



PLANT BASED MENU

-Passed or Stationary Hors d' oeuvres -

Grilled Watermelon

Grilled watermelon, mint, basil, and agave syrup

Bruschetta

Local tomatoes, basil, extra virgin olive oil, served on crostini and topped with balsamic glaze

Wild Mushroom Phyllo

Creamy wild mushroom filling inside phyllo cups. Featuring mushrooms from RI Mushroom Company

Crudité

Carrots, celery, cucumbers, red and yellow sweet peppers, grape tomatoes, And pita chips. Served with house made hummus

Stuffed Grape Tomatoes

Red, yellow, and orange grape tomatoes stuffed with “fauxcotta” filling and topped with extra virgin olive oil and chives

Fried Cauliflower

Tempura style fried cauliflower tossed in house made sweet chili sauce

-Salads-

Mixed Green

*Mixed greens, heirloom tomatoes, cucumber, red onion, feta cheese alternative,
Balsamic vinaigrette*

Roasted Beet

Arugula, red and golden beets, candied walnuts, lemon vinaigrette

Chianti Poached Pear

*Mixed greens, pears poached in Chianti wine, candied walnuts,
White balsamic vinaigrette*

Mediterranean

Romaine, tomato, red onion, pine nuts, olives, roasted red pepper, Greek dressing

Pomegranate Citrus

Arugula, shaved fennel, red onion, pomegranate, orange segments, O.J. vinaigrette

Strawberry Spinach

Baby spinach, strawberries, candied pecans, poppy seed dressing

Couscous Salad

*Couscous with arugula, rainbow carrots, grape tomatoes, haricot vers, sweet corn
Drizzled with citrus herb dressing*

Asian Zucchini Noodle Salad

*Raw zucchini noodles, lettuce, red cabbage, cucumber, peach slices,
Crushed peanuts, and sesame seeds drizzled with ginger miso dressing*

-Main Course-

Pasta Alfredo w/ Mushroom

*Spaghetti noodles in a creamy vegan Alfredo sauce with mushrooms and
“farmesan” cheese*

Spicy Peanut Sesame Zoodles w/ Crispy Tofu

*Zucchini noodles in a creamy peanut chili sauce
Topped with crispy tofu, green onions, and sesame seeds*

Tacos

*Soy free taco “meat”, black beans, and vegan “cheese”
Served with tortillas, lettuce, tomato, avocado, cilantro, salsa, and lime*

Roasted Beet Quinoa*

*Tri color quinoa, roasted beets, sunflower seeds, kale, and butternut squash with
extra virgin olive oil and fresh squeezed lemon juice*

Soba Noodle with Vegetables*

Soba noodles, baby bok choy, carrots, edamame, and soy

Chickpea and Tomato Curry*

*Curried chickpeas and Baby potatoes with coconut milk, basil, garlic, and sweet
cherry tomatoes. Served with basmati rice, naan bread and lime wedges*

Thai Vegetable Curry*

*Red Thai curry with bell peppers, bamboo shoots, carrots, ginger, and baby kale
Served with coconut rice*

-On the Side-

Pesto Pasta Salad

Penne with grape tomato, and spinach tossed in vegan pesto sauce

White Bean & Heirloom Tomato Salad

Cannellini beans, heirloom grape tomatoes, fresh parsley, and red onion

Tossed in fresh squeezed lemon juice and extra virgin olive oil

Crispy Brussel Sprouts

*Halved Brussel sprouts seasoned with salt, pepper, and olive oil then broiled until
crispy and served with caramelized onions and balsamic glaze*

Roasted Broccoli w/ Garlic & Lemon

Broccoli florets roasted with garlic, olive oil and fresh squeezed lemon juice

Asparagus

Asparagus sautéed with garlic, rosemary, olive oil, and lemon

Roasted Carrots

Gourmet baby carrots roasted in olive oil, garlic, parsley, and balsamic

Roasted Cauliflower

Cauliflower florets roasted and tossed in brown sugar soy chili sauce

Grilled Vegetables

Grilled in season vegetables lightly drizzled with house made balsamic vinaigrette

Haricot Verts

French style green beans sautéed in olive oil and garlic,

Finished with fresh squeezed lemon

Redskin Mashed Potatoes

Baby red skin mashed potatoes with soymilk, butter substitute, and chives

Fingerling Potatoes

Roasted fingerling potatoes with, olive oil, parsley, and scallions

