



# Green Apple Catering

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## **Vegan Catering & Event Menu**

**2019**

**WELCOME!** And thank you for choosing Green apple Catering as your caterer.

**WHY** Green apple Catering ?

We know it's very Hard For You when it comes to ordering vegan

Most Of Caterers are trying to give you just some vegetables on a platter and they call it a vegan meal

In this menu you will find all info about Veganism

Green apple Catering

**Great Food Great Events Anywhere Anytime**

**Cordially,**

**Your friends**

# INTRO

## THE BASICS OF VEGANISM

### WHAT IS VEGANISM?

Simply put, veganism is abstinence from the use of animal products in both diet and lifestyle.

A great explanation of ethical veganism comes from the International Vegetarian Union, “Veganism may be defined as a way of living that seeks to exclude, as far as possible and practical, all forms of exploitation of, and cruelty to, animals for food, clothing, or any other purpose. In dietary terms, it refers to the practice of dispensing with all animal produce, including meat, fish, poultry, eggs, animal milks, honey, and their derivatives.”

### WHY PEOPLE ADOPT VEGAN LIFESTYLES

There are multiple reasons someone might choose to adopt a vegan lifestyle. Some of the ethical reasons people choose to lead a vegan lifestyle include:

- animal welfare issues and the objection to using animals as commodities
- environmental issues directly associated with animal agriculture (such as air pollution and contaminated drainage from factory farming into water supplies) and to help lessen our over consumption of resources including land, water, and fossil fuels
- adopting veganism as a part of the solution to world hunger by more efficiently using our planet’s food resources

### WHAT DO VEGANS EAT?

There are so many amazing vegan foods out there; you may be surprised by just how many options there are! Here are just a few examples of some of the foods vegans eat:

- Every type of fruit:** apples, oranges, berries, mangoes, pineapple, grapes, papaya
- Dried Fruits:** Raisins, Currants, Cranberries, Apricots, Dates, Figs, Apple slices, Banana chips
- Every type of vegetable:** asparagus, kale, broccoli, carrots, celery, zucchini, spinach
- Nuts and seeds:** almonds, cashews, walnuts, pumpkin, sunflower, peanut, almond
- Carbohydrates:** potatoes, pasta, bread, bagels, pitas, wraps, rice, quinoa
- Beans and legumes:** tofu, edamame, hummus, black beans, chickpeas, lentils
- Non-dairy milks:** coconut milk, almond milk, soy milk, hemp milk, oat milk, Flax milk, Rice milk
- Chocolate:** many varieties of dark chocolate as well as non-dairy milk chocolates made from coconut, soy, or rice milk
- Junk food:** fries, onion rings, chips, cookies, cake, candy (many of these products are only incidentally vegan)
- Dairy alternatives:** coconut ice cream, coffee creamers, vegan cheese and cream cheese, vegan butter
- Yogurt:** Soy yogurt, Almond yogurt, Coconut yogurt
- Meat Substitutes:** Veggie or soy burgers, Veggie or soy hotdogs, Veggie sausages, Tofurky deli slices, Tofurky holiday roast, Tempeh, bacon, Textured vegetable protein
- Soy Products:** Firm or Extra-firm Tofu, Tempeh, Soy milk, Edamame
- Healthy Fats:** Avocado, Edamame, Coconut milk, Dark chocolate, Olives, Hummus, Peanut , utter, Almond/Nut butters, Almonds, Cashews, Walnuts, Pecans, Sunflower seeds, Sunflower seed butter, Pumpkin seeds, Chia seeds, Ground flax seeds, Sesame seeds, Tahini (sesame , utter), Coconut oil, Flax seed oil, Sesame oil, Olive oil, Canola oil, ,Non-Dairy
- Sweeteners:** Organic cane sugar, Agave syrup, Maple syrup, Molasses, Coconut sugar, Fruit preserves, Dates, Dried , Fruits, Dark chocolate chips, Stevia
- Condiments:** Salsa, Hummus, Soy sauce, Sriracha, Mustard, Vegan mayo, Vegetable bouillon, Nutritional yeast, Lemon/lime juice, Vinegar (white, balsamic)

# BREAKFAST

(Six Guests Minimum Order)

## BAGELS TRAY

**\$3.50 PER GUEST**

Assorted Bagels Served with fruit Jam, Vegan butter and assorted Vegan (coconut, Cashew and Tofu) Cream Cheeses

## PASTRIES

**\$5.95 PER GUEST**

An Assortment of full size bagels, muffins and Danishes served with fruit Jam, Vegan butter and assorted Vegan (coconut, Cashew and Tofu) Cream Cheese

## SAVORY MINI SANDWICHES AND PINWHEELS (Two per Guest) **\$8.95 PER GUEST**

- Apple: Gala Apples, House made almond butter, toasted coconut, cinnamon
- Smoked Tempeh Bacon and roasted tomatoes
- Peanut butter and caramelized banana
- Mini bagels with cucumber and vegan cream cheese
- Grilled Tofu with Avocado Lime Slaw
- Tortilla with tofu scramble, roasted mushrooms, Daiya cheddar, arugula, avocado, cherry tomatoes, salsa Fresca

## HOT CEREAL (OATMEAL OR CREAM OF WHEAT)

**\$5.45 PER GUEST**

Accompanied by: •Granola •Chopped fruits •Berries •Brown sugar •Cinnamon •Raisins •Nuts •honey

## SLICED FRUITS

**\$5.50 PER GUEST**

Arranged and garnished selection Fresh seasonal fruits including: pineapple, honeydew, cantaloupe, papaya, Mixed berries and other succulent fruits

## PARFAIT BAR

**\$8.95 PER GUEST**

Coconut And Soy Yogurt, homemade granola and sliced bananas, chopped fruits and seasonal berries

## CORPORATE PACKAGE

**\$10.95 PER GUEST**

- Assorted Vegan Bagels Muffins And Pastries  
Served with fruit Jam, Vegan butter and assorted Vegan (coconut, Cashew and Tofu) Cream Cheeses
- Sliced fresh fruit platter
- Freshly squeezed orange juice

