

Vegan Menu Selections



Vegan Menu - Gluten Free - Dairy Free

Ask your Event Consultant about additional Plant based proteins & dairy substitutes that are available!

"Gardein Chicken Breast" Penne

Pan Seared Asparagus, Tomato, and Mushroom tossed in Olive Oil and a Basil Pesto Avocado sauce over Whole Wheat Pasta

"The Ultimate" Vegan Lasagna!

"Beyond Meat Italian Sweet & Hot Sausage" With a garden's worth of Roasted Vegetables Layered with Marinara Sauce and "Follow Your Heart" Vegan Cheese on Mueller's Gluten Free Lasagna Sheets

Baked Stuffed Bell Peppers

Garden fresh Green, Yellow, and Red bell peppers, Filled with sautéed white beans, spinach, mushrooms, zucchini and tomatoes combined with "Bocaburger Meatless Vegetable Beef Crumble", Vegan Mozzarella and our Vegetable Wild Rice

Breakfast Burrito

Tortilla wrap, Chickpeas, Tomato, Spinach, Mushroom, and "Beyond Meat Italian Sweet & Hot sausage" Served with Home Fries made with Potatoes, Bell Peppers & Onions using "Earth Balance Buttery Spread with Olive Oil"

This is a great Lunch Option too!

Oven Roasted Stuffed Portobello

Marinated Portobello Mushroom with homemade celery, carrot, & onion Stuffing filled with Spinach, vegan Mozzarella Cheese Drizzled with Balsamic Glaze and served over "Path of Life" Riced Vegetables Confetti Blend

Grilled Veggie Skewers

Grilled vine ripe Tomatoes, yellow Squash, Zucchini, Mushrooms, red Onion and Bell Pepper, topped with Balsamic Glaze Served over Roasted Vegetable Red Quinoa

Burgers & Sandwiches!

"Beyond Meat" Burger Patty
"Gardein" Black Bean Burger
"Gardenburger" Organic Malibu Burger
"Gardein" Crispy Chick'n Patty
"Gardein" Golden Fishless Filets
All Served on Ezekiel Sprouted Grain Burger Buns

Eggplant Parmesan

Non-breaded Eggplant
Layered with "Follow Your Heart" Vegan Cheese and Marinara
Served over "Barilla Angel Hair" Pasta

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Chicken Parmesan

"Gardein" breaded chicken on a toasted sandwich hoagie with house made marinara, Vegan mozzarella and fresh Parsely

Potstickers & Rice

Pan fried Asian style dumplings filled with cabbage, carrots and celery. Served with a sweet and spicey ginger soy dipping sauce & veggie fried rice

Veggie Frittata

Crustless mini vegan Quiche made with "Just Eggs", sauteed veggies, and Vegan cheddar cheese

Loaded Twice baked Potato

Baked potato halves filled with Plant based chorizo, dairy free cheese, chive and Plant based sour cream

Beleaf Plant-Based Ham Biscuits

Vegan Ham served on fresh baked sweet potato biscuits with locally sourced fig preserves
This is a great Lunch Option too!

Beyond Korean BBQ Flatbread

Sweet potato flatbread of "Beyond Beef" plant based protein, Asian Slaw, cucumber, roasted red onions, cilantro and red chili plant based aioli

Mushroom & Goat Cheese

Flatbread

Sauteed assorted mushrooms, shallot and garlic topped with Herb garlic cashew plant based cheese & balsamic reduction on a toasted French bread

Ratatouille w/ Polenta Cakes

Eggplant, sweet red pepper, onion, zucchini, cherry tomatoes, garlic and seasonings sauteed, served over pan fried polenta cakes. Topped w/ Dairy Free Parmesan.

Oshi Salmon Cucumber Bites

Vegan Oshi Salmon on cucumber with avocado, sesame, and our house made sweet and spicey Asian firecracker sauce. Topped with Caviart Caviar

Loaded Twice baked Potato

Baked potato halves filled with Plant based chorizo, dairy free cheese, chive and Plant based sour cream

Vegan Philly Cheese Steak

seasoned Grilled Portobellos & Roasted Artichoke hearts tossed in Earth Balance butter substitute w/ onions, peppers, and melted dairy free Provolone cheese substitute on vegan French bread, seasoned tater tots, steamed Lemon pepper Broccoli

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Butternut Squash Ravioli

Herb Roasted root vegetables tossed with Butternut Squash stuffed Ravioli in an Artisan style dough with a Hazelnut Butter

TEX-MEX Sweet Potatoes

Oven roasted Sweet potato halves loaded with black bean, fire roasted corn, peppers, onions, cilantro, red onion, baby spinach, a splash of lime, Dairy Free Cheese & Avocado Crema.

Stuffed Seasonal Squash

Herb roasted squash with a flavorful stuffing of Cremini Mushrooms, spinach, kale, onions and cranberries (Butternut, Acorn or Spaghetti Only available in fall)

Miso Portobello

filled with homemade stuffing, garlic, onion, pepper, carrot, celery, flax seed meal, Tahini, Garbanzo beans and Dairy free cheese with a Red Miso Sauce

The "No Bull" Vegan Loaf

Plant based beef, lentils, mushrooms, chick peas, savory herbs with tangy tomato glaze

Jambalaya

Louisiana creole style rice dish with plant based sausage and chicken. Stewed with generous helpings of red beans, tomato, celery, peppers and onions.

Spaghetti Bolognese

You won't miss the meat in this hearty vegan version of spaghetti bolognese! Walnuts and lentils pack it with protein, while sage, tomatoes, tamari, mushrooms, rosemary, and balsamic fill it with rich, savory flavor

BBQ "Tempeh" Ribs

Marinated tempeh, grilled and served w/ vegan potato salad and fresh green beans

Chimichurri Steak Bowl

"Beyond Steak" marinated in fresh made chimichurri sauce over brown rice with avocado and Cowboy Caviar (Blend of black eyed peas, black beans and fire roasted corn, peppers and onions)

Mediterranean Bean & Veggie Bowl

Edemame, Kale, Quinoa, Red beans, spinach, cherry tomatoes, red onion, seasoned with Mediterranean flavors