

# Catering

## Entrée's

- ⌚ Mexican Confetti: (This is a layered dish with refried beans on the bottom, next cashew cheese, almond sour cream and topped with chopped tomato's, red peppers, cucumbers, onions, avocado, cilantro and salsa) served with organic corn chips. This dish is a favorite and is really colorful.
- ⌚ Coconut curry with greens: (fresh julienne carrots, sweet potatoes, yellow squash, zucchini, onions, red pepper, broccoli and kale in a coconut milk w/curry. Served over organic brown rice.
- ⌚ Mandarin Beef: (gluten/seitan meat, that we make from scratch, sauté' red peppers and onions) in a BBQ sauce served over brown rice or mashed potatoes
- ⌚ Hawaiian BBQ: (again our gluten meat with chopped pineapple, tomatoes, onions and red peppers) in a sweet green chili BBQ sauce served with brown rice or mashed potatoes
- ⌚ Stroganoff: (either bean or gluten meat) in delicious creamy cashew gravy served with mashed potatoes or brown rice.
- ⌚ Stuffed cabbage: Cabbage leaves are steamed until tender and filled with a rice filling. The filling is full of veggies and delicately seasoned with herbs. After being stuffed, the cabbage rolls are baked to join the flavors and covered with mushroom gravy.
- ⌚ Broccoli Quiche: Served in a delicate oat crush that is chunk full of cashew cheese and fresh tender broccoli. Baked until lightly golden on top.
- ⌚ Chickpea A La King: Sautéed Red peppers, onions, mushrooms and English peas added to a cashew gravy along with garbanzo's make this a very tasty meal. Served with mashed potatoes or brown rice.
- ⌚ Maple Tofu: This dish is delicious. The tofu is seasoned and baked to give it a meaty texture. Fresh red peppers, onions, broccoli are steamed to tender crisp. A delicate maple/coconut/pineapple sauce is creamed and mixed with the veggie's and tofu. Served over rice. (Other vegetables may be added.)

## Veggies

- 🕒 Ginger Veggies: Combination of mixed veggies such as zucchini, yellow squash, carrots, onions, broccoli sauté' to a lightly crunchy stage. Seasoned with coconut oil, candied ginger bits and cilantro make this an all time favorite.
- 🕒 Broccoli: Steamed to a bright green and delicately crunchy stage served with a cashew cheese sauce poured over it.
- 🕒 Oven Fries: make from regular potatoes or sweet potatoes. Potatoes are tossed in coconut oil; Celtic sea salt and onion powder and roasted in the oven until golden. If they are sweet potatoes fries we add some chili powder and cumin.
- 🕒 Herbed Sprouts: A crunchy dish of veggies and sprouts seasoned with cilantro, basil or dill. This is very colorful and delicious.
- 🕒 Herbed Potatoes: Potatoes are quartered and boiled until tender. A dressing of fresh herbs is sautéed and poured over the potatoes and tossed.

## Salads

- 🕒 Kale Salad: The kale is shaved and massaged with garlic and extra virgin olive oil. Then tomatoes, olives, onions, red peppers, parsley, and pine nuts are added and a dressing of sweet limejuice is poured over it.
- 🕒 Tossed Salad: (with romaine lettuce and veggies)
- 🕒 Cole slaw: (cabbage and carrots) in a delicious creamy cold slaw dressing.

## Desserts

- 🕒 Carrot cake: With fresh sweet walnut and coconut icing made with maple syrup.
- 🕒 Carob cake: Carob never tasted so close to chocolate as it does in our cake.
- 🕒 Cheesecake: with a blueberry, strawberry or peach fruit topping
- 🕒 Coconut Cake: Contains coconut flour, coconut milk and coconut oil – delicious and gluten free.

\*We use fresh local produce in as far as we can.

- 🕒 We use many organic items but those that have been genetically modified are never knowingly used.

\*\*If you have favorite's please feel free to ask about other items that are not on the menu.

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