## EXECUTIVE PACKAGE

**\$13.50 PER GUEST**

- Assorted Vegan Bagels Muffins And Pastries  
Served with fruit Jam, Vegan butter and assorted Vegan (coconut, Cashew and Tofu) Cream Cheeses
- Sliced fresh fruit platter
- Freshly Squeezed orange juice
- Coffee Service

## VEGAN BUFFET

**\$17.95 PER GUEST**

- Fresh Tofu scrambled
- Bagels And Sliced Breads
- Soy Sausage
- Tempeh Bacon
- Home fried Potatoes
- Coffee service
- Assorted chilled juices
- Sliced Fruits

WE HAVE

•Almond Milk	•Rice Milk
•Hemp Milk	•Soy Milk
•Coconut Milk	•Oat Milk
•Cashew Milk	

## Overnight Oatmeal

**\$6.95 Each** (Six Guests Minimum Order)

MUESLI, SUMMER PORRIDGE, AND REFRIGERATOR OATMEAL ARE ALL THE SAME NAMES

1. **Mango Almond** Refrigerator Oatmeal Flavored with fresh mango, honey, and almond extract.
2. **Blueberry Maple** Refrigerator Oatmeal Flavored with fresh blueberries and maple syrup.
3. **Apple Cinnamon** Refrigerator Oatmeal Flavored with unsweetened applesauce, cinnamon and honey.
4. **Banana Cocoa** Refrigerator Oatmeal Flavored with bananas, cocoa powder, and honey.
5. **Banana Peanut Butter** Refrigerator Oatmeal flavored with bananas, peanut butter (or PB2)
6. **Raspberry Vanilla** Refrigerator Oatmeal Flavored with raspberries, raspberry preserves and vanilla extract
- 7-**Mandarin Orange** Refrigerator Oatmeal Flavored with mandarin and orange marmalade
- 8-**Cherry Chocolate** Refrigerator Oatmeal Flavored with fresh cherries , honey, and chopped dark chocolate

## Breakfast Chia Seed Pudding

**\$6.95 Each** (Six Guests Minimum Order)

Chia seeds—the same magical things that turn sculpture pets into overgrown, sprouted topiaries (ch-ch-ch-chia!)—have found themselves in the health limelight in recent years. Packed with fiber, omegas, potassium, and magnesium, the super food seeds are great for boosting energy, improving endurance, and even helping regulate digestion.

### Fruity (We Use Non Dairy Milk)

- |   |  |
|---|--|
| 1. Orange Creamsicle Chia Seed Pudding    | 2. Blueberry Lavender Chia Seed Pudding  |
| 3. Almond Strawberry Chia Seed Pudding    | 4. Pomegranate Vanilla Chia Seed Pudding |
| 5. Banana Peanut Butter Chia Seed Pudding | 6. Raspberry Chia Seed Pudding           |
| 7. Fresh Mango Coconut Chia Seed Parfait  | 8. Blueberry Almond Chia Seed Pudding    |
| 9. Apple Cinnamon Chia Seed Pudding       | 10. Piña Colada Chia Pudding             |

### CHOCOLATEY (We Use Non Dairy Milk)

- |   |  |
|---|--|
| 11. Coconut Pomegranate Chocolate Chia        | 12. Mint Chocolate Chia Pudding            |
| 13. Almond Joy Chia Seed Pudding              | 14. Mexican Chocolate Chia Seed Pudding    |
| 15. Chocolate Peanut Butter Chia Seed Pudding | 16. Overnight Chocolate Chia Seed Pudding  |
| 17. Rocky Road Chia Seed Pudding              | 18. Coffee and Chocolate Chia Seed Pudding |
| 19. Chocolate and Raspberry Chia Pudding      |  |

## Beverages

Freshly Squeezed Juices (orange, grapefruit, apple OR Cranberry)	<b>\$2.95 PER GUEST</b>
Full Coffee and Tea Service	<b>\$4.5 PER GUEST</b>
Only Coffee or Tea	<b>\$2.25 PER GUEST</b>
Hot chocolate Belgian Chocolate Served with Steamed Soy Soy Milk and sweeteners	<b>\$2.75 PER GUEST</b>
Hot Apple Cider A Cinnamon Spiced winter Treat	<b>\$2.95 PER GUEST</b>
Assorted Canned Beverages	<b>\$2.00 PER GUEST</b>
Spring Water	<b>\$2.00 PER GUEST</b>
Snapple	<b>\$2.95 PER GUEST</b>
San Pellegrino or Perrier	<b>\$2.50 PER GUEST</b>

## Breakfast Quinoa Bar

**\$8.95 PER GUEST** (Minimum 10 Guests)

Let your guests help themselves, creating their flavor combinations. Warm Quinoa and assorted toppings

### LIQUID HOT (CHOOSE 2)

Almond Milk                      Soy Milk                      Coconut Milk

### TOPPINGS (CHOOSE 8)

#### PROTEIN

- Cooked Tempeh bacon                      • Grilled Herb Tempeh                      • Scrambled Tofu                      • Stir Fried Seitan
- Thai Seitan                      • Roasted Teriyaki Tofu                      • Coconut Crusted Tofu                      • Sautéed Shitake Mushrooms
- Roasted Portobello

#### NUTS AND DRY FRUITS

- Almonds                      • Chia seeds                      • Chopped pecans                      • Pitted Dates
- Raisins                      • Walnut                      • Dried cranberries                      • Dried Goji berries
- Coconut flakes                      • Pecans                      • Flaxseeds                      • Dried Apricots

#### TOPPINGS

- Vegan Cheese                      • Sautéed Spinach                      • Sautéed kale                      • Sautéed Mushroom
- Steamed broccoli                      • Arugula                      • Cherry tomatoes                      • Grapes
- Blackberries                      • Blueberries                      • Strawberries                      • Raspberries
- Caramelized Apple                      • Caramelized Banana                      • Coconut Oil

#### SWEETENER

- Honey                      • Maple syrup                      • Agave nectar                      • Raw cane sugar
- Applesauce                      • Brown sugar

#### FREE

- Salt                      • Cinnamon                      • Black Pepper

## Breakfast Avocado Bar

**\$8.95 PER GUEST** (Minimum 10 Guests)

Let your guests help themselves, creating their flavor combinations. Tray of hearty whole-grain bread and crostini and Smashed Avocado

