay sorbet*

**Tickets: \$20**

**Doors open at 5:30pm (cash bar)**

**Plant-based dinner 6-7pm**

**Movie & post-film Q&A conference call with Dr. Pamela Popper at 7pm**

**For reservations, call The Spa at Chetola Resort at 828.295.5531  
or email [spa@chetola.com](mailto:spa@chetola.com)**