SUSAN'S
KITCHEN
Catering & Events

VEGAN CATERING MENU

32 W 39th St. NY, NY 10018
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www.nysusankitchen.com

WELCOME!

WHY SUSAN'S CATERING AND EVENTS?

We are dedicated to providing our clients with delectable food and impeccable service. The key to our success is understanding the needs of our clients, identifying the vision for the event and executing it with flair and style. The care and thought that goes into the planning of your event will be apparent to your guests from the moment of arrival to the last bite consumed. We immerse ourselves in the details so that you can enjoy your event without worry. We do not overlook anything and no detail is too small.

PLACING YOUR CATERING ORDER

Please contact our team at contact@nysusankitchen.com or 212-767-0218 to make arrangements.

SET-UP

All orders include disposable napkins, cups, plates, cutlery, serving utensils, and descriptive food signs for display. Disposable tablecloths are available upon request. We care about the environment. If you do not require disposable products, please do let us know.

ADMINISTRATIVE FEE

The administrative fee covers costs associated with the packaging, transportation, administration, support and execution of the catering order. This charge is not gratuity and will not be distributed as such

OUR OTHER SERVICES

Event Management
Party Rental
Equipment
Staff For Your Event
Beverage Service
Venue Location Services
Floral Design and Décor
Entertainment Photography
Audiovisual Equipment
We offer Vegan, Gluten Free
and Kosher Menus

DIRECTORY

Breakfast	04
Beverages	05
Breakfast Quinoa Bar	06
Salad Bar	07
Grain Bowl	08
Lunch Packages	09
Sandwiches	10
Entrees	12
Appetizers Options	16
Sushi Options	17
Snack Boxes	18
Desserts	19

INTRO

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

10 guests minimum , price per guest

BAGELS TRAY $9.95 PER GUEST

Assorted Bagels

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

PASTRIES $13.95 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)* $15.95 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) $14.95 PER GUEST

Accompanied by:

- Granola
- Chopped fruits
- Berries
- Brown sugar
- Cinnamon
- Raisins
- Nuts
- Honey

SLICED FRUITS $8.95 PER GUEST

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

PARFAIT BAR $16.95 PER GUEST

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

CORPORATE PACKAGE $19.95 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 $24.95 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
- Coffee Service

VEGAN BUFFET $32.95 PER GUEST

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

OVERNIGHT OATMEAL

10 guests minimum $14.95 PER GUEST

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

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

BREAKFAST CHIA SEED PUDDING

10 guests minimum $14.95 PER GUEST

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. Chocolate and Raspberry Chia Pudding

BEVERAGES

Freshly Squeezed Juices *(orange, grapefruit, apple OR Cranberry)*	$3.50 PER GUEST
Coffee	$3.50 PER GUEST
Tea Service	$3.50 PER GUEST
Hot chocolate Belgian Chocolate *Served with Steamed Soy Milk and sweeteners*	$8.85 PER GUEST
Hot Apple Cider *A Cinnamon Spiced winter Treat*	$4.75 PER GUEST
Assorted Canned Beverages	$2.75 PER GUEST
Spring Water	$2.75PER GUEST
Snapple	$3.50 PER GUEST
San Pellegrino or Perrier	$3.95 PER GUEST

WE HAVE

- Almond Milk
- Coconut Milk
- Cashew Milk
- Rice Milk
- Soy Milk
- Oat Milk

BREAKFAST QUINOA BAR

15 guests minimum $18.95 PER GUEST

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

NUTS AND DRY FRUITS

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

TOPPINGS

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

SWEETENER

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

FREE

- Salt
- Cinnamon
- Black Pepper

BREAKFAST AVOCADO BAR

15 guests minimum $19.95 PER GUEST

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

FREE

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

SALAD BAR

20 GUESTS MINIMUM $28.95 PER GUEST *AS A BUFFET*
Display of Toppings to Create Your Own Salad
Please ask us about our full toss salad menu to choose from

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

SOME OF OUR DRESSINGS

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

ON-SITE SALAD CHEF AVAILABLE AT AN ADDITIONAL CHARGE

SOUPS

20 GUESTS MINIMUM $12.95 PER GUEST *AS A BUFFET*

Served With Homemade Rolls and Sweet Butter

- 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

GRAIN BOWL

30 GUESTS MINIMUM $36.95 PER GUEST *AS A BUFFET*

STEP 1: CHOOSE TWO OF YOUR FAVORITE GRAIN

PLAIN OR SEASONED WITH SESAME OIL AND SESAME SEEDS

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

STEP 4: CHOOSE YOUR FAVORITE SAUCES (6)

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

COMPLIMENTARY: WONTON STRIPS, SCALLIONS AND SESAME SEEDS

LUNCH PACKAGES

SANDWICHES PACKAGES

All prices are per guest/Minimum order: 15 Guests

ONLY SANDWICHES $16.95 PER GUEST

VGAN PICK $34.95 PER GUEST

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

FULL BOARD PACKAGE $39.95 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 Mozzarella 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

SEITAN

C1-Italian "Beef": With Au Jus with pepperoncini, Basil, Giardiniera
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-Susan's : 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, 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

All prices are per guest/Minimum order: 10 Guests
SERVED AS AN ACCOMPANIMENT TO YOUR SANDWICH PLATTER

GREEN SALADS $8.75 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 $8.75 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 $8.75 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, cherry tomatoes, scallions, and citrus wine vinaigrette
pomegranate orange quinoa: with Lemon Dressing
Moroccan spiced millet: and Lentil Salad