### TOPPINGS (CHOOSE 8)

- Crumbled Tempeh bacon                      • Grilled Herb Tempeh                      • Scrambled Tofu                      • Stir Fried Seitan
- Thai Seitan                      • Roasted Teriyaki Tofu                      • Coconut Crusted Tofu                      • Roasted Portobello Mushroom
- Cream cheese Any Flavor                      • Sautéed Spinach with                      • Sautéed kale                      • Arugula
- Smashed Tomatoes                      • Mashed white beans                      • Cherry tomatoes                      • Scallions
- Cucumber                      • Sliced radishes                      • Almonds                      • Pecans
- Dried Apricots                      • Coconut Flakes                      • Flaxseeds                      • Banana
- Grapes                      • Parsley                      • Coconut Oil                      • Extra-virgin olive oil
- Basil pesto                      • Grainy Mustard                      • Sriracha                      • Lemon zest
- Maple Syrup                      • Raspberry Jam

#### FREE

- Red pepper flakes                      • Sea salt                      • Black Pepper                      • Chili Pepper

# Pizza Pizza

(Prices By The Pie)

REGULAR 18" PIE

<b>REGULAR :</b> Moxarella & tomato sauce	<b>\$24.95</b>
<b>ALL VEGETABLES PIZZA:</b> Sauce, Vegan cheese, broccoli, onions, mushrooms. Spinach, peppers, and tomatoes	<b>\$26.00</b>
<b>WHOLE WHEAT CRUST PIE:</b> Fresh Grilled Vegetables, Artichoke Hearts, Mozzarella & Tomato Sauce	<b>\$26.00</b>
<b>MARGHERITA :</b> Tomato Sauce, Fresh Moxarella with Fresh Basil	<b>\$26.00</b>
<b>MEDITERRANEAN:</b> Mushrooms, black olives, and Italian tomatoes	<b>\$26.00</b>
<b>SARDINIA:</b> Artichoke hearts, spinach, moxarella cheese in a truffle Cashew cream sauce	<b>\$26.00</b>

# Salad Bar

(Ten Guests Minimum Order) **\$ 18.95 PER GUEST**

Display of Toppings to Create Your Own Salad

- Romaine, spinach, arugula and Organic Greens
- Three Vegan Cheeses
- Four Dressings
- Four Proteins (Tofu, Tempeh, Mushrooms, Seitan)
- Ten Vegetables
- Homemade Croutons, Scallions

Please ask us about our full toss salad menu to choose from

**SOME OF OUR DRESSINGS**

- Rosemary Balsamic
- Fat Free Honey-Herb Dijon
- Cranberry Dijon vinaigrette
- Lime-Chipotle Ranch
- Low Fat Pineapple Chipotle
- Fat Free Far East Mandarin
- Lemon Basil vinaigrette
- Pomegranate Vinaigrette

**ON-SITE SALAD CHEF AVAILABLE AT AN ADDITIONAL CHARGE**

# Hearty Soups

**\$6.95 PER GUEST**

(Ten Guests Minimum Order) Served With Homemade Rolls and Sweet Butter

- Mock Seafood Chowder
- 4 Bean Soy Curl Chili
- Vegan Cream of Tomato Soup
- Vegan Creamy Potato Kale Corn Soup
- Edamame and Pea Soup
- Lentil Soup
- Chickpea Creole Gumbo
- Tomato and Zucchini Soup
- Spicy Tofu & Potato Coconut Curry Soup
- Split Pea Soup
- Matzo Ball Soup
- Butternut Squash Chipotle Chili with Avocado
- Vegan Cream of Brussels Sprout Soup
- Vegan Creamy Corn and Potato Chowder
- Curried Cauliflower Soup
- Mushroom Barley Soup
- Sweet Potato Bisque
- Three Bean Seitan Chili
- Italian Potato, Bean, and Kale Soup
- Chickpea & Vegetable Coconut Curry Soup
- Hot and Sour Tofu Vegetable Soup

**STEP 1: CHOOSE TWO OF YOUR FAVORITE GRAIN PLAIN OR SEASONED WITH SESAME OIL AND SESAME SEEDS**

- Steamed Brown Rice
- Wild rice
- Green Tea Rice
- Sticky White Rice
- Faro
- Basmati Rice
- Quinoa
- Jasmine Rice
- Black Rice

**STEP 2: PICK FOUR OF THE FOLLOWING MEATS & PROTEIN**

- Grilled Herb Tempeh
- Thai Seitan
- Coconut Ginger Tofu
- Sautéed Shitake Mushrooms
- Ground Korean Tempeh
- Teriyaki Seitan
- Thai Spiced Tofu
- Roasted Portobello Mushroom
- Sriracha Seitan
- Roasted Teriyaki Tofu
- Coconut Crusted Tofu

**STEP 3: SELECT UP TO 10 ITEMS FROM THE FOLLOWING VEGETABLES (HOT OR COLD)**

- Raw Baby Spinach
- Roasted Corn
- Sautéed String Green Beans
- Roasted Brussels sprouts
- Roasted Sweet potatoes
- Fresh Avocado
- Sliced Button Mushrooms
- Red Onions
- Pickled Ginger
- Green Papaya
- Water chestnut
- Walnuts
- Soy nut
- Raw Baby Kale
- Dried Seaweed
- Sautéed Kale
- Roasted zucchini
- Roasted Cauliflower
- seasoned seaweed
- Steamed Broccoli
- Green Peas
- Artichoke hearts
- Tomatoes
- Baby Corn
- Sunflower Seeds
- Sesame Noodles
- Mung bean sprouts
- Sesame Noodles
- Grilled Eggplant
- Roasted Carrots
- Asparagus
- Edamame (fresh soy)
- Bell Peppers
- Pickled Radish
- Hearts of Palm
- Grape Tomatoes
- Sliced Almond
- Peanuts

