

BISTRO VEGAN AND VEGETARIAN CATERING

Everyday to significant occasions

GRAND PRESENTATION

FRESH FRUIT CASCADE

A towering layered wheel of seasonal fresh fruits, golden pineapple surrounded by melons, topped with berries, oranges, and kiwi finished with cascading tri-colored grapes and purple kale; option of fruit prepared on skewers as a starburst
\$195 minimum 50 guests; \$275 up to 75 guests; \$350 up to 100 guests

THE BISTRO VEGETABLE BASKET

Vegetables and greenery attractively displayed in a large decorative basket, whimsical hollowed cabbages with vegan dip
\$50 serves up to 15 guests; \$75 up to 25 guests; \$150 up to 50 guests; \$275 up to 100 guests

ALFRESCO SALSA AND DIP BAR

Cilantro corn black bean salsa, tomato basil Bruschetta, pico de gallo, hummus served with tortillas, artisanal crackers, and pita bread

\$95 serves up to 25 guests; \$180 up to 50 guests; \$350 up to 100 guests

GREEK VEGETARIAN PLATTER

Vibrant display of color and flavor beginning with rice and herb stuffed grape leaves, hummus, chilled marinated grilled vegetables, cucumber tziki, Greek chopped salad, assorted olives, cherry tomatoes, marinated artichokes, mushrooms served with toasted pita and extra virgin olive oil

\$125 serves up to 25 guests; \$225 up to 50 guests; \$395 to 100 guests

DIP

\$15 per pint; \$75 serves up to 25 guests

HUMMUS

With vegetables and pita bread

BRUSCHETTA

With toasty bread crisps

GREEN OLIVE TEMPANADE

Any of our delicious vegetarian dishes can be prepared vegan style without any animal product, and where possible gluten free if requested.

THE MAIN DISH

Entrée

BLACK BEAN BURRITOS \$4.95

FALL BUTTERNUT SQUASH STEW \$8.95

BLACK BEAN CROQUETTES

Served with pico de gallo over rice \$7.50

CREOLE BEANS AND RICE

Hint of spice, trio of beans in smoky chunky tomato sauce with brown rice, charred green pepper, Spanish onion \$6.95

CHIPOTLE, GRILLED VEGGIE AND KALE QUESADILLAS

With or without cheddar cheese \$5

GRILLED VEGETABLE SKEWERS

Veggies skewered and glazed with teriyaki honey over rice or wheat spaghetti \$4.95

BBQ LENTILS AND EGGPLANT

Over rice \$8.95

JAMBALAYA (Tofu)

Over rice \$9.95

ORGANIC WHEAT PASTA WITH TERIYAKI ROASTED VEGETABLES

Garnished with scallions and honey roasted peanuts \$7

SPICY CHICK PEA CROQUETTES

Served with pico de gallo over rice \$7.50

STUFFED GARDEN PEPPERS

Green peppers stuffed with seasoned wild rice and barley, corn, black beans, tomatoes, with or without feta, served with salsa \$7.95

STUFFED PORTOBELLO MUSHROOM

Traditional fresh bread stuffing (no egg or meat) or spinach bruschetta with basil pesto, with or without mozzarella, ricotta and parmesan, with balsamic vinaigrette \$7

SPICY TOFU

With Thai basil and coconut rice cakes \$9.95

VEGETABLE AND SWEET POTATO CURRY

Over rice \$9.95

COCONUT MANGO TOFU STIR FRY

With bok choy over rice \$9.95

PORTABELLA MUSHROOM SHEPHERDS PIE

With garlic mashed potatoes and caramelized onions \$9.95

VEGETABLE WELLINGTON \$5.95**VEGAN APPETIZER FEAST \$20.95pp**

Black bean sliders with pico de gallo spicy ranch, grilled vegetable skewers with spicy peanut sauce, pesto dipped tofu and cherry tomato skewers, Asian spring rolls, mini ratatouille sandwiches, roasted sun dried tomato and spinach hummus wraps, fresh fruit

PASTA**PENNE PORTOBELLO PASTA**

Portobello mushroom, mozzarella, parmesan, fresh basil, spinach with garlicky olive oil \$8.95 entrée; \$4.50 side

PASTA PRIMAVERA

Spiral pasta with veggies in light tomato white wine sauce or garlicky parmesan cream \$7.95 entrée; \$4.50 side

ROASTED VEGETABLE LASAGNA OR PASTA BAKE

Layers of sautéed vegetables, wheat noodles, spinach, mozzarella, parmesan \$55 pan

