



Chef Steph's Menu

Everything is vegan or can be made vegan

Dips Sauces and Starters

Boursin 'Cheese Dip- just like store bought but veganized

French Onion Dip- caramelized onions in a traditional dip. Can be vegan or vegetarian

Dill Dip- minced onions, garlic and fresh herbs in a creamy base, great for dipping. Can be vegan or vegetarian

Peanut Sauce- garlic, ginger and curry flavor this rich sauce. Can be make with almond butter

Artichoke Dip- caramelized onions and artichoke hearts baked up rich and creamy. Can be vegan or vegetarian

Tomato Basil Bruchetta- tomatoes, garlic, fresh basil and balsamic vinegar reduction.

Olive Sun-dried Tomato Tapenade- Kalamata olives, sun-dried tomatoes, garlic, parsley and capers all chopped and ready

'Cheeze' Sauce- veggies, cashews and seasonings all blended into a cheeze sauce to be used on everything. Choose plain, pizza or nacho flavored

Vegan Mozzarella- cashew based. Yummy alternative, wonderful for pizza or pasta

Hummus- homemade, creamy and delicious, can be made to suit 'almost' any flavor profile

Walnut Miso Spread- lightly roasted walnuts, caramelized onions, and miso, make for a wonderful spread for crackers and bread

Guacamole***takes some planning to get the ripe avocados, so please plan ahead

Stuffed Mushrooms- seasoned breadcrumbs (gluten free or wheat), shallots, and fresh herbs in a creamy base. Made with goat cheese or vegan cream cheese

Mushroom Crostini- mushrooms, onion, sun-dried tomatoes and parsley blended and ready to be served with store bought or homemade crostini

Deviled Egg Rounds- creamy chickpea filling piped into cucumber rounds, garnished with chives and paprika



Soups

Minestrone- carrots, celery, zucchini, olives, artichokes, two different beans and of course plenty of garlic, all in a tomato base—no pasta in my version of this classic

Italian Stew- chunky veggies—carrots, celery, zucchini, mushrooms, potatoes, lots of fresh basil and three different beans in a garlic tomato base

Carrot Ginger- smooth and creamy with miso, tahini, and ginger

Greek- clear herbal broth with carrots, celery, zucchini, olives, artichoke hearts, tomatoes, garbanzo beans, fresh parsley and lemon zest

Hearty Veggie Chili- traditional veggie chili with beans in a sweet and, as spicy as desired base

French Lentil- thick soup with carrots, celery, fennel, potatoes

Coconut Curry Lentil- creamy, curry, full and rich

Potato Chowder- onion, celery, corn, potatoes in a thick creamy base

Potato Leek- smooth creamy light green soup finished with cashew cream

Coconut Corn Chowder- onion, celery, bell peppers, corn, potatoes in a rich, creamy, curry base

'Cream' of Vegetable- onion, celery, carrots, zucchini, peas, artichoke hearts, Kalamata olives in a rich potato cashew base

'Cream' of Mushroom- creamy potato base with chunky mushrooms, finished with thyme, sherry and cashew cream

Black Bean- with tomatoes, onions, red peppers and corn—as much heat as desired Caribbean

Black Bean- with the addition of sweet potatoes, orange zest and cilantro—as much heat as desired

Curry Sweet Potato- chunky soup with bell peppers, celery, onions, in a coconut lime base—can also be made smooth

Cauliflower Curry- smooth sweet potato base with chunky roasted cauliflower, seasoned with curry and coconut

Spring Vegetable- clear herbal broth (with asparagus if in season) seasoned with a hint of lemon and dill or tarragon

Thai Peanut Squash- smooth, with coconut, curry, lemongrass, lime and rich peanut sauce

Cream of Tomato- smooth with flecks of basil and a touch of cashew cream



Roasted Tomato and Zucchini- smooth creamy tomato base with chunks of roasted fennel, tomatoes and zucchini, finished with fresh basil

Tomato White Bean- chunky with potato, fennel, and seasoned with fresh rosemary

Vegetable Miso- carrots, celery, onions, mushrooms, ginger, garlic in a miso broth—optional tofu and/or rice noodles