**COMPLIMENTARY: WONTON STRIPS , SCALLIONS AND SESAME SEEDS**

**STEP 5: CHOOSE YOUR FAVORITE SAUCES (6)**

- Teriyaki Sauce
- Satay Peanut Sauce Red
- Sweet and Sour Sauce
- Thai Lemongrass sauce
- Sriracha
- Seasoned Soy sauce with ginger
- Garlic sauce
- Curry Ginger
- Japanese Ponzu Sauce
- Korean BBQ Sauce
- Doenjang (bean paste)
- Plain Tamari Sauce
- Sweet chili sauce
- Japanese spicy sauce
- Miso Sauce
- Coconut Sauce



# LUNCH PACKAGES

(Six Guests Minimum Order)

## ONLY SANDWICHES

\$12.95 PER GUEST

- Any Entrée

## VGAN PICK

\$20.95 PER GUEST

- Any Entrée
- Dessert Tray
- Sliced Fruit Platter
- Dinner Rolls

## FULL BOARD PACKAGE

\$28.00 PER GUEST

- Assorted Sandwiches, Wraps and Paninis
- Any Entrée
- Three Sides of your choice **(FROM PAGE 11)**
- Homemade Dessert Platter
- Sliced Fresh Fruit Platter

## WE HAVE

- Almond Milk Pepper jack
- Aquafaba Moxarella Cheese
- Soy And Cashew Buffalo Mozzarella
- Meltable Soy-based Mozzarella
- Aquafaba Cheddar
- Smoked Coconut Gouda Cheese

# SANDWICHES

## TOFU

**A1-Grilled Marinated Tofu:**In Naan Bread with Avocado Lime Slaw

**A2-Tofu Club :**steamed tofu, Tempeh bacon, avocado, Vegan cheddar, tomato, romaine and vegan mayo

**A3-Grilled smoked tofu:** organic Tempeh bacon, romaine lettuce and tomato and vegan mayo

**A4-Tofu steaks:** Steeped in a rich mustard-garlic sauce With Baby Spinach and dill Vegan mayo spread

**A5-Vegetarian Banh Mi:** Grilled Teriyaki Tofu , Cilantro, Pickled Veggies, Cucumber And Vegan Spicy Mayo

**A6-BLT:** Crispy southern tofu, Tempeh bacon, lettuce, tomato and vegan mayo

## TEMPEH

**B1-Tempeh Reuben:** Sauerkraut , Almond Cheese with Egg-free Thousand Island dressing

**B2-TLT :** Tempeh Lettuce Tomato with vegan mayo

**B3-Tempeh BLT:** Tempeh bacon, tomato, romaine, Vegan mayo

**B4-Spicy Avocado Wrap:** Tempeh bacon, Avocado, tomato, romaine, chipotle vegan mayo

# SANDWICHES

## SEITAN

- C1-Italian "Beef"** : With Au Jus with pepperoncini, Basil, Giardinera
- C2-Seitan Gyro:** With onions, Cucumber, Tomato, Lettuce And Almond Tzatziki in Pita
- C3-Vegan Italian Sausage:** Pepper, Onion, Mushroom, Tomato ,Spicy Tomato Sauce, Vegan Mozzarella, Basil Chiffonade
- C4-Barbecue Seitan:** Brisket shredded barbeque seitan, sauteed organic peppers, onions
- C5-BBQ Pulled Seitan strips:** With onions, bbq sauce, pickles, and homemade Vegan coleslaw
- C6-Thai Ginger Seitan :** Roasted in a tamari ginger molasses sauce with baby kale

## VEGGIES

- D1-Grilled portobello mushroom:** Seasoned and topped with lettuce and tomato with melted vegan mozzarella
- D2-Grilled portobello mushroom:** arugula, sprouts, tomato, avocado and Lime Cilantro Sauce
- D3-Elite:** Grilled spinach, zucchini, eggplant, and red pepper, smoked eggplant spread
- D4-Jackfruit Philly Cheese steak:** With caramelized onions, BBQ sauce and vegan cheddar cheese
- D5-Soy Cutlet:** Soy chicken, tomato, lettuce, avocado, chipotle aioli
- D6-Quinoa Crunch:** Quinoa Tabbouleh, Crunchy Vegetables, Avocado, Edamame Hummus And Hot Sauce
- D7-Quinoa Meatballs:** With dairy Vegan mozzarella cheese and smothered in our sweet basil marinara sauce
- D8-Soy Cutlet Parmesan:** soy cutlet served with vegan mozzarella cheese smothered in our sweet basil marinara sauce
- D9-Roasted Vegetable:** With kale, red onion, Mushrooms and sun dried tomato olive tapenade
- D10-Falafel:** With Lettuce, Tomato, Cucumber, Onions and Tahini sauce
- D11-Chickpea Shawarma:** Shredded lettuce, tomatoes and Lemon tahini

## GREENS

- E1-Popeye:** spinach, mushrooms, sun-dried tomato, avocado, Vegan Swiss, and honey mustard
- E2-Greens:** Romaine lettuce, tomato, avocado, carrots, cucumbers, alfalfa sprouts, red cabbage, peppers with hummus
- E3-Only Veggies:** Fresh Tomato, Avocado, Watercress, Fresh Basil, Balsamic Vinegar and Olive Oil

## BURGERS

- F1-Portabello Burger:** with baby Arugula, Tomato and Lime Cilantro Sauce
- F2-Portobello Eggplant Burger:** with Cauliflower Cashew Cheese
- F3-Smoky Black Bean Beet Burger:** with Spicy Sesame Sauce
- F4-Sweet Potato & Chickpea Burger:** with Tahini Yoghurt
- F5-Pumpkin Burger:** w/ Radicchio Slaw And Sweet and Tangy Mustard Sauce



