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American Menu

Appetizer
- Mixed greens w/ juice veggies and a creamy curry dressing
- Pomegranate Salad w/ nuts, dried cranberries & cucumber strawberry
- Mixed Greens w/ with hummus, tomato, cucumber, onion & balsamic
- Dill sunflower spread w/ cucumbers
- Fritatta muffins spinach, sweet potatoes & feta
- Sweet potato frittata with zucchini & roasted peppers
- Crudite platter w/ 2 cheeses, 2 crackers, olives, roasted peppers, artichoke
- Vegetable Platter w/ 2 choices: guacamole, hummus, ranch or sour cream
- Spinach-cheddar stuffed mushrooms

Hot Mains
- Baked Ziti with chicken sausage
- Black bean pasta with veggies & peanut sauce
- Lentil pasta w/ vegan cashew cream sauce
- Burgers: Turkey, Beef, Grain Free or Rice
- Broiled Cod w/ mango salsa
- Chicken Francese
- Turkey or beef Chili stuffed peppers
- Simply Grilled chicken
- Cilantro-Lemon infused baby lamb chops
- Lemon caper chicken w/ pancetta
- Moroccan cous cous w/ chicken or salmon
- Roast Chicken with carrots, celery & onions
- Salmon w/ dill-dijon sauce
- Spaghetti squash w/ basil tomato sauce & brussel sprouts
- Fillet mignon w/ butter sauce
- Marinated NY Strip steak
American Menu Cont’d

Soups
Chicken noodle
Pea with turkey bacon
Pasta Fagiole
Chicken noodle
Traditional Lentil
Carrot & zucchini
Butternut Squash

Side Dish
Fried or Steamed rice
Steamed vegetables
Vanilla infused sweet potatoes w/ pecans and coconut
Mashed purple potatoes
Mashed butternut squash
Cinnamon or curried baked sweet potato fries
Roasted & Seasoned Potato Wedges
Roasted Brussel Sprouts
Lemon Paprika Asparagus
Kale with garlic & olive oil
Quinoa with cruciferous veggies & 21 spice blend
Asian Fusion Menu

Appetizer
Beef or Chicken satay with dipping sauces
Edamame with sea salt
Egg Drop soup
Raw Sweet potato salad with sesame ginger dressing
Traditional Thai Salad
Veggie spring rolls with almond dipping sauce
Veggie, chicken, port or shrimp dumplings - steamed or pan fried

Entrée
Green curry – chicken or veggie
Fried Rice - chicken or veggie
Teriyaki - chicken or salmon
Quinoa Fried “Rice”
Black bean pasta with veggies & peanut sauce
Pad Thai w/ peanut sauce - chicken or veggie
Raw Pad Thai w/ Almond Sauce

Side Dish
Fried or Steamed rice
Steamed vegetables
Roasted Eggplant in garlic sauce
Italian Menu

Appetizers
*Can also be served as side dishes*
- Kale Salad with sundried tomatoes, walnuts, capers, and tahini
- Arugula Salad w/ tomato, cucumber, pistachio, and lemon dressing
- Roasted peppers with garlic
- Pasta Salad with beans and veggies
- Beet salad w/ greens, Feta, Walnuts, and orange dressing
- Cheese & olives
- White Bean Salad
- Tomato & Bean Salad
- Green bean & potato salad
- Classic Italian Stuffed mushrooms
- Mini crab cakes w/ dill Dijon sauce

Soups
- Traditional Lentil
- Pasta Fagiole
- Chicken noodle
- Grandpa soup with kidney beans & broccoli

Main Course Entrée
- Arancini Rice ball pie
- Grandmas chicken cutlets – baked not fried
- Chicken or Eggplant “Parm” with feta
- Traditional chicken or eggplant parm
- Classic meatballs w/ tomato sauce
- Broiled lemon salmon
- Roasted Chicken breasts
- Chicken Francese
- Stuffed Peppers with turkey or beef & tomato sauce
- Mushroom pea risotto
- Chili crusted codd
Italian Menu Cont’d

Pastas
Pastas: Ziti, gnocci, rollatini, spaghetti, black bean, quinoa, lentil, zucchini noodles, bowtie, spaghetti squash
Add Chicken, chicken sausage, salmon or vegetables to any pasta dish

Choice of pasta with:
Basil tomato sauce
Garlic & olive oil
Classic Pesto
Cilantro pesto
Beef or Turkey Bolognese
Baked Ziti – traditional
Baked Ziti with chicken sausage
Manicotti with tomato sauce
Stuffed shells with tomato sauce
Pumpkin Ravioli (when available)
Pasta with tomatoes, broccoli & mushrooms
Pasta with basil sauce, grilled chicken, eggplant & feta

