

## VEGAN MENU OPTIONS

### HORS D'OEUVRES

#### **HUMMUS & ROASTED PEPPER PHYLLO BITES**

Mini phyllo cups filled with hummus and topped with roasted pepper, diced cucumber and vegan cheese

#### **TEMPURA VEGETABLES WITH CITRUS DIPPING SAUCE**

Asparagus spears, zucchini, sweet potato and broccoli florets tossed in tempura batter and served with a soy citrus dipping sauce

#### **SWEET POTATO CROSTINI WITH PEAR & THYME**

Crispy sweet potato crostini topped with vegan cheese, slices of pear, fresh thyme and walnuts, sprinkled with edible flowers

#### **ARTICHOKE CAKES**

Mini artichoke cakes made with chopped artichokes, breadcrumbs, chopped red peppers, vegan mayo, seasonings and cooked until golden, served with spicy vegan remoulade sauce

#### **ROASTED TOFU LOLLIPOPS**

Paprika sprinkled roasted tofu, served on bamboo skewers topped with vegan mint pesto

#### **BUFFALO BITES**

Battered and baked cauliflower tossed in a spicy buffalo sauce and served with dill-ranch dressing

#### **TOMATO-FENNEL FLATBREAD**

Grilled flatbread topped with chopped tomato, fennel, creamy 'cheese', garlic, fennel and fresh basil

#### **ZUCCHINI AND TWO POTATO PANCAKES**

Miniature pancakes made with shredded zucchini, sweet potatoes, and Yukon gold potatoes, topped with applesauce

#### **BEER BATTERED ARTICHOKE HEARTS**

Marinated artichoke hearts, dipped in beer batter and lightly fried

#### **BUTTERNUT SQUASH HUMMUS**

Hummus made from chick peas and roasted butternut squash, served with vegetable spears

#### **HERBED CAULIFLOWER FLORETS WITH LABNEH**

Cauliflower florets fried until golden, served with vegan labneh

#### **BAKED STUFFED BABY BELLA MUSHROOMS**

Baked baby portobello mushrooms topped with chopped and sautéed cremini mushrooms, celery, garlic, chile, chopped tomatoes and bread crumbs and chives, baked until topping is crisp

## SOUPS

### **ITALIAN BEAN AND VEGETABLE SOUP**

Hearty soup made with onion, carrots, mushrooms, carrots, zucchini, cannellini beans, shredded green cabbage and fresh basil

### **BUTTERNUT SQUASH SOUP WITH ALL SPICE & PINE NUTS**

Smooth butternut squash soup with leeks, peppercorns and pine nuts  
Garnished with toasted pine nuts, cracked black pepper

### **ROAST EGGPLANT & RED BELL PEPPER SOUP WITH BASIL OIL**

Smoky and smooth roasted eggplant and bell pepper soup flavored with onion, garlic and oregano  
Garnished with fresh basil leaves and basil oil drizzle

## SALADS

### **TUSCAN PANZANELLA**

Grilled ciabatta tossed with vine ripe roasted tomatoes, cucumber, onion, parsley, salt & pepper  
Garnished with parsley and caper berries

### **COUSCOUS SALAD WITH ARTICHOKE & HARISSA DRESSING**

Fluffy couscous with cherry tomato halves, sliced artichoke hearts, sliced scallions, chickpeas, parsley  
Dressed with harissa dressing and garnished with watercress and parsley sprigs

### **SAFFRON POTATO SALAD WITH SUNDRIED TOMATOES & BASIL DRESSING**

Yukon gold potatoes, cooked with saffron & slivers of sun dried tomatoes  
Served warm, drizzled with basil dressing made with capers

### **ORZO FIESTA SALAD**

Orzo pasta with black beans, cilantro, corn, red bell pepper, chili powder, lime juice & olive oil

### **QUINOA CRUNCH SALAD**

Quinoa with sunflower seeds, pistachios, peas, almonds, pumpkin seeds, olive oil & lemon juice

### **BEEF CARPACCIO WITH ARUGULA, RADISHES AND GRAPEFRUIT**

Arugula, sliced radishes, thinly sliced yellow beets and grapefruit with citrus vinaigrette

### **CHICKPEAS WITH TOMATOES AND CARROTS**

Chickpeas, carrots, red onion and tomatoes tossed in lemon and white wine vinaigrette and garnished with chopped parsley

### **FARRO & HALLOUMI SALAD**

Acorn squash, cubed halloumi, farro, finely chopped herbs, mixed greens, carrot ribbons & lemon vinaigrette,  
Garnished with toasted pepitas and pomegranate seeds