# LUNCH PACKAGES SIDE SALADS (Six Guests Minimum Order)

SERVED AS AN ACCOMPANIMENT TO YOUR SANDWICH PLATTER

## GREEN SALADS

\$ 4.95 PER GUEST

**Greek Kale:** Kale, Beets, Tomato, Cucumber, Chickpeas, Kalamata Olives, Red Onions And Parsley

**Kale Salad:** Kale, roasted sweet potatoes, black beans, raw pumpkin seeds

**Super food Salad:** Greens, avocado, scallions, carrots, red beets, hempseed, tomatoes

**Pomegranate Pear Salad:** Watercress, Arugula, Parsley, pomegranate seeds, pears, shallots

**Garden Greens:** Romaine, Carrots, Grape Tomatoes, Peppers, Broccoli, Asparagus, Cucumbers and Sprouts

**Caesar Salad:** Romaine, dulse, gomashio, Toasted capers, tomatoes, kelp and cashew Caesar dressing

## POTATO SALADS

\$ 4.95 PER GUEST

**SWEET POTATO AND BEET SALAD** mixed with an Asian dressing and topped with sliced mango and walnuts

**OVEN ROASTED NEW POTATO SALAD** with Champagne Dijon Vinaigrette

**YUKON GOLD POTATO SALAD** with artichokes in balsamic vinaigrette

## BEANS AND GRAINS SALADS

\$ 4.95 PER GUEST

**WILD RICE** with roasted vegetables, sun-dried fruits, Toasted nuts with honey orange vinaigrette

**WHEAT BERRIES** Arugula, Fresh Roasted Beets, Feta Cheese and Red Wine Vinaigrette

**QUINOA AND ASPARAGUS** Fire Roasted Peppers and Champagne Orange Vinaigrette

**FRENCH LENTIL AND ARUGULA** with feta cheese, cherry tomatoes, scallions, and citrus wine vinaigrette

**POMEGRANATE ORANGE QUINOA :** with Lemon Dressing

**MOROCCAN SPICED MILLET :** and Lentil Salad

## VEGETABLES SALADS

\$ 4.95 PER GUEST

**GREEN BEANS** And Grape Tomatoes Roasted Shallots and Lemon Zest

**SUGAR SNAP PEAS** Beans Sprouts, Red Peppers and water chestnuts, Sesame Vinaigrette

**MEDITERRANEAN** Cucumber, tri-color Peppers, Tomato, red Onion, Feta and Olives

**RIPE ROMA TOMATO** And Bermuda Onion Salad Homemade Aged Balsamic Dressing

**BROCCOLI RABE** with roasted garlic, lemon and sun-dried tomatoes

**BROCCOLI E AGLIO OLIO** (with roasted Garlic, black pepper, salt and olive oil)

## PASTA AND NOODLES SALADS

\$ 4.95 PER GUEST

**Farfalle:** With marinated Tomatoes, Kalamata Olives and Portobello Mushrooms

**Bowtie:** With sun-dried tomato and basil pesto, roasted vegetable, grape tomatoes, and arugula and broccoli florets

**Orzo:** Orzo Pasta, Black Olives, Cucumber, Bermuda onion, Diced Tomatoes, Olive Oil and Fresh Dill

**Pad Thai Noodle:** With stir fried vegetables, peanuts, in a savory spicy sauce

**Soba Noodles:** with Vegetables peanuts, scallion, zucchini, broccoli, sesame seed & oil, tamari

**Green Tea Noodles:** Lunch Special With sesame peanut sauce

# Entrees

(Six Guests Minimum Order) (Hot entrée accompaniments **ON PAGE 14**)

## Entrees Yuba Ribs (Tofu Skins)

**\$17.95 PER GUEST**

Yuba is a delicacy. Also known as “bean curd sheet,” Yuba is the thin veil that forms on the surface as the cream rises in heated soymilk. Yuba has a creamy, nutty and subtly complex flavor, with a firm bite.

**Yuba Barbecue Ribs**

**Buddha’s roast “duck” with Yuba**

**BBQ Chinese Fireball Faux-Dragon Ribs**

**Dried Yuba with string bean:** sliced onions, soy sauce, Mirin, Korean bean paste, Sesame seeds and sesame oil

## Entrees Seitan

**\$14.95 PER GUEST**

Seitan for the most meat-like texture. Seitan is processed wheat gluten and it is a great source of protein

**Crispy Walnut & Basil Seitan:** walnut and basil crusted seitan cutlets in a creamy white wine sauce

**Orange Seitan Steak:** stir fried with red and yellow peppers, zucchini and asparagus

**Seitan Parmesan:** Breaded Seitan smothered in sweet basil marinara sauce

**Seitan Malaysian Curry Stew:** With broccoli, carrots, potatoes and pumpkin

**Sweet and Sour Seitan:** Sautéed with onions, pineapples, lychee, green and red bell peppers

## Entrees Jackfruit

**\$17.95 PER GUEST**

Jackfruit is a tree-grown fruit native to Southeast Asia. It’s texture is surprisingly meat-like. It’s also full of fiber and vitamins

**Pan-Fried Jackfruit:** over Pasta with Lemon Coconut Cream Sauce

**Jamaican (Ital) Curried Jackfruit**

**Moo Shu Jackfruit**

## Entrees Mushrooms

**\$14.95 PER GUEST**

When you want that savory, meaty taste, that umami, mushrooms are the way to go. Their flavor is rich, earthy, and meaty, especially Cremini or Portobello mushrooms

**Mushroom Stroganoff**

**Portobello Wellington**

**Garlic Portobello Meatless Balls**

**Portobello Mushroom Steaks Marsala**

## Entrees Lentils

**\$14.95 PER GUEST**

Lentils have always been a stand-in for meat since the beginning of veganism

**Red Lentils Balls with Kale Pesto**

**BBQ Lentil Meatballs**

**South Indian Lentil Stew**

## Beans and Legumes

**\$14.95 PER GUEST**

Beans and legumes are inexpensive, healthy, filling, and there are so many to choose from

**Black Bean, Corn and Walnut meat balls marinara**

**Vegan Spicy Italian Sausage And Peppers In Marinara**

**Classic Chickpea Vegan Meatloaf**

# Entrees

(Six Guests Minimum Order) (Hot entrée accompaniments **ON PAGE 14**)

## Entrees Tempeh

**\$17.95 PER GUEST**

Tempeh is firmer than tofu and has a more grainy texture. It is made from fermented soybeans and has a nutty flavor. It's packed with protein as well as fiber, calcium, and vitamins

**Tempeh "Fish" and Chips**

**Tempeh Piccata**

**Buffalo Tempeh Wings**

**Teriyaki Tempeh Meatballs**

**Balsamic BBQ Tempeh Ribs**

**Pomegranate-Balsamic Grilled Tempeh**

**Spicy Peanut Butter Tempeh**

**Sweet and Savory Creole Tempeh**

**Tempeh Pot Roast**

## ENTREES TOFU

**\$14.95 PER GUEST**

Tofu is a great substitute for meats including pork, chicken, beef, and seafood. It's made from soybeans and is high in protein and calcium.

