



Yummy Goodness Catering Company

Plant Based Suggestions

(Selections are available throughout the regular menus)

Cocktail Hour

Vegan Fire Seared Antipasto Display. Comes with Heart of Palm and Roasted Red Pepper Tapenade, Artichokes, Sundried Tomatoes, Grilled Mushrooms, Variety Olives, Caramelized Onion Confit, Grilled Eggplant, Zucchini, Squash, Roasted Peppers, Roasted Garlic, Crusty Rolls and Flatbreads. Tofu and Vegan Cheese Stuffed Queen Olives. Accompanied by Kalamata Olive Tapenade, Fresh Walnut Pesto and White Bean Hummus. Herbed Tofu Dip with Chopped Olives and Roasted Tomatoes.

~~~

*Chili and Lime Grilled Halloumi Cheese Skewers*

*Roasted & Smoked Carrots with Lemon Yogurt Sauce and Chives (v) (gf)*

*Fried Green Local Tomatoes topped with Tomato Basil Topping, Bleu Cheese & Balsamic Glaze (v)*

*Fried Green Tomato Caprese with Roasted Corn Salad and Local Micro Basil (v)*

*Watermelon and Feta Salad with Fresh Mint and Lemon Zest Olive Oil (v) (gf)*

*Strawberry (Local when available) and Brie Crostini with Fresh Local Basil and Local Honey (v)*

*Charred Acorn Squash with Herb Dressing, Cumin Roasted Walnuts & Grilled Haloumi Cheese (v) (gf)*

*Italian Roasted and Grilled Rainbow Vegetable Platter (vegan) (gf)*

*Roasted Winter Vegetable Platter (vegan) (gf)*

*Grilled Tri Color Heirloom Local Tomato Bread Local Basil, Chevre Cheese, Grilled Italian Crusty Bread (v)*

*Spring Vegetable Tarts- Herbed Ricotta, Local May Peas, Local Asparagus & Spring Onions (v)*

*Roasted Beet and Citrus Salad with Tri-Color Quinoa, Arugula, Local Goat Cheese, Lemon Olive Oil (v) (gf)*

*Oven Roasted Cauliflower with Spiced Chickpeas & wilted Greens. Finished with Crushed Walnut Gremolata, Green Onion & Crispy Garlic Panko. (vegan)*

*Herbed Chickpea Cakes with Jalapeno Pesto (v)*

*Grilled Local Corn & Fresh Avocado Salad (vegan) (gf)*

*Mini Manchego Grilled Cheese with Roasted Red Pepper Dipper (v)*

*Roasted Tomato Kalamata Olive Tofu Dip (gf) with Pita Rounds (vegan)*

*Caramelized Onion, Mushroom and Gruyere Puffs (v)*

*Spicy Crisp Tofu on Mint-Avocado Salad (vegan)*

*Tofu Kabobs with Cilantro Sauce (vegan)*

*Minted Melon Salad with Fresh Local Watermelon, Cantaloupe and Blueberries (vegan) (gf)*

*Roasted Mushroom Risotto Cakes with Local Herbs, Wine & Chevre Cheese (v)*

*Grilled Asparagus with Lemon Zest Vinaigrette (vegan)*

*Cucumber Cups filled with Classic Waldorf Salad with Walnuts (vegan)*

*Savory Spinach and Caramelized Onion Stuffed Mushrooms with Lemon White Wine Sauce (v)*

*Quinoa Black Bean Cake with Roasted Red Pepper Coulis (vegan)*

## **Entrée Selections**

*Wild Rice and Butternut Squash Stuffed Red Peppers Topped with Pecans. (v)*

*Grilled Zucchini Rollatini with Raisins and Pistachios (v)*

*Zucchini Rollatini with Fresh Roasted Tomato, Garlic and Cream Sauce (v)*

*Cavatappi with Yummy Goodness Sauce (Roasted Tomato & Garlic Cream Sauce)*

*Mixed Mushroom Risotto finished with Mascarpone and Fresh Herbs (v)*  
*Roasted Mushroom Ragout over Garlic Polenta (vegan)*

*Glazed Portabella served on a bed of Sautéed Spinach, Grilled Carrots & Onions.*  
*Crushed Walnuts & Crispy Garlic Panko. (vegan)*

*Grilled Portabella and Sweet Onion BBQ Sandwiches (vegan)*

~~~

Chef Attended Pasta Station

Linguini, Penne and Cavatappi Pasta

Tomato Basil Sauce (vegan), Pesto Alfredo (v), Yummy Goodness Sauce (v) (Roasted Tomato and Garlic Cream Sauce),

Portobello and Wild Mushrooms, Fresh Broccoli, Roasted Peppers, Grilled Artichokes, Roasted Cauliflower, Sundried Tomatoes, Roasted Garlic, Fresh Spinach, Fresh Mozzarella, Diced Tomatoes, Fresh Basil

~~~

***(Plant based selections are available throughout the regular menus)***