

STARTER PLATTERS

Edamame

(serves 10-20) 26.00 *Lightly salted green soybeans*

Hummus & Pita Small (serves 10-20) 25.00 Large (serves 20-40) 46.00

Hummus with tomatoes and cucumbers on a bed of salad greens w/ wedges of whole wheat pita bread

Lentil-Walnut Paté Small (serves 10-20) 26.00 Large (serves 20-40) 48.00

A unique and unusual paté topped with tofu sour cream served w/ wheat-free rice sesame crackers

Nori Maki Small (serves 10-15) 28.00 Large (serves 20-30) 52.00

Sweet brown rice with shiso, tempeh, avocado, carrot, collard greens and umeboshi rolled in nori w/ginger tamari sauce, wasabi & pickled ginger

Living Paradise Small (serves 10-15) 28.00 Large (serves 20-30) 52.00

Julienne vegetables, avocado and raw almond cheese rolled in rice paper with raw tomato sauce, watercress & a cucumber garnish

Seitan Finger Lickin' Good (serves 10-20, one size only) 26.00

Breaded, flash fried seitan strips served with hickory barbeque sauce

Vegetable Crudite (serves 20-40, one size only) 42.00

Seasonal vegetables with choice of two dressings or sauces

Sample Starter Platter (serves 10-25, one size only) 52.00

Sample tastings of edamame, hummus, pate, Nori Maki, Living Paradise and Cold Sesame Noodle Salad

SOUPS, BREADS & SPREADS

Soups and spreads are packaged by the pint.

Country-style Miso 5.75

Soup of the Day 5.75

Loaf of Corn Grain Bread 8.95

Seasonal Spreads Tahini Miso and Five-Spice Carrot 8.75

SALAD PLATTERS

With the exception of the Salad Sample Platter, all salads come in

Small (serves 5-10) or Large (serves 10-25)

House Small 20.00 Large 40.00

Seasonal mixed baby greens, carrots, beets and cucumbers tossed in your choice of dressing

Caesar Small 22.00 Large 42.00

Romaine hearts, capers and wheat-free blue corn croutons tossed in a creamy Caesar dressing

Farm Chop Small 31.00 Large 58.00

A potpourri of chopped seasonal vegetables and mixed baby greens tossed with wasabi vinaigrette

- BBQ Tofu Chop** Small 35.00 Large 65.00
Chopped vegetables and cashew cheddar cheese tossed with ranch dressing on a bed of salad greens topped w/ savory chunks of barbeque tofu
- Mexicali Chop** Small 32.00 Large 60.00
Shredded romaine, pinto beans, corn, cucumber, celery, roasted red pepper, red onions, tomato and avocado tossed in a lime-cilantro dressing topped with spicy tortilla strips
- Yin Yang** Small 30.00 Large 56.00
Finely cut cabbages, romaine, carrots, cucumbers, cilantro and fresh edamame pods tossed in a peanut sauce
- Cold Sesame Noodle Salad** Small 38.00 Large 72.00
Chilled soba noodles, julienne vegetables, scallions and sesame seeds in a velvety peanut dressing Add on Marinated Tofu 9.00
- Sample Salad Platter** (serves 10-25, one size only) 52.00
A sampling of our salads, House, Caesar, BBQ Chop, Mexicali, Yin Yang and Cold Sesame Noodle Salad tossed with their dressing or sauce

ENTREE PLATTERS

Serves approximately 10 people per platter.

Stir It Up 52.00

A stir fry of seasonal vegetables and shredded cabbages in a gingery garlic sauce served over your choice of brown rice, soba noodles or daily greens

TV Dinner 65.00

Tempeh and herbed vegetable loaf served with mashed potatoes and golden gravy

Salisbury Seitan 65.00

Southern influenced baked wheat meat cutlets served with mashed potatoes & golden gravy

Viva Las Pasta 65.00

Tempeh 'meat' balls and herb tomato sauce over fettuccine topped with our version of parmesan crumble

El Badito Rojo 68.00

Soft corn enchiladas filled with seasoned tempeh topped with salsa rojo, pico de gallo and tofu sour cream served w/ Spanish rice & black beans

Tac-o' the Town 54.00

Crispy corn tacos stuffed with seasoned seitan topped w/ shredded lettuce, tofu sour cream and pico de gallo

Supreme Burrito 54.00

Jalapeno cashew cheddar cheese, Spanish rice, refried black beans, tempeh bacon, sautéed onions and peppers, lettuce, tomato, avocado & tofu sour cream wrapped in a whole wheat tortilla

SANDWICH PLATTERS

Small platters serve 5-10. Large platters serve 10-20.

