



NATURE'S TEMPTATIONS

A Pure Expression of Health

CATERING MENU O R G A N I C F A R E

Anniversaries ✦ Birthdays ✦ Tea Parties ✦ Receptions ✦ Weddings
Corporate Events ✦ Special Events ✦ Seminars ✦ Retreats
Catering for for all occasions from 6 to 600 guests

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Nature's Temptations

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A Message from Chef Liz



Coming to Nature's Temptations has been an exciting adventure for me. Being part of a community based organic market is a wonderful place to offer clean organic foods.

Since 1981, I have, personally, been committed to organic foods. And have since added to that commitment a belief of no GMO ingredients in our foods.

Back then, I traveled one hour—one way to a beautiful market on Long Island; where I could purchase a limited variety of organic produce and grocery.

I believe I am one of the pioneers in the vision of a world of organic foods.

I have been catering since I am 16 years old and after 25 years, I have created a catering menu. The foods and menus are a compilation of my career as a Chef. I have prepared meat and potatoes to vegan entrées as far as the Middle East and home again.

I can not possibly include all the foods that I have prepared over the years.

Here you will find some of my favorites.

When it comes to catering, I believe that every event is a personal one.

There is no “plug-in” menus; or cookie-cutter ideas. It is my belief that each of my clients has a certain idea of their occasion; And I help to create this through food .

So, with these thoughts, please look over the catering menu.

Have some ideas and please come speak with me; I will plan the party with you and create a menu that works for your occasion.

I have included menus of past events that I have catered for your culinary delight.

The ingredients I choose to use are the following:

D'Artangan, Gionne, Niman Ranch, Hardwick, and Applegate Farms meats.

All of our produce, grains , and beans , are certified organic.

The dried spices are non irradiated and organic.

The oils are unrefined safflower, grape seed, and expeller pressed olives oil.

Many of the cheeses are organic, when not, I do my best to use artesian, goat milk cheeses.

All of the spreads, dressing and sauces are created by me.

Thank you for support of organic, non GMO, local foods.



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Hors d'Oeuvres

*All Hors d'Oeuvres are prepared to order and sold by two dozen.
The categories are divided into meats, poultry, fish, vegetarian, vegan, cheese, and fruit.*

MEAT

Beef Filet—Grilled and sliced with horseradish sauce served on herbed crustini.

Beef AND Sausage Empanada—Beef and wild boar sausage, raisins, rice, vegetables, and olives, sautéed in Spanish flavors, wrapped in puff pastry.

Skewered Beef Filet—You pick the flavor—Thai, Asian, Turkish... served with dipping sauce.

Keebeh—ground lamb, pine nuts, Middle Eastern flavors, a hint of mint, served with yogurt mint sauce.

Ribs—Pork or beef mini spare ribs.

Bacon-Apple-Blue Cheese Chutney—Served in a pastry shell.

Tri Meatballs—Mini turkey, wild boar, and beef cocktail meatballs in a sweet and sour sauce.

Lamb Zatar—Yogurt bread baked and topped with ground seasoned lamb and thyme and Middle Eastern spices.

Mini lamb Chops—Classically seasoned.

Mini Pastrami Reubens—On toasted pumpnickel, topped with sauerkraut, Russian dressing and Swiss.

POULTRY

Chicken Vegetable Dumpling—Served with sweet ginger dipping sauce.

Chicken Satay—Skewered marinated in a spicy coconut-lime, served with a sweet and spicy peanut sauce.

Chicken-Vegetable Quesadillas—served with salsa and guacamole.

Chicken and Sausage Empanada—Chicken, wild boar sausage, black beans, onions and peppers sautéed in Spanish flavors wrapped in puff pastry.

Chicken Pakora—Chicken, potato, and veggies wrapped in phyllo served with mango chutney.

Lebanese Chicken Skewers—Marinated in a yogurt mustard sauce serve with a garlic-yogurt sauce.

Fresh Turkey—Roasted turkey with fresh cranberry on whole grain crustini.

Turkey Meatballs—Served with Home made BBQ dipping sauce.

Magret Duck Spring Rolls—Grilled and sliced “wokked” with Asian flavors and vegetables wrapped in phyllo served with apricot-ginger dipping sauce.

FISH

Scallops wrapped in bacon

Pan Seared Scallops—Topped with pesto and brochette topping.

Shrimp and chorizo kebabs



Hors d'Oeuvres

Brazilian Shrimp—Dipped in spicy coconut-spelt bread crumbs—served with sweet and spicy coconut lime dipping sauce.