Side Dish
Grilled Zucchini or eggplant
Breaded zucchini or eggplant
Sauteed Kale with garlic & olive oil
Roasted Butternut Squash
Mashed potatoes
String beans with garlic & almonds
Lemon-paprika Asparagus
Mediterranean Menu

Tapas
Three Bean Salad
Beet Salad w/ feta or goat cheese
Basil Cous Cous with veggies
Fattoush Salad
Feta & Kalamata Olives
Homemade hummus – garlic or cilantro
Lemon Potatoes
Roasted Peppers with garlic
Sunflower seed dill spread w/ cucumbers
Sweet Potato Fritatta with spinach, olives & feta

Entrée
Chicken bowl with rice, cilantro sauce & brocolli
Lentil Soup
Lemon Chicken Rice Soup
Moroccan Cous Cous with veggies
Roasted Lemon Chicken
Broiled lemon Salmon
Spinach feta pie
Mexican Menu

Appetizer
Guacamole w/ tortilla chips
Corn & black bean salad
Salad with beans, corn, rice, avocado and lime dressing
BBQ Bean, corn & pasta salad
Quesadillas – Veggie or chicken

Entrée
Burrito Bar
Taco Bar
Roast chicken w/ black bean sauce
Red Pepper Salmon
Chili crusted cod

Side Dish
Garlic Plantains
Black, Kidney or Pinto beans
Lime-Cilantro infused rice or quinoa
Dessert Menu

Almond butter cups
Banana Ice cream w/ cinnamon, chocolate chips & coconut
Berry crumble
Black Rice Pudding
Blueberry Corn Muffins
Chocolate chip cookies
Chocolate Mint Mousse
Chocolate Hazelnut spread w/ strawberry & banana skewers
Coconut Parfait
Coconut Protein balls
Crumb Cake
Ginger cookies
Lemon Poppy banana bread
Orange banana oat bread
Pumpkin pie
Pumpkin oat muffins
Tiramisu

Most Desserts can be made gluten & dairy free
Themed Menus

**Aphrodisiac**
Salad w/ strawberries & pumpkin seeds, chili ginger salmon, artichoke hearts, almond butter cups

**Energy Boosting**
Homemade Hummus, Massaged Kale salad w/ tahini dressing, Curried Chicken salad on veggie paleo wrap, Raw Mint Chocolate Mousse

**Fall Flavors**
Salad, brussel sprouts, turkey chilli, sweet potatoes, pumpkin muffins

**Winter Detox**
Berry Smoothie, Raw Sweet Potato Salad, Veggie Wraps w/ dipping sauce, Salmon, Vegan protein balls

**Romantic Italian**
Arugula Salad, Chicken Parm, Mushroom Pea Risotto, Hemp chocolate spread

**Spring Detox**
60 Second Salad, Zucchini noodles w/ cilantro pesto, Salmon w/ dill sauce, Coconut Energy Balls

**Summer Picnic & BBQ Eats**
Dill Sunflower Seed Spread, Homemade BBQ Sauce w/ grilled chicken, Cilantro Corn Quinoa, Blueberry Corn Muffins

If there is something you would like made, and do not see it on the menu, please don’t hesitate to ask!
Brunch / Lunch Menu Items

Small Bites
- Dill sunflower spread w/ cucumbers
- Fritatta muffins spinach, sweet potatoes & feta
- Sweet potato frittata with zucchini & roasted peppers
- Lemon-Garlic Shrimp
- Stuffed Mushrooms – spinach / Cheddar or classic Italian
- Beef or Chicken satay with dipping sauces
- Edamame with sea salt
- Veggie or shrimp dumplings - steamed or pan fried
- Vegetable Platter
-Crudite Platter w/ 3 cheeses, 3 crackers
- Roasted Peppers, 2 olives & marinated artichoke hearts

Salads
- Curried salad w/ greens
- Pomegranate Salad w/ nuts, cranberries & chick peas
- Salad with hummus, tomato, cucumber, red onion & balsamic
- Kale Salad with sundried tomatoes, walnuts capers & tahini
- Mexican salad w/ beans, corn, rice, avocado and lime dressing
- Mixed Greens w/ Roasted Beets w/ Feta, Walnuts & orange dressing
Grains, Noodles & Pastas
*Chicken, shrimp or tofu can be added for an extra $5/person

