



La Bodega Gourmet Menu
May 2024

Chef Rick Vargas

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

Specials

LOCAL WILD MUSHROOM BOUREKAS	19.
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,	
SPRING IS GREEN RAVIOLI - BASIL AND SPINACH, BELLWETHER CARMODY,	24.
OLIVE OIL POACHED GARLIC, CARAMELIZED ONION / BLUSH TOMATO SAUCE	
ORGANIC CAULIFLOWER & FISCALINI LIONZA FONDUE SOUP	15.
CALIFORNIA CREAM, WHITE SOFRITO, VEGETABLE VELOUTÉ, WHITE WINE, CRACKED PEPPER, OLIVE OIL	
<i>Vegetarian Appetizers & Small Plates</i>	
VERY LOCAL MT EITAN CHEESE PLATE - SONOMA COUNTY'S GOURMET DAIRY CHEESES	21.
LA BODEGA CHEESE PLATE - ALL CALIFORNIA, ALL YUMMY	21.
MEZA PLATE - PITA W ZATAR SPICE BLEND, HUMMUS, RED PEPPER MATBUCHA W HARISA,	24.
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-	23.
PANKO, BUTTER, HERB SUN-DRIED TOMATO MARINARA (PLANT BASED OPTIONAL, GLUTEN FREE OPTIONAL)	
LOCAL CARAMELIZED ORGANIC PEAR TARTLETS - (2 PCS)	13.
PT. REYES BLUE CHEESE, PEAR BRANDY COMPOTE, CALI PORT REDUCTION, PUFF PASTRY.	
SAFFRON & ROSE PETAL ARANCINI (3 PCS) - CARNAROLI RICE	21.
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	11.
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)	24.
CONTAINS FORAGER YOGURT - CASHEW BASED	
ROASTED ROMAN ARTICHOKE HEARTS (6 PCS) RATATOUILLE,-VIO LIFE PARMESAN	23.
PANKO, BUTTER, HERB SUN-DRIED TOMATO MARINARA (PB VERSION, GLUTEN FREE OPTIONAL)	
SPRING TIME BOUREKAS CAULIFLOWER, PEAS, SPINACH, CARROTS, BASIL	19.
OLIVE OIL, POACHED GARLIC, MIYOKOS AND VIO LIFE MOZZARELLA, PUFF PASTRY TURNOVER	
LOCAL: CARAMELIZED ORGANIC PEAR TARTLETS - (2 PCS)	13.
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	21.
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	5.

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,	9.
CARROTS, TARRAGON, DIJON MUSTARD, SONOMA CHAMPAGNE VINAIGRETTE (GLUTEN FREE).	
(WITH HONEY) LOCAL FUJI APPLE & BELGIAN ENDIVE SALAD	13.
BLUE CHEESE, CARAMELIZED HONEY WALNUTS, WALNUT OIL & HONEY MUSTARD VINAIGRETTE (PB VERSION, GLUTEN FREE).	
BEET SALAD - MIYOKOS MOZZARELLA, ORGANIC SPRING MIX,	13.
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

- 🌱 ‘SCAMPI’ “PRAWN & SPICY SAUSAGE FETTUCINI - GARLIC, SHALLOTS, MARINARA

24.
- 🌱 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 🌱 CARAMELIZED EGGPLANT

22.

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.

VEGETARIAN, SAME AS ABOVE, WITH LOCAL CLOVER BUTTER (GLUTEN FREE).
- RED WHITE & GREEN LASAGNA - ORGANIC CAULIFLOWER, BASIL, BÉCHAMEL,

25.

LA BODEGA MARINARA, SWISS CHARD, BELLWETHER CARMODY, VELLA MEZZO SECO, ORGANIC EGG, ORGANIC FLOUR, STRAUS ORGANIC MILK, CLOVER BUTTER
- RED WHITE & GREEN LASAGNA - EXTRA LARGE

32.
- 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.

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



Desserts is Stressed Spelled Backwards
Plant Based Desserts

VERY LOCAL - HUNTER'S QUINCE COMPOTE TART - JOHN & MARIA'S BLACK APPLE	9.
ORGANIC SUGAR, BRANDIED VIOLIFE & MIYOKO'S BUTTER, PUFF PASTRY (CONTAINS CASHEWS)	
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	9.
VIOLIFE CREAM, ORGANIC SUGAR.. COCONUT, PISTACHIO & ALMOND TOPPING (GF, CORN) (MAPLE SYRUP OPTION)	

Vegetarian Desserts

VERY LOCAL - HUNTER'S QUINCE COMPOTE TART - MIMI'S ALA MODE	14.
AS ABOVE WITH SCREAMING MIMI'S VANILLA BEAN ICE CREAM ALA MODE	
* LA BODEGA TIRAMISÙ VALRONA CHOCOLATE, AMARETTO, KAHLUA	16.
ESPRESSO, VANILLA, MASCARPONE, ITALIAN LADY FINGERS	
* 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, SESAME, NUTS, 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.