

FOODIES CATERING INC. & FOODIE EVENTS

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LIKE US ON FACE BOOK @ FOODIES CATERING INC & FOODIE EVENTS

VEGAN & GLUTEN FREE CATERING OPTIONS

BREAKFAST

OVERNIGHT OATMEAL JARS WITH ALMOND MILK BERRIES & COCONUT 6 JARS \$ 26.00 V GF
PITAYA & ACAI BOWLS MADE TO ORDER V GF
TOFU PANEER & VEGGIE SAUTE - \$ 48.00 TRAY SERVES 12 V GF
VEGAN ROASTED HASH BROWNS W/ ONIONS & CHIVES \$ 39.00 TRAY SERVES 12 V GF
OVERNIGHT OATMEAL W/ BERRIES & COCONUT \$ 45.00 TRAY SERVES 12 V GF
RICE & BEAN & VEGGIES \$ 45.00 TRAY SERVE S 12 V GF

LUNCH & DINNER V GF TRAYS SERVE 12 UNLESS OTHERWISE SPECIFIED
SEE ALSO OUR SALAD TAKE OUT MENU FOR MORE VEGAN GLUTEN FREE IDEAS

VEGAN GREEK SALAD WITH CUCUMBER, PEPPERS, ONIONS, OLIVES, PANEER \$ 48.00
QUINOA W/ GARBANZO BEANS, BLACK, BEANS, ROASTED CORN & PEPPERS, \$ 65.00
QUINOA W/ ROASTED CAULIFLOWER, GARBANZOS, DRIED BERRIES & ALMONDS \$ 65.00
MOROCCAN CHICKPEA SALAD W/ CARROTS, ONIONS, CUCUMBERS, MINT & LEMON ZEST \$ 65.00
MASHED SWEET POTATOES TOPPED WITH ROASTED GARBANZOS, PECANS & SHAVED BRUSSELS \$ 65.00
BROWN RICE, VEGGIES & PANEER WITH SPINACH & ALMONDS \$ 65.00
FARO WITH A TRIO OF ROASTED MUSHROOMS, SPINACH & PEPPERS \$ 65.00
TAD PAI NOODLES WITH 10 VEGETABLES \$ 69.00
SEARED TOFU W/ TERIYAKI VEGGIES \$ 65.00
TOFU LASAGNA W/ ZUCCHINI, EGGPLANT & PANEER \$ 69.00

SOUPS

3 BEAN CHILI W/ PANEER & SCALLIONS \$12.00 QT
10 VEGGIE SOUP W/ CHICK PEAS \$ 12.00 QT
VEGETABLE BARLEY \$12.00 QT
VEGAN GF MINISTRONE \$ 12.00 QT

DESSERT

VEGAN GF ENERGY BITES \$ 9.99/3 BITE PACK
VEGAN MUFFINS % 4.00 EACH
GF FLOURLESS CAKE ASSORTED SIZES
VEGAN BLUEBERRY BANANA CAKE ASSORTED SIZES
GF BERRY COBBLER W/ OATMEAL CRUST
VEGAN GF HOMEMADE SORGET \$ 12.00 PINT MADE WITH FRESH FRUIT