- Cilantro-Lime infused quinoa salad w/ zucchini, beans, corn
- Quinoa w/ tomato, cucumber, chick pea, fresh parsley
- Moroccan cous cous w/ chickpeas & apricots
- Pasta w/ sesame ginger dressing, broccoli, red peppers
- Pasta w/ vegan basil or cilantro pesto
- Pad Thai w/ peanut sauce, bean sprouts, carrots, peanuts
- Quinoa Fried “Rice”
- Spaghetti squash w/ tomato sauce & brussel sprouts
- Zoodles (Zucchini noodles) w/ cilantro or basil pesto

Between The Bread

- Avocado Toasts
- Dill or Curried chicken salad
- Mini Salmon w/ cream cheese & roasted pepper hummus
  - Avocado-Egg Salad
  - Hummus-Egg Salad
  - Egg potato salad
- Burgers: Turkey, Beef, Veggie
- Build your own burrito or taco bar
  - Mini turkey-cheese wraps w/ dill dijon sauce or red pepper hummus
  - Mini vegetable wraps w/ dill Dijon sauce or red pepper hummus

*Egg, chicken & tofu salads can come on choice of 2 breads & /or wraps. These can also be served as a dish so guests can build their own sandwich.
**All green salads can come pre made or staged as a “make your own salad bar”

Side Veggies

- Vanilla infused mashed sweet potatoes w/ pecans & coconut flakes
- Maple-Butter Mashed butternut squash
- Cinnamon or curried baked sweet potatoe fries
- Baked Garlic Plantains
- Roasted Brussel Sprouts
- Lemon Paprika Asparagus
On the sweeter side

Fruit platter
Melon fruit salad w/ a honey-lime dressing
Blueberry corn muffins
Raspberry Corn Muffins
Homemade Almond butter cups
Black bean brownies
Energy balls: Apple, Orange, Pumpkin, Chocolate or Vanilla
Banana Ice cream w/ cinnamon, chocolate chips & coconut
Apple-Mixed Berry cobbler
Black Rice Pudding
Blueberry Corn Muffins
Orange pumpkin-oat muffins
Chocolate chip cookies
Chocolate Mint Mousse
Chocolate Hazelnut spread w/ strawberry & banana skewers
Coconut Parfait w/ pecans, cinnamon & honey
Coconut Protein balls
Crumb Cake
Ginger cookies
Lemon Poppy banana bread
Orange banana oat bread
Pumpkin pie
Tiramisu

Most Desserts can be made gluten & dairy free
Cocktail Catering Menu

Appetizer - Platters

- Vegetable crudité platter w/ hummus & ranch & chips
- Assorted Olive & Cheese Platter w/ crackers
- Mix: Chicken & vegetable dumplings w/ almond dipping sauce
- Cheese or mushroom ravioli w/ choice of sauce: Pesto or tomato
- Cilantro corn salsa quinoa
- BBQ Bean corn pasta salad
- Pomegranate Salad w/ mixed nuts, vegetables & cranberries
- Arugula Salad w/ lemon dressing & pistachio

Passed Cocktail Apps - Cold

- Mini Olive & cheese skewers
- Fritatta muffins – sweet potato & broccoli or spinach feta
- Tomato, basil & Mozzarella skewers
- Devilled Eggs
- Prociutto wrapped asparagus
- Mashed Vanilla Sweet potatoes w/ pecans & coconut
- Brushetta toasts
- Cucumber rounds w/ Dill sunflower tapenade
- Shrimp cocktail
- Mini wraps or sandwiches
- Cilantro-lime infused Quinoa w/ beans & corn
- BBQ Bean corn & pasta salad
- Hummus cups w/ sliced veggies
- Mini 3 layer Mexican dip w/ tortilla chip
- Sushi – salmon, tuna, or and/or vegetarian
Passed Cocktail Apps – Hot
Mini meatballs
Chicken or vegetable dumplings w/ peanut dipping sauce
Chicken or beef satay w/ plum dipping sauce
Cheese or mushroom ravioli w/ choice of sauce: Pesto or tomato
Mac n cheese mini muffins
Moroccan Cous Cous w/ apricot & chick peas
Crabcakes w/ dill Dijon sauce

Traditional Hot Fare
Pigs in a blanket
Mini quiche
Mini emenadas
Mexican Taquitos

Sweets
Assorted Fruit Platter
Assorted chocolate chip cookies
Blueberry Corn Muffins
Homemade Nutella w/ raspberries
Orange Pumpkin-Oat Muffins
Ginger Chocolate Chip cookies
Dessert Balls – Coconut, Vanilla, Chocolate or pumpkin
Cheesecake
Tiramisu
Berry Cobbler