Tofu Noodle Soup- kid friendly, simple broth soup with tofu and noodles

White Bean- with celery, fennel, rosemary and garlic in a creamy potato cashew base

Moroccan Chickpea- with tomatoes, and chickpeas flavored with cinnamon, turmeric and lots of cilantro

Quinoa Stew- with tomatoes, corn, potatoes, seasoned with cumin, coriander, lemon and cilantro

Thai Coconut- with mushrooms, carrots, peppers, zucchini, Thai red curry paste, finished with Thai basil and lime

Split Pea- with carrots, celery, potatoes in this traditional soup with a vegan twist

Gazpacho- chunky traditional soup with plenty of garlic and cilantro

Lasagna Soup- rich tomato base with mushrooms, zucchini, bell pepper, spinach and of course lasagna noodles—add cheese, vegan/dairy if desired

Tortilla Soup- onion, bell pepper, tomatoes, beans and lentils and your choice of heat, ready for you to top off with tortilla chips and diced avocado

Pasta and Grain Salads

Curry Quinoa- with tomatoes, carrots, garbanzo beans, snap peas, raisins, cashews, cilantro, and scallions in a zippy curry dressing

Fall Quinoa- with roasted sweet potatoes, fennel and parsnips, red peppers, scallions, pecans, in a sage garlic dressing

Fiesta Quinoa- red peppers, carrots, corn, purple cabbage, scallions, cilantro, black beans, with a choice of a cumin lime or sweet chipotle dressing

Greek Quinoa- red peppers, cucumbers, tomatoes, Kalamata olives, scallions, carrots with a traditional Greek vinaigrette

Quinoa Confetti- kale, cashews, celery, apple, mint, cilantro, golden raisins, jalapeño, in a light lime dressing



Crunchy Thai- with cabbage, scallions, red onion, bell pepper, edamame, peanuts,, cilantro, in a rich peanut sauce

Mediterranean Tabouli- quinoa, tomatoes, garbanzo beans, parsley, mint, scallions, and lemon

Kale and Quinoa- with red peppers, cabbage, carrots, scallions, walnuts, and raisins in an orange ginger dressing

Asian Wild Rice- carrots, cabbage, cilantro, scallions, red peppers, in a sweet spicy miso dressing

Soba Noodle- carrots, daikon, cabbage, scallions, basil, cilantro, in a garlic ginger dressing

Black Rice Salad- bell peppers, edamame, scallions, cilantro, mandarin oranges in a ginger orange dressing

Pasta- roasted bell peppers, tomatoes, artichoke hearts, Kalamata olives, scallions, in a creamy garlic dressing

Macaroni Salad- roasted red peppers, sweet pickles, scallions, celery, black olives in a traditional dressing

Bean Salads

Black Bean- with bell peppers, tomatoes, corn, carrots, and cilantro in a cumin lime dressing

Balela- garbanzo beans, black beans, finely diced tomatoes, red onions, cilantro in a dressing with cumin, coriander and sumac

Chickpea of the Sea- garbanzo beans, carrots, scallions, capers, pickles, in vegan mayo/dijon dressing—Great as a sandwich filling or on a bed of greens

Chickpea Curry 'Chicken'- seasoned chickpeas, tofu, celery, grapes, scallions in a creamy, curry dressing

Balsamic 3 Bean Salad- garbanzo, kidney and black beans, red onion, cucumber, Kalamata olives, chives and fresh basil in a sweet balsamic dressing

Mediterranean Lentil- scallions, basil, bell peppers, Kalamata olives, sun-dried tomatoes, artichoke hearts in a rich garlic balsamic dressing

Lentil with Vegetables- seasonal roasted veggies, and lentils in a classic Dijon dressing



Greens- All greens/goodies/dressing stored separately, ready for you to throw together

Fall Kale- cabbage, scallions, fennel, roasted sweet potato, raisins, walnuts and orange pieces in a garlic ginger dressing

Kale Powerhouse- carrots, garbanzo beans, grated beets, dried fruit (fresh when in season), cilantro, almonds in an almond butter ginger dressing