**General Tso's Tofu:** Crispy Tofu sautéed with steamed broccoli, in a spicy brown sauce

**Tofu Vegetables Stew:** With mixed vegetables and tomato marinara

**Red Curry Tofu :** Sautéed with eggplant, snap peas, green beans, peppers in a mildly spicy Thai red curry sauce

**Tofu Teriyaki:** Strips of tofu fillet with broccoli spears in teriyaki sauce, over a bed of bean sprouts and onions

**Satay Tofu and Vegetables:** With Broccoli, Cauliflower, Zucchini, and Carrots in sambal olek coconut peanut sauce

**Spicy Ginger Orange Tofu:** sautéed with oriental vegetables

**Sweet and Sour Pineapple Tofu**

**Kung-Pao Tofu:** With broccoli, carrots, zucchini, asparagus, sugar-snap peas and cauliflower sautéed in kung-Pao sauce

## OTHER ENTREES AND STEWS

**\$14.95 PER GUEST**

Other foods that can substitute for meat include eggplant, cauliflower, potatoes, beets and coconut

**Creative:** Chickpeas, Butternut Squash, Yellow Squash, Zucchini, Cauliflower, Dried Apricots, Parsley, Matbucha Sauce

**Green Curry:** Carrots, Butternut Squash, Yellow Squash, Zucchini, Broccoli, Snow Peas, Green Coconut Curry Sauce

**Cape Cod Cakes:** Blend of hiziki seaweed, tofu, and herbs served with tartar sauce

**Eggplant Parmigiano:** Layers of baked eggplant and cheese topped with parsnip strips in a cashew cream

**Moroccan Tajin:** Chickpeas, eggplant, zucchini, olives, pan-seared tofu strips, spiced quinoa

**Stuffed Portobello:**With spinach, Roasted peppers And Quinoa

**Eggplant Napoleon:** Grilled Eggplant Layered, Basil and Roasted Tomatoes

**Roasted Cauliflower :** Freekeh and Garlicky Tahini Sauce

**Curried Coconut Quinoa:** And Kale Greens with Roasted Cauliflower

**Vegan Mozzarella:** Stuffed Eggplant Meatballs

**Stuffed peppers:**With basmati rice, vegetables and a roasted tomato glaze

**Curried Vegetable Stew:**Spicy curry garlic stew of carrots, potatoes, zucchini, garbanzo beans, and tomatoes

**Eggplant Stuffed :**with wheat berry pilaf , spinach and corn

**Hoisin Tofu And Eggplant :**with Sautéed Baby Bok Choy and Cambodian Bean Sprout

# Entrees Accompaniments

Choose any as your accompaniments for the lunch and dinner entrées

## Entrees Accompaniments

### Potatoes

**\$4.95 PER GUEST**

- Lemon Thyme Roasted Potatoes
- Roasted Yukon gold potatoes with fresh herbs
- Cheesy Vegan Potato & Broccoli Casserole
- Roasted fingerling potatoes
- Roasted red Potatoes with Sage and Rosemary
- Sweet potato chunks w/ honey orange zest and tarragon
- Cajun Potato Wedges Oven Roasted To Perfection with Roasted Garlic and Fresh Herbs

### Rice

**\$4.95 PER GUEST**

- Yellow Fried rice with vegetables
- Jasmine Rice with Truffles and Scallions
- Basmati rice with Shitake Mushrooms
- Spinach and mushrooms rice pilaf
- Healthy steamed white or brown rice
- Uzbek carrots and raisin rice pilaf
- Creole Rice (carrots, corn, red pepper & tomatoes)
- Mexican Style Rice Pilaf yellow rice, Peppers, Onions and Tomatoes
- Koshari Special Mediterranean Rice Dish Combined with Lentil, Chickpeas, and Fried Shallots
- Chinese Tofu and Vegetable Fried Rice

### Vegetables

**\$4.95 PER GUEST**

- Roasted Butternut squash with dried fruits
- Sautéed Spinach with Toasted Pine nuts
- Steamed Asparagus with Citrus Vinaigrette
- Steamed Garden Vegetables with fresh herbs
- Grilled Assorted Vegetables
- Grilled Asparagus and Roasted Red Bell Pepper, Portobello mushrooms and grilled onions
- Roasted vegetable ratatouille
- Roasted orange glazed petite carrots
- Sautéed Snap peas and mushrooms
- Sautéed Green Beans with Fresh Garlic
- Sautéed Carrots and Peas
- Sautéed String Beans Almandine with teriyaki sauce, Almonds and roasted peppers
- Sautéed String Beans with Shallots and Shiitake Mushrooms
- Sautéed Haricot Vert, shaved fennel, zucchini, tarragon
- Sautéed shiitake mushrooms with scallions and sesame seeds
- Sautéed Snow Peas with garlic, ginger and hazelnut oil
- Sautéed shiitake mushrooms with scallions and sesame seeds
- Sautéed baby bok Choy with teriyaki glaze and sesame seeds
- Sautéed Broccoli with fresh garlic, and extra-virgin olive oil



## **Hot Pasta Dishes**

(Six Guests Minimum Order)

**\$11.95 PER GUEST (Served with Bread Basket)**

**Butternut Squash Mac 'n Cheeze**

**Penne Pasta:** Olive Oil with Walnuts, Lentils, and Red Peppers

**Orzo :** With Vegan Sausage and Zucchini in Marinara Sauce

**Capellini :** With Tempeh and Tomato In Pesto Sauce

**Three Mushroom Stroganoff Over Noodle**

**Lasagna vegan:** Ground seitan & tofu marinara, roasted eggplant, sautéed escarole with Cashew Ricotta

**Cashew Cream Ravioli:** With Smoked Tempeh, spinach, pine nuts, and Cremini mushrooms

**Spaghetti :**with Spicy Roasted Ratatouille

**Roasted Pumpkin & Sweet Potato Gnocchi:** Sweet potato gnocchi with sautéed kale, golden beets, in a sage cashew cream

**Alfredo :** With vegan Sausage, Caramelized Onions, and Tomatoes

**Singapore Mai-Fun Noodles:** Curry-sautéed rice noodles with vegetables and veggie fish cake. Spicy

**Pad Thai Noodles:** Flat rice noodles sautéed in a light spicy sweet sauce. With tofu, bean sprouts, scallions and peanuts

