

44 Vegan Thanksgiving Menu Ideas

A free list of vegan thanksgiving menu ideas. Share with friends and family, or with co-workers when organizing a vegan potluck meal.



Appetizers

- ☐ Wild Mushroom Croustades
- ☐ Fresh Apple Tarts with Phyllo
- ☐ Cumin Apple Chips
- ☐ Flaxseed Crackers
- ☐ Coconut Crusted Tofu with Creamy Green Curry Dipping Sauce
- ☐ Fig and Olive Tapenade
- ☐ Vegan Spinach Dip
- ☐ Squash Parsley Dip

Soups, Salads, and Sides

- ☐ Vegan Biscuits
- ☐ Sun-dried Tomato and Butternut Squash Bisque
- ☐ Vegan Corn Chowder
- ☐ Quick Black Bean and Sweet Potato Chili
- ☐ Broccoli Spinach Quinoa Soup
- ☐ Vegan Cornbread

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- ☐ Autumn Kale Salad
 - ☐ Candied Lime Sweet Potatoes
 - ☐ Roasted Butternut Squash with Sage Citrus
 - ☐ Green Beans with Lemon-Almond Pesto
 - ☐ Roasted Cauliflower Salad with Spicy Dressing
 - ☐ Crowd-Pleasing Vegan Thanksgiving Stuffing
 - ☐ Balsamic Roasted Brussels Sprouts
 - ☐ Vegan Gravy
 - ☐ Glazed Ginger and Tamarind Carrots
 - ☐ Caramelized Beets
 - ☐ Saffron Mashed Potatoes
 - ☐ Jellied Cranberry Sauce

Main Course

- ☐ Aubergine Tower with Tofu and Vegetables
- ☐ Roasted Acorn Squash Stuffed with Wild Rice Salad
- ☐ Seitan Stuffed with Walnuts, Dried Cranberries, and Raisins
- ☐ Maple Glazed Tempeh, Squash, and Brussels Sprouts
- ☐ Red Quinoa Pilaf with Kale and Corn
- ☐ Lentil Walnut Apple Loaf
- ☐ Potato and Portobello Mushroom Gratin
- ☐ Butternut Squash and Mushroom Tart
- ☐ Baked Leek and Sweet Potato Gratin

Dessert

- ☐ Pumpkin Pie Ice Cream
- ☐ Crustless Pumpkin Pie
- ☐ Maple Pecan Pie
- ☐ Chocolate Avocado Mousse with Fresh Raspberries
- ☐ Gluten-Free and Vegan Apple Crisp
- ☐ Cranberry Sorbet
- ☐ Chai Spice Snickerdoodles

☐ Pumpkin Gingerbread with Spiced Buttercream

☐ Pumpkin Spice Rice Pudding

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