Ciao Bella Small 26.00 Large 48.00

Roasted portabella mushroom on toasted hemp bread with sauteed onions, roasted red peppers, lettuce, tomato and pesto spread

Total Reuben Small 28.00 Large 52.00

Baked marinated tempeh on toasted rye bread with our tofu cheese, thousand island dressing and sauerkraut

The Club Small 30.00 (36.00 w/avocado) Large 56.00 (64.00 w/avocado)

Lightly breaded seitan served club-style on toasted sourdough bread with tempeh bacon, lettuce, tomato and vegemaise

RFD Burger Small 24.00 Large 44.00

Grilled tempeh patties, onion, carrot, corn, mushroom and peppers on a toasted rustic roll with lettuce, tomato, sautéed onions & ketchup

Tofu Wrap Small 24.00 Large 44.00

Herbed tofu, grilled vegetables and sun-dried tomato pesto in a spinach tortilla

Caesar Wrap Small 24.00 Large 44.00

Caesar salad, avocado and blackened tempeh in a spinach tortilla

Living Wrap Small 24.00 Large 44.00

Red pepper sunflower spread, cucumbers, guacamole, tomato and salad greens in a collard green wrap

Sample Sandwich Platter (serves 15-25) 56.00

A tasting of our scrumptious sandwiches and wraps

THE BASICS

Basics are packaged by the quart. Per item cost 13.00

Brown Rice • Spanish Rice • Millet & Quinoa
Mashed Potatoes • Daily Vegetables • Daily Greens
Pressed Salad • Potato Salad
Bean of the Day • Tempeh Triangles (9)
Pico de Gallo • Tofu Sour Cream

Per item cost 15.00

Soba Noodles • Sea Vegetables • Seitan Taco Mix

Guacamole (seasonal price)

DRESSINGS & SAUCES

All dressings and sauces are packaged by the pint 7.95

House • Caesar • Ranch

Balsamic Vinaigrette • Living Citrus Herb • Lime Cilantro

Wasabi • Peanut Sauce • Ranchero Sauce

Savory Golden Gravy • Herb Tomato Sauce • Hickory BBQ Sauce

DESSERTS

We use only natural sweeteners such as fruit juice, fresh or dried fruits, rice or maple syrup, barley malt, agave nectar and/or a limited amount of organic, unrefined cane sugar. Many of the desserts are wheat-free and/or gluten-free.

Cakes and Pies

Cakes serve 10-12 and Pies serve 8-12

(With fruit if available – market price, approximately 4.00-12.00)

Chocolate or Carob Cake 46.00

Carrot Cake 46.00

Tiramisu 52.00

Bundt Cake with chocolate sauce or fruit glaze 42.00

German Chocolate Cake with Chocolate sauce (8 oz.) 52.00

Coconut White Cake 49.00

Coconut Cream Pie with chocolate sauce 40.00

Chocolate or Carob Fudge Pie 38.00

Tofu Cheesecake with seasonal fruit topping 40.00

Coconut Moon Pies - order per dozen only 72.00

Seasonal Pies

Pumpkin Pie market price

Pecan Pie market price

Other Yummies

Cupcakes (price per baker's dozen) 35.00

Brownies (serves 12) 44.00

Date Bars (serves 12) 48.00

Seasonal Kanten (per pint) 12.00

Chocolate Pudding (per pint) 12.75

Tofu Whip Cream (per pint) 9.95

Dessert Sauces (per 8 oz. portion 4.95; per pint 9.95)

Chocolate, Strawberry, Raspberry, Hazelnut, Vanilla, Mocha, Lemon

Mini Cookies

(price per baker's dozen) 18.00

Each baker's dozen may have only one variety.

Chocolate Chip, Mint Carob Chip, Peanut Butter and Jam, Almond Jam, Oatmeal, Chocolate Chip Oatmeal, Maple Walnut, Pecan Walnut, Butterscotch & Mocha

Custom Wedding Cakes also available

prices subject to change without notice. 06/07