**Jap-Chae Korean Style :** Stir-fried sweet potato noodles with watercress, veggie fish cake, scallions, mushroom and peppers

**Penne Primavera:** Fresh Grilled Garden Vegetable Medley Sautéed in Virgin Olive Oil, Fresh Garlic & spices

**Orecchiette:** With Virgin Olive Oil, Garlic, Fresh Cut Basil and Tomato Concassé

**Penne Arrabiata:** A tangy dish with capers, Kalamata olives, tomatoes, garlic, onions, and olive oil

# HORS D'OEUVRE OPTIONS

(PLACE YOUR ORDER AT LEAST ONE DAY IN ADVANCE)

\$28.95 Per Dozen

H Served hot

C served at room temperature

HORS D'OEUVRE

## FROM THE SKY (CHICKEN AND TURKEY)

- **Zucchini Roll Ups:** Julienned carrot, Peppers, micro greens, Sunflower sprouts and mint leaves C
- **Seitan Negimaki :** With Scallion Soy Sesame sauce HC
- **Wasabi green pea crusted tofu skewers:** with wasabi dipping HC
- **Vietnamese style:** Vegetarian Cocktail Spring Rolls with Kefir Thai Basil HC
- **Avocado Egg Rolls:** with cilantro lime sauce HC
- **Eggplant and Spicy Tofu Spring Rolls** HC
- **Individual Seven:** Layer Mexican Dips with Mini Nachos C
- **Assorted Flavors of Mini Pizzas** HC
- **Little Asparagus Risotto Cakes :** with Saffron Dip HC
- **Roasted Pumpkin Risotto Cakes:** with Sage Cream and Toasted Pumpkin Seeds HC
- **Quesadillas:** with assorted veggies And Mexican Salsa HC
- **Empanadas:** with black bean and salsa Verde HC
- **Taco Salad Mini Bites** C
- **Bedeviled Eggless Eggs** C
- **Mock Crab:** Stuffed Mushrooms HC
- **Crispy Coconut Curry Chikun:** with honey mustard sauce HC
- **Fried Mozzarella Sticks:** (Non-Dairy) with marinara HC
- **Southwestern Polenta:** Crispy Fries with Cilantro Lime Aioli
- **Broccoli Quinoa Bites:** With Lime Tahini Sauce HC
- **Mini falafel :** with spiced hummus on pita crisps topped with Tahini HC
- **Indian Vegetable Samosa:** with Tamarind Dip HC
- **Polenta Wheel:** With Kalamata Olive and Fig Tapenade HC
- **Crispy plantain cups :** Filled with black bean, corn and avocado mousse HC
- **Yam and Taro Tempura:** Deep-fried root vegetables with tempura sauce HC
- **Pan Fried Vegetable Dumplings:** With Tamari Sauce HC
- **Seitan Skewers:** Tender seitan, onions and bell peppers, grilled in Satay sauce HC
- **Bamboo Nuggets:** Garlic soy chicken nuggets fried and served with our vidalia onion sauce HC
- **Almond Coconut golden soy chicken :** Served with a sweet chili dipping sauce HC

## CROSTINI: C

- Tri colored peppers and fresh basil
- Tomato, basil, mozzarella
- Wild mushroom and goat cheese
- Hummus, Eggplant & Basil

## Sliders – Mini Sandwiches on a Brioche Bun HC

- Tamarind-Glazed Tofu Sliders with Kachumbar Slaw
- Crispy Buffalo Style Quinoa Sliders
- Pulled Portobello' BBQ Sliders
- Black Eyed Pea Sweet Potato Sliders
- Butternut Squash , Caramelized Onions, and Sriracha
- Falafel sliders with hemp tabbouleh And maple tahini sauce

## MINIATURE TARTS WITH: HC

- Asparagus and roasted new potatoes
- Roasted Vegetable Topped with Caramelized Shallot Aioli
- Wild mushroom, Vegan Cheese and fresh thyme
- Artichoke and spinach



# SUSHI OPTIONS

PLACE YOUR ORDER AT LEAST ONE DAY IN ADVANCE)

\$36 Per Dozen

## VEGAN ONIGIRI

- Furikake Onigiri, hemp seeds, dulse seaweed, crushed Nori And roasted sesame seeds
- Braised Bok Choy Onigiri , soy sauce, and vegan Dashi
- Matcha, Edamame, and Sea Salt Onigiri
- Carrot, Mint, and Preserved Lemon Onigiri
- Sumac, Pine Nut, and Caramelized Onion Onigiri
- Za'atar and Olive Onigiri

## ROLLS (Regular AND Inside Out)

- Avocado Roll
- Avocado & Cucumber Roll
- Mango Roll
- Japanese pumpkin Roll
- Blanched Spinach Roll
- Tofu Roll Fried Tofu, Avocado & Cucumber
- Vegetable Roll #1 Spinach, Carrots, Cucumber, Avocado
- Vegetable Roll #2 Avocado, Cucumber, Carrot, Asparagus, And Daikon Radish
- Vegetable Roll #3 Avocado, Asparagus And Cucumber
- Vegetable Roll #4 Carrot , Avocado And Cucumber
- Cucumber Roll
- Asparagus Roll
- Japanese pickled radish Roll
- Marinated Shitake Roll
- Sweet potato roll



## SUSHI

- Avocado Sushi
- Asparagus Sushi
- Marinated Shitake Sushi
- Cucumber Sushi
- Marinated Shitake Sushi
- Pea Shoots Sushi