PENNE, ARTICHOKE, BLACK OLIVE, TOMATO AND PEPPERS

In light tomato, white wine sauce, melted cheeses \$7.95 entrée; \$4.50 side

HOT SIDES**BAHAMA VEGETABLES**

Broccoli, yellow squash, red peppers, long green beans \$3.50

BISTRO BAKED BEANS

Honey BBQ \$3

CALIFORNIA MEDLEY

Broccoli, carrots, cauliflower \$3.50

CHEESEY BACON POTATOES

Vegan cheese and crumbled mock bacon \$4.25

GARLIC MASHED POTATOES \$3.50**GREEN BEAN ALMONDINE**

With toasted almonds \$3.25

PARSLEY RED BLISS POTATOES

Touch of garlic, parsley \$3.50

ROASTED TOMATO RATTATOULLI

Rich white wine tomato sauce \$3.50

SAUTEED CABBAGE \$3.50**SQUASH MEDLEY**

Sautéed yellow squash, zucchini, peppers with light balsamic or lemon pepper \$4

GRILLED VEGETABLES

Glazed with balsamic or lemon pepper \$4.50

STEAMED WHITE OR BROWN RICE \$3
SWEET POTATO FRIES \$4
PECAN SWEET POTATO CASSEROLE \$3.75
WILD RICE BLEND
Seasoned rice \$3
ROASTED BABY YUKON GOLD POTATOES
Sea salt, cracked black pepper \$3.50

COLD SIDES

BEET SALAD
With white balsamic shallot vinaigrette \$5
CHOPPED GREEK SALAD
Cucumber, peppers, red onion, parsley, plum tomatoes, with or without feta, with extra virgin olive oil and lemon \$3.50
CILANTRO CORN BLACK BEAN SALAD \$3.50
GRILLED ASPARAGUS AND CHERRY TOMATOES \$5
GRILLED EGGPLANT AND ROASTED PEPPERS \$4.50
SIMPLE SALAD
Spring mix, plum tomatoes, cucumber, red onion \$3.50
CUCUMBER TOMATO SALAD
With Italian vinaigrette \$3.50
FRENCH POTATO SALAD
With Dijon vinaigrette (no mayonnaise, no egg) \$3.25
FRUIT MEDLEY
Seasonal assorted fruit \$3.50
THAI PEANUT PASTA SALAD
Organic whole wheat pasta, scallion, honey roasted peanuts, cilantro with spicy sesame honey dressing \$3.75
SPINACH ORZO SALAD
Feta, spinach with light white balsamic vinaigrette \$3.25
SPRING PASTA SALAD
Basil, tomato, cucumber with Italian vinaigrette \$3.50
ISRAELI COUSCOUS CARROT SALAD \$4
ROASTED BABY ROOTS
With sherry shallot vinaigrette \$5
LENTIL SALAD
With lemon \$4.50
QUINOA SALAD \$4.50
TABOULI SALAD \$4.50

BISTRO ROLLS AND BUTTER \$9 dozen
CORN MUFFINS AND HONEY
With butter \$10 dozen
GLUTEN FREE BREAD
Available upon request

SPECIALTY SALADS

\$7.95 entrée \$4.25 side
FRENCH MARKET SALAD
Romaine and spring mix, black olives, peppercini, roasted red peppers, zucchini, yellow squash, red onion and fresh basil drizzled with balsamic vinaigrette, buttery garlic croutons and cheese on request
ORCHARD GROVE SALAD
Fresh baby spinach, red onion, grapefruit and orange sections, sweet strawberries and grapes, with citrus vinaigrette
STRAWBERRY SUGARED PECAN SALAD
Sweet summer strawberries, red onions served over crisp romaine lettuce with sugared pecans and raspberry vinaigrette

SOUP

\$4.25

GARDEN MINESTRONE

COUNTRY FRENCH LENTIL

VEGETARIAN WHITE BEAN CHILI

CUBAN BLACK BEAN

TOMATO BASIL BISQUE

BUTTERNUT SQUASH BISQUE

BISTRO SANDWICHES

\$4.95 sandwich trays available in your preferred assortment

RATATOUILLE

Julienne red and green pepper, zucchini and yellow squash, portabella mushrooms, red onion, herb roasted tomatoes, spring mix with garlic balsamic vinaigrette on whole grain bread or no cheese focaccia

HUMMUS SUNDRIED TOMATO ZUCCHINI SPINACH WRAP

CAPRESE DEL SOL

Tomato, bruschetta, basil, buffalo mozzarella on focaccia

BEVERAGES

Includes cups

BOTTLED SODA \$1.95

BOTTLED LEMONADE \$2.50

BOTTLED ICED TEA \$2.50

BOTTLED WATER \$1.95

ICE

With bowl and tongs \$1 per pound

Serviced events only

COFFEE and/or HOT TEA

Regular or decaffeinated, eco-friendly cups, sugar, sweetener, cream, stirrers \$2.75

UNSWEETENED AND LIGHTLY SUGARED PEACH ICED TEA \$2.50