



## CATERING OPTIONS

This is a list of dishes we offer that can be selected to fit any menu or type of event. Looking for something we don't have listed? We're happy to take custom orders and special requests! Please see our sample menus below to see how these dishes can be arranged to fit your event.

Have special dietary concerns? No problem, aside from using no animal products in our cooking, our team excels at making creative menus to accommodate allergies and meet specific dietary needs.

*GF = Gluten Free*

*GFA = Gluten Free Option Available*

### Appetizers

Buffalo Baked Cauliflower with Ranch Dip  
Crab Cakes with preserved lemon and tartar sauce  
Cashew Cream Cheese stuffed mushrooms with Basil Pesto (GF)  
Pulled King Oyster Mushrooms with apple and tarragon slaw  
Seitan Philly Cheesesteak Sliders with pickled jalapenos and queso cheese  
Grilled smoky and sesame veggie skewers (GF)  
Compressed Watermelon with tofu feta and balsamic glaze (GF)

### Soups

Creamy Roasted Mushroom with crispy mushroom chips and scallion (GF)  
Tempeh and 3 bean chilli (GF)  
New England Style Clam Chowder (GF)  
Smoky Tomato Bisque with tofu creme fraiche (GF)  
Roasted Garlic and Cauliflower with cauliflower crumb and chive (GF)  
Roasted Butternut Squash with maple and thyme (GF)  
Potato and leek soup with smoky tempeh bacon (GF)

### Salads

All salads can be made into Buddha Bowls  
Kale Caesar with tempeh bacon, pickled shallots and sunflower seed parmesan (GF)  
Asian Teriyaki Salad with seared shiitakes, broccoli, edamame and ginger teriyaki dressing (GF)  
Greek style salad with tomatoes, cucumbers and chickpeas with dill tzatziki dressing (GF)  
Beet and Barley salad with roasted beets, arugula, pickled shallots and baked almond parmesan (GF)

### Entrees

Shepherds Pie with Creamy mashed potatoes and chives (GF)  
Savoury lentil Loaf with a tomato glaze (GF)  
Sticky BBQ Seitan Ribs  
Seared Lentil Seitan steak  
Mushroom and truffle wellington with fresh herbs  
Handmade lasagna with walnut ricotta and tomato basil sauce (GFA)

### Sides

Creamy mushroom Risotto (GF)  
Lemon and Pea Risotto (GF)  
Squash and sage Risotto (GF)  
Smashed dill potato salad with capers and celery salt (GF)  
Potato Gratin with smoked salt and melted onion (GF)  
Roasted Greek style potatoes with lemon, oregano, and crushed garlic (GF)  
Seasonal Grilled Veg (GF)  
Maple Bacon and Brussels (GF)  
Seasonal Roasted root veg (GF)  
Creamy Garlic and scallion mashed potatoes (GF)

### Desserts

Seasonal Cheesecakes (GF)  
Salted caramel pecan bars (GF)  
Mini apple pies with cider caramel  
Pumpkin Spiced Baked Alaskas (GFA)  
Traditional Pavlova with coconut whip and seasonal fruit (GF)  
Chocolate and vanilla pudding with date caramel and toasted almonds (GF)  
Housemade Ice creams and sorbets (GF)

### Breakfast

Chia Pudding with homemade granola and seasonal compote (GF)  
Dried fruit and nut granola bars (GF)  
Chickpea frittata with blistered tomatoes, caramelized onions and basil (GF)  
Roasted wild mushroom Quiche  
Classic BLT style tempeh sandwich with tomato jam and confit garlic aioli (GFA)  
Mexican inspired tofu scramble wraps with cashew sour cream and grilled corn  
"Eggy" breakfast sandwiches with grilled tofu and black salt  
Fresh fruit board (GF)  
Chocolate Orange Biscotti  
Oatmeal Cinnamon and black currant cookies  
Peanut Butter crunch bars (GF)  
Fresh fruit smoothies made with seasonal fruit and veg (GF)

### Lunch

Kale Caesar with tempeh bacon, pickled shallots and sunflower seed parmesan (GF)  
Asian Teriyaki Salad with seared shiitakes, broccoli, edamame and ginger teriyaki dressing (GF)  
Greek style salad with tomatoes, cucumbers and chickpeas with dill tzatziki dressing (GF)  
Beet and Barley salad with roasted beets, arugula, pickled shallots and baked almond parmesan (GF)  
Classic BLT style tempeh sandwich with tomato jam and confit garlic aioli (GFA)  
Maple Grilled seasonal veggies with lemon aioli and thyme (GF)  
Fresh egg salad sandwich with dill and smoked paprika (GFA)  
Pastrami sandwich with homemade sauerkraut, mustard, and half sour pickles  
Tahini Chocolate chip cookies (GF)  
Oatmeal cinnamon and black currant cookies  
salted caramel pecan bars (GF)  
Peanut Butter crunch bars (GF)  
Fresh fruit board



## SAMPLE MENUS

Below is a list of our sample menus. These menus are intended to give you an idea of what a menu can look like, whether it be buffet-style, plated, waiter passed cocktails or drop off breakfasts/lunches. These menus can all be customized any way you choose with dishes from our catering options list, as well any specific requests you may have.

### Example Breakfast

Chia Pudding with homemade granola and seasonal compote (GF)

Roasted wild mushroom Quiche

Classic BLT style tempeh sandwich with tomato jam and confit garlic aioli (GFA)

Fresh fruit board (GF)

### Example Lunch

Kale Caesar with tempeh bacon, pickled shallots and sunflower seed parmesan

Classic BLT style tempeh sandwich with tomato jam and confit garlic aioli (GFA)

Tahini Chocolate chip cookies (GF)

Fresh fruit board (GF)

### Example Dinner Plated

Fresh Baked Focaccia Style Bread with sea salt and herbs

Beet and Barley salad with roasted beets, arugula, pickled shallots and almond parmesan (GF)

Smoky Tomato Bisque with tofu creme fraiche (GF)

Mushroom and Truffle Wellington with potato gratin, and maple bacon and brussels

Lemon Raspberry Cheesecake (GF)

### Example Dinner Stations/Bufferet

Fresh Baked Focaccia Style Bread with sea salt and herbs

#### Salad Station:

Greek style salad with tomatoes, cucumbers and peppers tossed in fresh oregano and dill (GF)

#### Pasta Station:

Spicy Lentil Ragout/Cauliflower Fettucine Alfredo (GFA)

#### Entree Station:

Seitan Ribs with Creamy Smashed Potato Salad, and apple and tarragon slaw

Buffalo Cauliflower and Waffles with homemade hot sauce (GFA)

#### Dessert Station:

Roasted Pear and Walnut Tarts

Salted Caramel Pecan Bars

### Example Cocktail Menu

Vegan Charcuterie board with artisanal vegan cheese, house made preserves and pickled goodies

Fresh vegan veggie board with seasonal vegetables and fresh vegan dips

#### Waiter Passed Hors d'oeuvres:

Buffalo Baked Cauliflower with Ranch Dip

Crab Cakes with preserved lemon and tartar sauce

Cashew Cream Cheese stuffed mushrooms with Basil Pesto (GF)

Pulled King Oyster Mushrooms with apple and tarragon slaw

Compressed Watermelon with tofu feta and balsamic glaze (GF)

### Cuisine Based Menus

Want to have a fully catered vegan Indian Feast? Or perhaps a Thai inspired buffet? Ask us about our Vegan Cuisine based menus!

### Jack is ready to cater your next event

#### Contact The Empowered Vegan

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