### **QUINOA WITH EDAMAME**

Quinoa tossed with edamame, carrots, cucumber, red cabbage and red bell peppers in a ginger soy vinaigrette

### **TOMATO, HEARTS OF PALM, AND ASPARAGUS**

Asparagus tips, sliced hearts of palm, and halved baby heirloom tomatoes tossed with a lemon vinaigrette

## ENTREES

### **MUSHROOMS STUFFED WITH VEGETABLE RAGU**

Large grilled portabella mushroom with eggplant, squash, tomatoes, zucchini and seasonal vegetables

### **QUINOA CAKES WITH VEGAN YOGURT TAHINI**

Quinoa cakes made with finely chopped spinach, tomatoes, and fresh herbs  
Served with a vegan yogurt tahini sauce

### **FALAFEL WITH AVOCADO TOMATO & RED ONION SALSA**

Flavorful falafel served with pita bread, fresh avocado, tomato and red onion salsa

### **SPINACH & PHYLLO CRISP**

Braised spinach, leek confit, roasted artichokes, green pea pesto and cashew cheese rolled in crisp phyllo

### **CRISPY CAULIFLOWER WITH LENTILS AND RICE**

Lightly battered cauliflower florets seasoned with chilies, cumin and ginger,  
Served with stewed black lentils and jasmine rice pilaf

### **TOFU STIR FRY**

Steamed rice noodles, purple cabbage, bean sprouts, spicy tofu crumble, baby bok choy, cilantro and scallions stir fried in tamari, sesame oil and sweet rice wine

### **PAELLA OF VEGETABLES WITH ALMONDS**

Saffron rice tossed with pan roasted tomatoes, green beans, peas, and zucchini discs, sprinkled with toasted almond slivers

### **PAN-ROASTED CARROTS WITH BARLEY RISOTTO**

Barley risotto topped with tender golden baby carrots seasoned with thyme and garlic

### **CAULIFLOWER STEAK**

Pan seared cauliflower steak, topped with an avocado chimichurri

### **PORTOBELLO CHIMICHURRI**

Grilled Portobello mushroom served on a bed of with lentils with wilted mustard greens  
Topped with chimichurri sauce

### **ACORN SQUASH STUFFED WITH FARRO & KALE**

Acorn squash stuffed with a sauté of farro and kale topped with chopped scallions, sweet currants, and toasted pumpkin seeds

### **STUFFED ROASTED RED PEPPERS**

Roasted red peppers stuffed with frekkeh, roasted cherry tomatoes, roasted eggplant & pine nuts

### **BROCCOLI SOBA NOODLES WITH VEGAN CASHEW GINGER SAUCE**

Soba noodles, roasted broccoli florets, thinly sliced carrots and a cashew ginger sauce made with ginger, garlic and cashew butter

### **VEGAN PASTA BAKE WITH BRUSSEL SPROUTS**

Shell pasta with sautéed shredded Brussel sprouts and onions with a vegan almond miso sauce,  
Topped with panko bread crumbs and baked until golden

### **PENNE WITH FENNEL & WINTER GREENS**

Lightly caramelized onions and fennel tossed penne, sautéed kale, sage and a splash of balsamic vinegar

**DESSERT**

**CHOCOLATE PUDDING SHOTS**

Vegan, gluten-free chocolate pudding made with coconut milk topped with shredded coconut and vegan whipped cream

**STICKY THAI RICE WITH FRESH MANGO**

Sticky rice served with fresh mango slices and drizzled with coconut cream  
Served warm or cold

**BAKED APPLES & PEARS WITH DRIED FRUIT AND HAZELNUT**

Baked apples and pears filled with nut mixture of hazelnuts, prunes and figs topped sprinkled with cinnamon and drizzled with maple syrup, baked until warm and golden

**SALTED CARAMEL BROWNIES**

Vegan fudgy brownies topped with a salted caramel glaze

**LEMON BARS**

Creamy vegan lemon bars made with cashews, coconut cream, lemon juice, maple syrup, and a delicious gluten-free crust

**WHITE CHOCOLATE TRUFFLES**

Creamy truffles made with macadamia nuts, shredded coconut and cocoa butter

**MERINGUE KISSES**

Meringues sandwiched with vegan chocolate ganache

**APPLE CRUMBLE BARS**

Squares of sugar and cinnamon flavored baked apples with an oat, coconut oil and almond crust  
Drizzled with vegan caramel sauce

**7-LAYER BARS**

Date caramel, pecans, peanut butter, coconut butter, coconut flakes & chocolate chips

**CHOCOLATE CHIP COOKIES**

Perfect vegan cookies made with almond flour, vegan dark chocolate chips, brown sugar, coconut oil & vanilla