## DIFFRENT SUSHI

- Quinoa- Chayote - Avocado - Roasted balsamic beets
- Multi grain rice - Enoki - Tofu - Shiitake - Micro arugula
- Brown Rice - Carrots - Mango - Grilled haricot vert
- Black Rice - Avocado - Sweet potato - Alfalfa sprouts

## SUSHI WRAPS

- Baby greens - Buckwheat noodles - Cashews - Carrots - Cilantro - Avocado - Sesame oil - Tofu
- Baby greens - Buckwheat noodles - Enoki – Teriyaki shiitake - Grilled portabella - Pickled ginger - Cashews
- Baby greens - Buckwheat noodles - Alfalfa sprouts - Asparagus - Baked sweet potato - Chili flakes – Kimtchi



# Party Platters

Displayed Platter, Dips and snacks

## Cocktail Party Trays

8 Guests Minimum

### CRUDITÉS AND DIP

**\$6.95 PER GUEST**

Garden fresh assortment of seasonal Vegetables, Served with two robust and flavorful dips

### MEZZE PLATTER

**\$6.95 PER GUEST**

- Smoked hummus, Eggplant Coonata, Babaghanoush, Tahini, Almond Tzatziki, Olives, Slivered Almonds, Roasted Garlic, Red Pepper Oil with Pita Chips and Grilled Paratha Bread

### SOUTHERN DIPS AND CHIPS

**\$7.95 PER GUEST**

Nacho Vegan Cheese Sauce, Salsa Picante, Guacamole, Sour Cream, chipotle cream and Tortilla Chips

### INTERNATIONAL DIPS

**\$8.95 PER GUEST**

- Roasted tomato olive relish with multigrain seed toasts
- Ginger curry lentil dip served with crisp miniature poppadums
- Roasted red pepper hummus with sesame flatbread
- Tuscan white bean spread served with multigrain seed toasts
- Yogurt Raita with mint, cumin and chilies with crisp mini poppadums

### DIFFERENT DIPS

**\$8.95 PER GUEST**

SERVED WITH PITA CHIPS, CROISTINI, ASSORTED HOMEMADE CRACKERS AND NACHOS

- Baba Ghanouch With Fresh Cilantro and Mint Dip
- Edamame Dip
- Edamame Guacamole Dip
- Peppery Watercress Dip
- Red Beans And Chipotle Dip
- Roasted Red Pepper And Pomegranate Dip

### HUMMUS

**\$8.95 PER GUEST**

SERVED WITH PITA CHIPS, CROISTINI, ASSORTED HOMEMADE CRACKERS AND NACHOS

- Edamame Oriental Hummus
- Edamame Basil Hummus
- Roasted Eggplant Hummus
- Roasted Garlic Hummus
- Jalapeno Cilantro Hummus
- Smokey Chipotle hummus
- Sun Dried Tomato Hummus
- Spicy Sriracha Hummus
- Buffalo Hummus
- Avocado Hummus With Coriander And Lemon

### MEX SEVEN LAYER

**\$8.95 PER GUEST**

Layers Of Refried Beans, Vegan Sour Cream, Guacamole, Vegan Cheddar Cheese, Tomatoes, Olives And Jalapeno Peppers , Basket of Tortilla Chips

### SNACK

**\$6.95 PER GUEST**

Colorful Terra Potato Chips, Nachos And Pretzels With Fresh Salsa And Guacamole

### ASSORTED MIXED NUTS

**\$8.95 PER GUEST**

Special blend of Cashews, Pistachios, Almonds, Brazilians Filberts and Pecans

# DESSERTS

Six Guests Minimum

## Desserts

### THE SWEET TOOTH

\$7.95 PER GUEST

A sampling of homemade Vegan cookies, Vegan brownies and chocolate-dipped fruits and berries

### EXOTIC SLICED FRUITS AND BERRIES PLATTER

\$6.95 PER GUEST

Presentations of sliced fruit with decorative garnish, comes with flavored and plain cottage cheese dip

### BELGIAN CHOCOLATE DIPPED TUXEDO STRAWBERRIES

\$4.50 EACH

### PUDDING AND CHIA

INDIVIDUAL PORTIONS

\$4.95 PER GUEST

- **Chocolate Chia:** Chocolate, Chia Pudding, Blondie bites, Maple walnut And Cashew Cream
- **Banana Coconut Chia:** Chia seeds, Nut Crunch, Date Caramel
- **Coconut Ginger Yam Pudding:** Yams, Coconut Milk, Ginger, Agave, Himalayan Sea Salt
- **Butternut Squash Maple Pudding:** Butternut squash, almond milk, agave nectar, agar agar, maple syrup, cinnamon  
Nutmeg, allspice, maple extract, vanilla extract, Himalayan sea salt
- **Chocolate Coconut Pudding:** Cacao powder, coconut milk, agave nectar, agar agar, vanilla extract
- **Passion Fruit Pudding :** Chia Seed, Coconut And Passion Fruit

### PARFAIT

INDIVIDUAL PORTION

\$4.95 PER GUEST

- layers of brandy infused peach & mango, pecan oat crumble, port infused berries, topped with coconut cream
- Chocolate & peanut butter mousse, salted peanut
- Banana Cream Parfait banana, dates, coconut milk, lemon, vanilla, coconut oil, salt

### MACAROON

INDIVIDUAL PORTIONS

\$4.95 PER GUEST

- Blondie Macaroon
- Chocolate Macaroon
- Goji Berry Macaroon

### SENSATIONAL SUNDAE

\$18.95 PER GUEST (15 guests Minimum)

Assorted freshly made Vegan ice cream And Sorbets with toppings (crushed Oreo, chocolate sauce, Caramel Sauce, fresh sliced fruits, Assorted nuts, M&Ms, Chocolate sprinkles, rainbow sprinkles, Maraschino Cherries, crushed walnuts, whipped coconut cream and fresh Strawberries) (Select 5 Toppings)

### CHOCOLATE FOUNTAIN EXPERIENCE

\$28.00 PER GUEST (15 guests Minimum)

An endless stream of white and semi-sweet chocolate fondue with your favorite dipping items (Strawberries, apples, banana Vegan Marshmallow, dried fruits, pound cake, brownies, Rice Crispy wedges and pretzel sticks)  
(Limited availability, please place your orders early)