



La Bodega Menu
March 2024

Chef Rick Vargas

100% GOURMET - 100% VEGETARIAN OR PLANT BASED .

PLEASE SPECIFY PLANT BASED VERSION WHEN ORDERING

Specials

ORGANIC CAULIFLOWER & FISCALINI LIONZA FONDUE SOUP

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

15.

Vegetarian Appetizers & Small Plates

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, HUMMUS, RED PEPPER MATBUCHA,

24.

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

EXTRA PITA 2.50.

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

23.

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

LOCAL CARAMELIZED ORGANIC PEAR TARTLETS - (3 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

EXTRA PITA

2.50.

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

23.

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

LOCAL: CARAMELIZED ORGANIC PEAR TARTLETS - (3 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.

TOMATO SOUP CLASSIC TOMATO AND HERB.

UKRAINIAN BORSCH VERY POPULAR BEET SOUP, SERVED WITH PLAIN AND HORSERADISH SOUR CREAM.

UKRAINIAN BORCH - SERVED WITH FORAGER SOUR 'CREAM' (PLANT BASED - CONTAINS CASHEWS)

"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, 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.

LOCAL: FUJI APPLE & BELGIAN ENDIVE SALAD

13.

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

LOCAL: BEET SALAD - LA BODEGA'S HERBAL CHEVRE

13.

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

CESAR SALAD - ROMAINE LETTUCE, DRY JACK CHEESE, CROSTINI

13.

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



La Bodega Plant Based Specialities

- LOCAL: SHIITAKE MUSHROOM BOURGUIGNON** MR KIMS FRESH SHIITAKE,
SHIITAKE, GRIMINI, CHOCOLATE, DEMI-GLAZE, POTATOES, GREEN BEANS, PEARL ONIONS, PEAS, CARROTS (GF)

26.
- LOCAL: LA BODEGA KEBABS “MUSHROOM, LAMB & BEEF BLEND”**
WILD PORCINI & SHIITAKE MUSHROOMS, BLACK SHEEP “LAMB”, IMPOSSIBLE “BEEF”, GREEN CARDAMOM, ROASTED GARLIC, CAMELIZED 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).

24.
- BAKED GREEK PASTA PASTITSIO** BÉCHAMEL ALMOND MILK ROUX, DAIYA CHEESE,
GF PENNE PASTA, MUSHROOMS, SOFRITO, MIYOKO MOZZARELLA, IMPOSSIBLE BEEF, BEYOND SAUSAGE LINKS, PORCINI, SONOMA RED WINE, HERBS, TOMATO (**GLUTEN FREE**, DAIRY FREE, COCONUT, SOY, CHICKPEA, CASHEWS)

24.
- MIDDLE EASTERN STUFFED CABBAGE** 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).

22.

Vegetarian Specialities & Lasagna

- SHEPHERDS PIE:** SHIITAKE & CRIMINI MUSHROOMS, BEYOND BEEF
FRENCH GREEN BEANS, PEAS, CARROTS, CARAMELIZED EGGPLANT, EIGHT BALL SQUASH, SOFRITO, VEGETABLE DEMI-GLAZE, VEGAN ROUX, MASHED YUKON GOLD POTATOES, CLOVER BUTTER (GLUTEN FREE, PLANT BASED OPTIONAL).

24.
- WILD MOREL MUSHROOM & ARTICHOKE HEART RAVIOLI, (9 PIECES)**
WILD MUSHROOM CREAM SAUCE, ALBA WHITE TRUFFLE SALT, CARMODY, LIONZA, VELLA CHEESES.

29.
- SPINACH RAVIOLI AL PESTO**
BASIL, GARLIC, OLIVE OIL, CARAMELIZED-ONION, GALBANI RICOTTA, BELLWETHER CARMODY, CLOVER SWEET BUTTER, PRESERVED ‘MEYER’ LEMON

24.
- RED, WHITE & GREEN LASAGNA** ORGANIC GREEN CHARD,
ORGANIC CAULIFLOWER, BASIL PESTO, BÉCHAMEL, BELLWETHER CARMODY, VELLA MEZZO SECO & JACK, LA BODEGA MARINARA, CARAMELIZED ONION, RICOTTA, NUTMEG

24.
- LASAGNA “BOLOGNESE”**
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).

24.
- ALGERIAN MERGUEZ LASAGNA**
PLANT BASED BLACK SHEEP “LAMB” , IMPOSSIBLE BEEF , HABANERO CHEDDAR, SOFRITO, BAHARAT PASTA, NAPOLITANA AND MORNAY SAUCES (CONTAINS SOY)

24.
- ORGANIC BAKED RIGATONI PASTA, PARMA ROSA SAUCE**
CHEESY ALFREDO VELOUTÉ, FRESH BASIL, GARLIC, VODKA, OLIVE OIL .

21.

Plate of Pasta Your Way

PASTA AND: WILD MUSHROOM \$25. PESTO / PISTOU \$22 MARINARA \$17.

Examples of “Pasta Your Way” Orders:

- VEGETARIAN MUSHROOM FETTUCCHINE
GRAIN FREE VEGAN MUSHROOM PENNE
- VEGAN MARINARA SPAGHETTI
WE CAN HELP YOU - JUST ASK!

TYPE	PASTA	PASTA CHOICE	SAUCE CHOICE	QTY
VEGETARIAN	LA BODEGA -	CHOICE OF FETTUCCHINI, 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 MIYOKO'S BUTTER, PUFF PASTRY (CONTAINS CASHEWS)	
CAREN'S APPLE COMPOTE WITH APPLE TART	9.
ORGANIC SUGAR, BRANDIED VEGAN BUTTER, PUFF PASTRY (CONTAINS CASHEWS) THANK YOU CAREN FOR BEING OUR APPLE FRIEND. LA BODEGA VANILLA "ICE CREAM":	
	13.
POMEGRANATE & ROSE WATER MALABI	9.
VIOLIFE CREAM, ORGANIC SUGAR.. COCONUT, PISTACHIO & ALMOND TOPPING (GF, CORN)	
ORGANIC CHERRY CLAFOUTIS (GF, ALMONDS & SOY) (25 MINUTES)	14.
TCHO & PACARI CHOCOLATE GANACHE NUT TORTE ALMONDS, PEGANS, CASHEWS (CORN)	8.

Vegetarian Desserts

* LA BODEGA TIRAMISÙ VALRONA CHOCOLATE, AMARETTO, KAHLUA	13.
ESPRESSO, VANILLA, MASCARPONE, ITALIAN LADY FINGERS	
* CARDAMON ALMOND COOKIES (GF)	8.
* ALFAJORES - PERUVIAN WEDDING COOKIES (CORN)	8.
* MOCHA POT DE CRÈME (GF) - VALRONA CHOCOLATE, KAHLUA, DULCE DE LECHE, VANILLA CREAM	12.
* GHIRARDELLI FLOURLESS CHOCOLATE CAKE (GF)	8.
* GHIRARDELLI FLOURLESS MOCHA CHOCOLATE CAKE (GF)	8.
* GHIRARDELLI CHOCOLATE CHIP COOKIES	6.
* OATMEAL & RAISIN COOKIES	6.
* HONEY DATE & CHOCOLATE CAKE FOR 2 (GREAT FOR MORNING COFFEE TOO!)	10.
* 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.