



Yummy Goodness Catering Company

Plant Based Suggestions

(Selections are available throughout the regular menus)

Hor 'd oeuvres

Vegan Fire Seared Antipasto Display

Comes with Heart of Palm & Red Pepper Tapenade, Chickpea Salad, Artichokes, Sundried Tomatoes, Grilled Mushrooms, Variety Olives, Caramelized Onion Confit, Grilled Eggplant, Zucchini, Squash, Roasted Peppers, Roasted Garlic, Pickles, Crisp Crostini and Flatbreads. Tofu & Vegan Cheese stuffed Queen Olives. Accompanied by Kalamata Olive Tapenade, Chef's Chimichurri and Lemon Hummus. Herb Tofu Dip with Chopped Olives & Roasted Tomatoes. (vegan)

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#### **Mezze Station**

*A Bountiful Display of Mediterranean Treats- Whipped Feta & Pistachio Dip, Roasted Carrot Romesco with Almonds and Everything Hummus, served along Fresh Vegetables, Pita & Crackers. Tomato & Mozzarella Salad. Turkish Cigars- Ricotta, Feta, & Lemon wrapped in Phyllo (v). Herbed Chickpea Cakes (v). Displayed with Marinated Olives & Artichoke Hearts, Dried Fruits, Grapes & Roasted Nuts. (v)*

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Strawberry (local when available) and Brie Crostini with Fresh Basil & Honey (v)

Balsamic Tomato Jam Crostini (vegan)

Classic Tomato Bruschetta Crostini with Lemon Mascarpone & Fresh Herbs (v)

Apple Chutney Crostini with Lemon Mascarpone & Fresh Herb (v)

Japanese Onigiri Rice Triangles (vegan)

Stuffed Piquillo Peppers: Goat Cheese, Pinenut & Spicy Tomato (v) (gf)

Potato Pavé with Charred Onion & Cherry Chutney (v) (gf)

Herbed Chickpea Cakes with Jalapeno Pesto (v)

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)

Tofu Kabobs with Cilantro Sauce (vegan)

Herbed Ricotta Tarts with Carrot, Fresh Asparagus, Chives & Almond (local when available) (v)

Rustic Potato and Fennel Tarts (vegan)

Crispy Endive with Almond, Goat Cheese, and Orange (v) (gf)

Sesame Ginger Chickpea Cakes with a Lime Cilantro Dipper (v)

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

Herb Chickpea Tacos with Jalapeño Pesto, Cabbage, and Fresh Herbs (vegan)

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

Savory Spinach & Caramelized Onion Stuffed Mushrooms with Lemon Wine Sauce (v)

Other Menu Items

Black Bean Sliders with Roasted Red Pepper Coulis (vegan)

Grilled Portobello and Sweet Onion BBQ Sandwiches (vegan)

Rum Marinated Grilled Pineapple & Red Pepper Slider with Green Onion, Arugula & Smoked Jalapeno Vegan Mayo (vegan)

BBQ Lentil Meatball Slider with Caramelized Onions (vegan)

Chili Garlic Tofu Bao with Cucumber, Pickled Carrots, Onion & Fresh Cilantro (vegan)

Grilled Asparagus with Lemon Zest Vinaigrette (vegan)

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

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

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

Roasted Winter Vegetable Platter (vegan) (gf)

Roasted & Smoked Carrots with Tahini Yogurt Sauce, Sesame, Chives (v) (gf)

Fried Green Tomatoes: Tomato Basil Topping, Cheese & Balsamic Glaze (v)

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

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

Entrée Selections

Roasted Cabbage Wedge with Roasted Garlic, Sweet & Sour Tomato Sauce, Fried Onions, Chives, Blue Cheese & Crispy Panko (v)

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

Pimento Cheese Grit Gratin with Charred Carrots & Brussel Sprout. Finished with Tomato Herb & Balsamic Glaze

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

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

Cavatappi with Yummy Goodness Sauce (Roasted Tomato & Garlic Cream Sauce) Mixed Mushroom Risotto finished with Mascarpone and Fresh Herbs (v)

Mediterranean Cavatappi- Fresh Spinach, Fresh Cherry Tomatoes, Garden Peas, Onions, and Pinenuts with Vegan Lemon White Wine Sauce (vegan)

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### **Classic Pasta Bar**

*Linguini, Penne and Cavatappi Pasta*

*Tomato Basil Sauce (vegan), Pesto Alfredo (v), Yummy Goodness Sauce (v) (Roasted Tomato and Garlic Cream Sauce), Seasonal Roasted Vegetables and Parmesan Cheese. Crisp Green Salad and Fresh Baked Crusty Bread with Butter.*

*Plant Based Meatballs*

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Baked Pasta Bar: Choose 2:

French Onion Rigatoni, Ricotta, Light Tomato Sauce, Gruyère & Crispy Panko (v)
Baked Four Cheese Manicotti with Tomato Basil Sauce (v)
Spinach & Tomato Lasagna layered with Ricotta & Italian Herbs (v)

Seasonal Roasted Vegetables and Parmesan Cheese.

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**Street Tacos**

*Chipotle Portabella Mushroom Fajita Filling (vegan) OR Roasted Sweet Potato & Black Bean Taco Filling (vegan), OR Chickpea Taco Mix (vegan)*

*Spicy Crema, Cilantro, Classic Pico de Gallo, Lime Wedges, Green Onions, Assorted Hot Sauces, Jicama Slaw, Jalapeños, Queso Fresco, Corn & Black Bean Salsa and Jalapeño Pesto. Served with Flour and Corn Tortillas.*

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Super Taco Station

(selection of 3 proteins and 2 salads from below)

Street Tacos with Chipotle Portabella Mushroom Fajita Filling (vegan), Chipotle Roasted Sweet Potato & Black Bean Taco Filling (vegan), Chickpea Taco Mix (vegan) (can mix & match protein selections; to please all your guest)

Classic Spanish Black Beans and Arroz Verde with Cilantro

Spicy Crema, Cilantro, Classic Pico de Gallo, Lime Wedges, Fresh made Guacamole, Tomato Salsa, Charred Salsa, Green Onions, Assorted Hot Sauces, Jicama Slaw, Grilled Pineapple Salsa, Spicy Orange Salsa and Cabbage. Pickled Jalapeños, Queso Fresco, Grilled Corn, Onions, Jalapeño Pesto, Seafood Sauce and Fresh Sliced Radish. Served with Flour, Corn Tortillas and Tortilla Chips.

Salad Choices: Pick Two:

Mexican Street Corn Salad with Lime, Fresh Crema, Queso Blanco & Herbs (cold) (v)

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

Summer Veggie Salad: Marinated Green Beans, Cucumber, Herbs & Tomato (vegan)

Grilled Local Asparagus with Lemon Zest Vinaigrette (vegan)

Heirloom Tomato Caprese Salad with Basil and Balsamic (v)

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