VEGETABLES SALADS $8.75 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 $8.75 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 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

All prices are per guest/Minimum order: 10 Guests

***(Hot entrée accompaniments* ON PAGE 14)**

ENTREES YUBA RIBS (Tofu Skins)

$29.95 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

$26.95 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

$26.95 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

$27.95 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

$26.95 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

$26.95 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

All prices are per guest/Minimum order: 10 Guests

***(Hot entrée accompaniments* ON PAGE 14)**

ENTREES TEMPEH

$26.95 PER GUEST

Tempeh is firmer than tofu and has a grainier 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
- Buffalo Tempeh Wings
- Balsamic BBQ Tempeh Ribs
- Spicy Peanut Butter Tempeh
- Tempeh Pot Roast
- Tempeh Piccata
- Teriyaki Tempeh Meatballs
- Pomegranate-Balsamic Grilled Tempeh
- Sweet And Savory Creole Tempeh

ENTREES TOFU

$26.95 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 pears and cauliflower sautéed in kung-Pao sauce

OTHER ENTREES AND STEWS

$26.95 PER GUEST

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

SUSAN: 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: 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

Hot entrée accompaniments

Choose any as your accompaniments for the lunch and dinner entrées

POTATOES $8.75 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 $8.75 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 $8.75 PER GUEST

- Roasted Butternut squash with dried fruits
- Sauteed 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

All prices are per guest/Minimum order: 10 Guests

$22.95 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

APPETIZERS OPTIONS

$54 Per Dozen Minimum order: 4 DOZEN
(PLACE YOUR ORDER AT LEAST ONE DAY IN ADVANCE)

H Served hot
C served at room temperature

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 **H C** **$60**
- Wasabi green pea crusted tofu skewers: with wasabi dipping **H C**
- Vietnamese style: Vegetarian Cocktail Spring Rolls with Kefir Thai Basil **H C**
- Avocado Egg Rolls: with cilantro lime sauce **H C**
- Eggplant and Spicy Tofu Spring Rolls HR
- Individual Seven: Layer Mexican Dips with Mini Nachos **C** **$60**
- Assorted Flavors of Mini Pizzas **H C**
- Quesadillas: with assorted veggies And Mexican Salsa **H C**
- Empanadas: with black bean and salsa Verde HR
- Mock Crab: Stuffed Mushrooms **H C** **$60**
- Crispy Coconut Curry Chicken: with honey mustard sauce **H C**
- Southwestern Polenta: Crispy Fries with Cilantro Lime Aioli
- Broccoli Quinoa Bites: With Lime Tahini Sauce **H C**
- Mini falafel: with spiced hummus on pita crisps topped with Tahini **H C**
- Indian Vegetable Samosa: with Tamarind Dip **H C**
- Polenta Wheel: With Kalamata Olive and Fig Tapenade **H C**
- Crispy plantain cups: Filled with black bean, corn and avocado mousse **H C**
- Yam and Taro Tempura: Deep-fried root vegetables with tempura sauce **H C**
- Pan Fried Vegetable Dumplings: With Tamari Sauce **H C**
- Seitan Skewers: Tender seitan, onions and bell peppers, grilled in Satay sauce **H C**
- Almond Coconut golden soy chicken: Served with a sweet chili dipping sauce **H C**

CROSTINI: C

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

SLIDERS – Mini Sandwiches on a Brioche Bun **H C** **$60**

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

MINIATURE TARTS WITH: H C

- Asparagus and roasted new potatoes
- Wild mushroom, Vegan Cheese and fresh thyme

SUSHI OPTIONS

$60 Per Dozen *Minimum order: 4 DOZEN*

Place Your Order At Least One Day in Advance

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
- Cucumber Roll
- Avocado & Cucumber Roll
- Asparagus Roll
- Mango Roll
- Japanese pickled radish Roll
- Marinated Shitake Roll
- Blanched Spinach Roll
- Sweet potato 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

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

DISPLAYED PLATTER, DIPS AND SNACKS

All prices are per guest/Minimum order: 10 Guests

CRUDITÉS AND DIP $10.95 PER GUEST

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

MEZZE PLATTER $14.95 PER GUEST

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

SOUTHERN DIPS AND CHIPS $17.95 PER GUEST

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

INTERNATIONAL DIPS $18.95 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 $17.95 PER GUEST

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

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

HUMMUS $17.95 PER GUEST

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

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

MEX SEVEN LAYER $18.95 PER GUEST

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

SNACK $12.95 PER GUEST

Colorful Terra Potato Chips, Nachos and Pretzels with Fresh Salsa and Guacamole

ASSORTED MIXED NUTS $12.95 PER GUEST

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

DESSERTS

All prices are per guest/Minimum order: 10 Guests

THE SWEET TOOTH $14.95 PER GUEST
A sampling of homemade Vegan cookies, Vegan brownies and chocolate-dipped fruits and berries

EXOTIC SLICED FRUITS AND BERRIES PLATTER $10.95 PER GUEST
Presentations of sliced fruit with decorative garnish, comes with flavored and cottage cheese dip

BELGIAN CHOCOLATE DIPPED TUXEDO STRAWBERRIES $8.95 EACH

PUDDING AND CHIA INDIVIDUAL PORTIONS $14.95 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 $14.95 PER GUEST individual portion
•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 $8.95 PER GUEST
•Blondie Macaroon
•Chocolate Macaroon
•Goji Berry Macaroon

SENSATIONAL SUNDAE $36.95 PER GUEST (25guests 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 $45.95 PER GUEST (25 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)