



www.cateringbyandreala.com
(310) 702-1862

VEGAN MENU

Salads: 7/PP

Tofu, Pecans, & Peaches: Accompanied with golden corn kernels, roasted peppers, and cherry tomatoes, served with homemade balsamic dressing.

Spring Greens with Grilled Veggies: Grilled broccoli, eggplant, and red peppers, served with orange champagne vinaigrette.

Baby Greens with slivered beets, Pine nuts, assorted dried berries, Tri colored roasted peppers, cherry tomatoes, and golden corn kernels.
Served with **Homemade Grapefruit Infused Balsamic Vinaigrette**

Chinese Tofu: Accompanied with fresh ginger, mandarin oranges, slivered almonds, corn, and tomato, served with goddess dressing.

Soy Taco Salad: Ground soy with green onion accompanied with corn, black beans, roasted peppers, corn chips, and salsa, served with homemade balsamic dressing.

Pasta \$7/PP

Pasta Veggie Melt: Whole Wheat Pasta with Grilled Broccoli, Cauliflower, Zucchini, & Sautéed Onions. Topped with Melted Munster Cheese

Penne w. Tofu & Veggies: Kalamata olives, broccoli, grilled eggplant, and goat cheese, served with a tomato, garlic, and basil sauce.

Pasta Marinara with Soy Meatballs

Main Course: \$7/PP

Vegetarian Chicken Cutlets & Roasted Veggies, over brown rice with sautéed onions. Accompanied with a creamy soy sauce

Vegan Orange Chicken or Beef, accompanied with roasted crispy broccoli and brown rice & onions

Vegan Chicken or Beef Stir Fry, accompanied with broccoli, asparagus, mushrooms, and green onion over brown rice, served with Vegan Creamy Soy Sauce

Tofu Veggie Melt: Roasted Broccoli, cauliflower, mushrooms, and onions over sautéed brown rice covered with melted Soy or Munster cheese

Tandoori or Curry Tofu, Vegan Chicken, or Vegan Beef & Veggies over Rice: Combination of cauliflower, broccoli, asparagus, and sweet onion over basmati rice.

Vegetarian Meatball or Sausage Sub: Topped with Marinara & Sautéed Onions

Veggie Burger or Sausage: Topped with Shredded Lettuce, Dill Pickle Chips, Heirloom Tomato, and Sautéed Onions

Vegetarian Chili, served with Blueberry Corn Bread

Vegan Beef, Chicken, or Bean Enchiladas

Tofurkey, Veggies, and Mashed Potatoes

Sides: \$5/PP

Pumpkin Seed Pesto Potato Gnocchi

Quinoa Salad with Pine Nuts, Seasonal Squash, Corn, & Cilantro

Curried Cous Cous with Pine Nuts, Cilantro, and Dried Cranberries

Israeli 27 Grain Cous Cous with Roasted Eggplant, Carrots, and California Raisins

Beet Infused Jasmine Rice

Havana Black Beans and Rice

Wild Mushroom Rice Pilaf

Brown Rice with Sautéed Leeks

Rosemary Roasted Fingerling Potatoes

Mashed Maple Sweet Potatoes with Crushed Pineapple

Veggies: \$5/PP

Simple, Garlic, Asian, or Curry Roasted Seasonal Veggies

Succotash with Edamame, Golden Corn Kernels, and Bell Peppers

Roasted Asparagus with Lemon Butter

Crispy French String Beans with Candied Pecans

Roasted Brussels Sprouts

Vegan Creamed Spinach with Onions and Artichokes

Sautéed Garlic Spinach

Crispy Kale

Edamame

Dessert: \$3-\$6/PP

Chocolate Chip Cookies

Banana Bread or Carrot Cake Muffins

Assorted Mini Cupcakes or Whoopee Pies: Red Velvet & Devil's Food

Assorted Dark Chocolate Dipped Fruit Platter

Caramelized Baked Apple A La Mode

Seasonal Fruit Skewers with Melted Dark Chocolate

Seasonal Fruit Platter