



SAMPLE VEGAN MENU

Hors D'oeuvres

Stuffed Baby Artichokes

Baby artichokes, halved and sautéed, stuffed with smashed garlic, toasted breadcrumbs and lemon zest

Sweet Potato Crostini with Pear & Thyme

Crispy sweet potato crostini topped with your favorite vegan cheese, slices of pear, fresh thyme and walnuts, sprinkled with edible flowers

Roasted Tofu Lollipops

Paprika sprinkled roasted tofu, served on bamboo skewers topped with vegan mint pesto

Butternut Squash Hummus

Hummus made from chick peas and roasted butternut squash, served with vegetable spears

Fresh Start

Grilled Pear Salad

Mesclun greens tossed with marinated & grilled pears, toasted pine nuts, and crispy rice noodles, dressed with citrus vinaigrette

Entrée

Artichoke Cake with Carrots and Barley Risotto

Dinner size artichoke cakes made with chopped artichokes, breadcrumbs, chopped red peppers, vegan mayo, seasonings and cooked until golden, served with spicy vegan remoulade sauce
Served with barley risotto and golden baby carrots cooked with margarine, thyme and garlic

Dessert

Vegan Chocolate Pudding

Vegan, gluten-free chocolate pudding made with coconut milk topped with shredded coconut and vegan whipped cream