

VEGAN OPTIONS

MENU



Prices are per person



GLUTEN FREE

COLD BREAKFAST

VEGAN MUFFINS \$6.65

Freshly baked vegan muffins

VEGAN PASTRIES \$6.65

Freshly baked vegan pastries



FRUIT SALAD | MIN. 6 \$7.35

Cubed seasonal fruit



CHIA PUDDING CUPS | MIN. 6 \$9.95

Coconut milk chia pudding topped with fresh berry coulis and housemade granola

OVERNIGHT OAT CUPS | MIN. 6 \$8.45

Coconut milk overnight oats topped with cinnamon apples and brown sugar

HOT BREAKFAST

PLANT-BASED BREAKFAST \$13.55

SANDWICH | MIN. 2

Beyond meat, vegan cheese and tomato

PLANT-BASED BREAKFAST WRAP | \$13.55

MIN. 2

Tofu scramble, hashbrowns, vegan cheese, onions and tomato jam

PACKAGES



VEGAN FULL BREAKFAST | MIN. 6 \$26.50

Southwest Tofu Scramble with salsa
Home Style New Potato Hash
Grilled Tomatoes
Beyond meat breakfast sausage

PLATTERS

Small (serves 6) | Medium (serves 12) | Large (serves 20)
Platters available in serving sizes listed below

FRESH FRUIT PLATTER



SMALL \$60 / MEDIUM \$115 / LARGE \$180

Assortment of fresh seasonal fruit and berries

FRESH VEGGIE PLATTER



SMALL \$60 / MEDIUM \$120 / LARGE \$178

Selection of assorted fresh vegetables served with hummus



SALADS & WRAPS

Prices are per person | Minimum order of 6 per salad



GLUTEN FREE

SALADS

BLACK BEAN & CORN SALAD



Roasted corn niblets, sweet pepper, cucumber, gem tomatoes, chipotle dressing

\$7.50

TOASTED QUINOA



Grilled broccoli, kale, cilantro, carrot, raisins, sundried cranberries, pumpkin seeds, spiced citrus vinaigrette

\$7.50

ASSORTED GREENS



Crisp vegetable garnish, sunflower seeds, balsamic vinaigrette

\$7.50

VEGAN CAESAR SALAD

Romaine, house made tahini & chickpea dressing, croutons, served with lemon wedges

\$7.50

SALAD BOWL

QUINOA BOWL | MIN. 4



\$25.00

Roasted cumin scented chickpeas, grilled broccoli, kale, carrot, raisins, dried cranberry, pumpkin seeds, citrus dressing

WRAPS & SANDWICHES

VEGAN ROASTED MEDITERRANEAN CAULIFLOWER WRAP

Hummus, tzatziki, roasted red peppers, tomato, cucumbers, pickled onions

\$16.85

FALAFEL & COUSCOUS WRAP

Roasted cauliflower, hummus, spinach, arugula, roasted red peppers, chickpeas, cucumber, tomato, carrot, pickled onions & tahini dressing

\$16.85

GRILLED VEGETABLE SANDWICH

Sweet pepper, zucchini, tomato, onion, spinach

\$16.85

Gluten free bread +\$2 | Individually labeled & wrapped + \$1

Prices are per dozen | Minimum order of 2 dozen per appetizer



GLUTEN FREE

Tapas are served at room temperature, if you'd like them to be served Hot please request from your customer service representative

WARM TOFU SATAYS



\$46.00

Select one of the following flavors:

- Greek
- Tandoori
- Gochujang
- Jerk

SESAME CRUSTED TOFU SKEWERS



\$42.00

Served with ponzu sauce

FALAFEL SKEWERS



\$42.00

Served with hummus

GRILLED VEGETABLE SKEWERS



\$42.00

Grape tomato, sweet pepper, and red onion with lemon, garlic and alpine white vinaigrette

CURRY VEGGIE FRITTERS



\$41.00

Served with mango dipping sauce



HOT ENTREES

Prices are per person | Minimum order of 6 per entree

VEGAN BOLOGNESE

\$22.00

Penne rigate, button mushroom, hearty tomato & "meat sauce", fresh herbs

CHICKPEA & BUTTERNUT SQUASH CURRY

\$22.00

Roasted butternut squash, tomato & coconut sauce with warm spices, served with basmati rice and naan*

MOROCCAN VEGETABLE STEW

\$22.00

Chickpeas, dried apricot, zucchini, spinach, tomato, cilantro, cumin, turmeric & cinnamon, served with basmati rice and naan*

VEGETARIAN SOUVLAKI

\$28.00

Assorted veg skewers, roasted new potatoes & fresh herbs, tzatziki, lemon wedge, green salad, red wine vinaigrette and naan*

*GF without naan bread | Gluten free Pasta +\$1 | Individually packaged + \$1

DESSERTS

VEGAN COOKIES

\$5.00

ALLERGEN POLICY

While we strive to accommodate your allergy and dietary restriction requests, we cannot assure an entirely allergen-free environment. Some of our products are manufactured using shared equipment with dairy, eggs, nuts, wheat, and soy products.

Please note, that for severe allergies such as peanuts, we are not a nut-free facility and therefore cannot guarantee there won't be cross contamination.

Additional charges may apply to cover extra labor, specific ingredients, and personalized labeling.