BBQ Salad- barbecue glazed garbanzo beans, corn, bell pepper, cucumber and greens
Vegan ranch dressing can be store bought or homemade

Greek Greens- cucumber, bell pepper, tomatoes, garbanzo beans, Kalamata olives, cilantro, parsley with a traditional vinaigrette. Great with greens or as a chop salad

Taco Salad- walnut taco 'meat', black beans, corn, red onion, bell peppers, tomatoes, romaine in a thick avocado dressing

Deb's Spinach Salad- spinach, bell peppers, red onion, garbanzo beans, chives in a balsamic vinaigrette

Chickpea Shawarma Salad- roasted chickpeas, tomatoes, red onion, cabbage, greens and pita chips in a lemon hummus dressing

Last but not Least

Potato Salad- celery, scallions, dill pickles, and carrots in a creamy garlic dill dressing

Tofu 'Egg' Salad- tofu takes the place of eggs, with pickles, scallions, and celery in a flavorful vegan mayo dressing

'Tuna' Salad- tempeh, celery, scallions, pickles, in a creamy garlic dill dressing

Can always wash and prep greens and veggies of your choice creating a 'Salad Bar' for you to get creative with

Salad Dressing

Caesar

Ranch/Cilantro Ranch

No-oil Balsamic

Balsamic Vinaigrette

Creamy Garlic



Maple Mustard

Tangy Mustard

Thousand Island

Miso Orange Ginger

Lemon Shallot

Entrees

Traditional Favorites

Sloppy Joes- lentils, onion, bell pepper in a traditional sauce. Let me know if you'd like me to purchase buns for serving

Sweet Potato & Black Bean Enchiladas- roasted sweet potatoes, black beans, onion, corn and cheese, wrapped in whole wheat (or corn if desired) tortillas and smothered in a traditional red sauce. Can be vegan or vegetarian

Mexican Polenta- mixed veggies and beans in a rich salsa like sauce, topped with polenta rounds and cheese. Can be vegan or vegetarian

Mediterranean Polenta- mixed veggies and beans cooked in a rich broth with sun-dried tomatoes, Kalamata olives, capers, topped with polenta rounds. Can be made vegan or vegetarian

Lentil Loaf- lentils, veggies, oats and BBQ sauce baked into a loaf

Nut Loaf- roasted almonds, mushroom, carrots, onions, cheese, baked in a loaf-optional red pepper sauce. Can be vegan or vegetarian

Quiche- egg and cheese custard mixed with mushrooms, broccoli, spinach, herbs and spices baked in a pastry shell

Vegan Frittata or Quiche- batter made from chickpea flour with lots of veggies and spices-let me know if you have a specific flavor profile you'd like

Traditional Pot Pie- potatoes, peas, carrots, mushrooms, seasoned tofu in a traditional gravy with a savory pastry top

Curry Pot Pie- carrots, red pepper, zucchini, potatoes, cauliflower, cashews, raisins and garbanzo beans in a coconut milk gravy with a savory pastry top



Shepard's Pie- mushrooms, onion, peas, zucchini, leeks, celery, carrots and veggie ground round cooked with savory herbs and spices, all topped with mashed potatoes. Can be made vegan or vegetarian

***Veggie Roulade- puff pastry crust with spiral of zucchini, eggplant, and carrots in a cashew herb dijon OR Italian tomato with balsamic sauce—beautiful presentation. This dish takes awhile to complete, please plan accordingly

Pasta

Traditional Lasagna- onion, zucchini, mushrooms, fresh basil, ricotta, parmesan and mozzarella cheese, red sauce and noodles (regular or gluten free)

Vegan Lasagna- onion, zucchini, mushroom, fresh basil, tofu ricotta, vegan cheese, red sauce and noodles (regular or gluten free)

Tofu & Spinach Stuffed Shells- tofu ricotta stuffed into large pasta shells, covered with red sauce and topped with chopped olives

Eggplant Parmesan- traditionally breaded (gluten free or wheat) with a zesty red sauce. Can be made vegan or vegetarian