Grilled Skewered Shrimp—You pick the flavors—Asian, Thai, South American served with a dipping sauce.

Mini Maryland Crab Cakes—Lump crab served on toast and topped with tartar sauce.

Lobster Salad—Lobster and avocado tossed with cilantro and lime served in endive or a warm puff pastry shell.

Stuffed Shrimp—Stuffed with parmesan-bread crumb stuffing laced with garlic and tomato sauce.

Smoked Trout Spread—Laced with horseradish and mayo spread on toasted pumpernickel.

Smoked Salmon Rolls—With avocado, cucumber, carrot, wrapped in nori with brown rice and ginger dipping sauce.

Shrimp Quesadilla

VEGETARIAN AND VEGAN

(vegan Hors d'Oeuvres marked with V)

Kabocha Squash Cakes (V)—Pecan crusted squash cakes laced with ginger served with plum ginger relish.

Vegetable Pakora (V)—Veggies sautéed in Indian flavors wrapped in phyllo—served with mango chutney.

Stuffed Dolmas (V)—Made fresh in our kitchen the Middle Eastern way with fresh lemon juice and pine nuts.

Veggie Spring Rolls (V)—Asian vegetables wokked in Asian flavors wrapped in phyllo dough with apricot-ginger dipping sauce.

Veggie Quesadillas—Vegetables, black beans, and melted cheddar served with guacamole and sour cream.

Stuffed Mushrooms—Cremini mushrooms, garlic, spelt bread crumbs, laced with rosemary.

Spanikopita—Greek spinach pie, onions, and sheep milk feta layered in baked phyllo dough.

Herbed Greens in phyllo (V)—Assorted greens sautéed in fresh herbs, garlic and oil wrapped in phyllo.

Falafel—Chickpeas seasoned with Middle Eastern flavors lightly fried served with yogurt garlic sauce and/or tahini.

Vegetable Dumplings—Served with sweet ginger dipping sauce.

Veggie Keebeh (V)—A blend of bulgur, seitan, pine nuts, and Middle Eastern flavors laced with mint served with tofu mint dipping sauce.

California Rolls (V)—Brown rice, avocado, carrots, marinated tofu, and cucumbers wrapped in Nori served with a wasabi sweet ginger sauce.

Asparagus and Gorgonzola—Wrapped and baked in puff pastry.



Hors d'Oeuvres

FRUIT

- Grilled Pineapple Skewers**—Marinated in Thai flavors, served with spicy sweet lime dipping sauce.
Sautéed pear with gorgonzola—Wrapped in a beggar's purse of Phyllo or puffed pastry.

PLATTERS

(minimum 6 people)

- Mandala Salad**—An artistic assortment of shredded raw vegetables served with curried pumpkin dressing. This is my interpretation of the common crudité's platter.
Fruit and Cheese—All organic cheeses: Feta, goat, imported parmesan, brie and seasonal fruit.
Brochette—Herbed toasted sliced baguette and Italian bread with choice of 2: tomato brochette, olive tapanade, classic pesto and sun-dried tomato pesto.
Deli Meats—Roast Beef, Oven Roasted Turkey, Black Forest Ham, Genoa salami, with a choice of 4 spreads or dips from the list below.
Hot Antipasto—Stuffed Shrimp, Eggplant Rolatini, Arincini (rice balls), Stuffed Mushrooms, crab cakes, spinach pie.
Cold Antipasto—Eggplant Caponata, Roasted Peppers, Marinated Mushrooms, and artichokes, fresh Mozzarella, Prosciutto, and saucisson sec.
French Platter—An array of mousse, patés, smoked duck and chicken, cornichon, French mustards, and fresh French breads.

DIPS, SPREADS AND SAUCE

(Prepared by the pint)

- Hummus (V)**—Classic hummus
Roasted Red Pepper Hummus (V)—Classic hummus blended with roasted peppers
Baba Ghannouj (V)—Eggplant Middle Eastern flavors blended with fresh lemon, tahini, and garlic.
Spinach Artichoke—Spinach, and artichoke hearts blended with parmesan baked until the flavors marry.
Walnut Pate (V)—A smooth blend of walnuts, green beans, caramelized onions and secret flavors.
Fresh Salsa (V)—A mix of tomato, red onion, colored peppers, garlic, jalapeno, with a hint of cilantro.
Classic pesto—With pine nuts and imported parmesan. Let us know if you would like it Vegan.
Sun-dried Tomato Pesto—Classic pesto with sun-dried tomato.
Guacamole—Fresh avocado and vegetables laced with fresh lime and cilantro.
Vegan Classic Pesto—Using a secret ingredient, this pesto is delicious.