Tu-No Casserole- pasta shells, garbanzo bean, peas, mushrooms, in a creamy cashew sauce
Macaroni & Cheese- béchamel cheese sauce mixed with elbow macaroni. Can be made vegan or vegetarian

Roasted Veggie Pasta- roasted onion, bell peppers, zucchini, eggplant, carrots, garlic, tomatoes mixed with fresh spinach and balsamic reduction sauce

Yakisoba- stir-fried veggies mixed with soba noodles and a rich, sweet sauce with a bit of a kick (how high is up to you)

Pasta Sauce

Ratatouille- tomatoes, bell peppers, zucchini, eggplant and garlic in a tomato base

Jay's Puttanesca- tomatoes, Kalamata and green olives, capers, pine nuts, fresh basil, oregano, plenty of garlic and a touch of red pepper flakes

Pesto- fresh basil, pine nuts (or walnuts), garlic and oil. Sun-dried tomatoes are a fabulous addition if desired. Can be made vegan or vegetarian

Vodka Sauce- onion, shallot, garlic, tomatoes, vodka in a creamy base. Can be vegan or vegetarian



Grains and Vegetables

Quinoa Pilaf- quinoa mixed with onions, carrots, peas, pecans, greens in a soy sesame sauce

Biryani- mix of veggies with cashews and raisins in an Indian coconut curry, mixed with basmati rice

Veggie Tagine- quinoa, garbanzo beans, sweet potatoes, carrots, bell peppers, tomatoes, onions, green olives, coconut, and dried apricots in a flavorful North African spice mixture.

Stuffed Red Peppers- quinoa, onions, shitake mushrooms, spinach, currants, lemon zest, pecans and cheese. Can be made vegan or vegetarian

Southwest Stuffed Peppers- quinoa, black beans, corn, bell peppers, zucchini, in a southwest tomato sauce. Can be made vegan or vegetarian

Stuffed Portabellas with Rosemary Gravy- lentil and cashew stuffing with a rich rosemary gravy

Twice Baked Potatoes- large baking potatoes stuffed with onion, broccoli and peas. Can be made vegan or vegetarian

Layered Tortilla Casserole- onion, bell peppers, corn, zucchini, refried black beans and salsa all layered with whole wheat tortillas—spice level as desired

Veggie Spring Rolls- carrots, bell peppers, cucumber, cabbage, scallions, basil, cilantro and thin rice noodles, wrapped in rice paper. Wonderful with peanut sauce

Burgers & Cakes

'Crab' Cakes with Remoulade Sauce- artichokes, hearts of palm, red pepper, panko breadcrumbs and traditional spices. Ready for you to fry up to perfection

Baked Falafel with Tzatziki OR Tahini Sauce- traditional and satisfying. Can be made vegan or vegetarian

Black Bean Burgers- onion, carrots, garlic seasoned and blended with black beans and panko breadcrumbs

Cashew Leek Burgers- lentils, bulgur, leeks and mushrooms blended together with herbs and spices

Quinoa Cakes- quinoa, onion, mushrooms, chives, garlic and parsley



Extra Goodies

Scalloped Potatoes- caramelized onions, thin sliced potatoes, layered in a creamy béchamel sauce. Can be made vegan or vegetarian

Mashed Potatoes- can be made with russet or sweet potatoes. Can be made vegan or vegetarian

Roasted Veggies- mix of seasonal veggies roasted to perfection to have on hand for your use

Baked Good and Sweets

Beer Bread- chewy, dense loaf that is delicious as is and also makes amazing toast

Banana Bread- delicious vegan version of the classic. Add chocolate chips if desired

Vegan Chocolate Cake- deliciously rich and amazing. Takes some extra time, please plan accordingly

Chocolate Peanut Butter Pie- not healthy, but rich and decadent. Can be made vegan or vegetarian

Vegan Pumpkin Pie- just like the traditional

Apple Rose Buds- beautiful, individual desserts made with puff pastry. Beautiful presentation. These take some extra time, please plan accordingly

Always feel free to chat with your chef about your menu ideas or favorite recipes you'd like to have made for you.