Salad

Curry Chicken—Shredded chicken breast seasoned with curry tossed with yogurt mayo.

Chicken Walnut Dill—Nature’s Temptation’s signature chicken salad.

Egg—Traditional egg salad with organic eggs.

Tuna—Tongol, dolphin safe tuna with spices and veggies tossed with mayonnaise.

Tuna Nicoise—Classic French salad with new potatoes, eggs, olives, green beans with anchovy dressing.

Grilled Chicken—Sun-dried tomatoes, kalamata olives, red onion, artichoke hearts, tossed with balsamic vinaigrette.

Orzo Pasta—Tri colored orzo, sheep milk feta, red onion, multi colored peppers, kalamata olives, tossed in a light vinaigrette.

Sun-Dried Tomato Tortellini Salad—Multi colored peppers, red onion, shredded carrot, spinach, kalamata, in vinaigrette.

Tofu (V)—Creamy tofu salad with carrots, scallion, and parsley.

Tempeh (V)—A bitter sweet salad with vegetables laced with fresh dill.

Edamame (V)—With vegetables tossed with fresh ginger , lemon juice and toasted sesame oil.

Cucumber (V)—Cucumbers, red onions, dill in vinaigrette.

Beet (V)—Beets, red onion, caraway, dill, tossed with vinaigrette.

Fresh Tomato-Basil (V)—Tomatoes, red onion, basil, garlic, balsamic vinaigrette.

Quinoa-Apricot (V)—Quinoa, apricots, almonds tossed in tahini-orange dressing.

Tabouli (V)—Traditional Middle Eastern Salad of parsley, bulgur, shallots, garlic, fresh lemon and olive oil.

Fish Salad—Calamari and shrimp with celery, shallots, fresh garlic and lemon juice laced with parsley.

Lobster Salad—Lobster and avocado tossed with cilantro and lime with summer vegetables.

MAKE YOUR OWN SALAD BAR

(Minimum 10 people)

Choice of 6 toppings

Shredded Cheddar * Gorgonzola * Feta * Parmesan * Sunflower Seeds *
Ground Flax Seeds * Walnuts * Dried Cranberries * Grilled Chicken * Turkey *
Ham * Bacon * Chopped Eggs * Roasted Tofu * Cucumbers * Peppers *
Roasted Red Peppers * Shredded Carrot * Red Onion * Sliced Mushrooms * Croutons
Balsamic Vinaigrette * Soy Ginger * Greek * Blue Cheese * Russian * Vegan Caesar



Entrées

*The entrees are prepared with the highest quality organic meats in the market.
Nothing compares to grass finished small farmed, sustainable raised meats.*

NIMAN RANCH AND HARDWICK GRASS FINISHED BEEF

Beef Teriyaki—Tender slices of beef stir fired with scallion, kabocha squash, and red peppers.

Steak Fajita—Served with the works: onions, peppers, rice and beans, sour cream, guacamole, and pico de gallo.

Brazilian Beef—A tender cut of beef sautéed with onions and peppers in Brazilian flavors.

Stuffed peppers with Shepherd's Pie—Ground beef simmered in tomato gravy stuffed in a pepper topped with creamy Yukon gold mashed potatoes.

Beef Stew—Slow, low simmering with root veggies in a cabernet laced gravy.

Shepherd's Pie—The classic recipe.

For special events we prepare any cut of organic beef

NIMAN RANCH PORK

BBQ Pulled Pork—Best pulled pork in town—slow roasted in my homemade BBQ sauce.

Roast Pork Loin—A simple rub of garlic and sea salt. Pan roasted to medium rare.

Roast Stuffed Pork Loin—We will create a stuffing for your event.

Stuffed Pork Chops—With wild rice and cranberries or gorgonzola, bacon and pear.

Cranberry Glazed Pork Chops—Fresh cranberry sauce roasted with these bone in chops.



Entrées

NIMAN RANCH LAMB

Lamb Moussaka—Seasoned ground lamb in Mediterranean flavors smothered with creamy Yukon mashed potatoes topped with béchamel sauce.

Moroccan Lamb Stew—Tender slow simmered pieces of lamb with root vegetables, laced with coriander and cinnamon.

Broiled Lamb Chops—Mustard crusted or Rosemary and Garlic.

Rack of Lamb—Mustard crusted, Cherry Glaze or Rosemary and Garlic.

Roasted Leg of Lamb—Traditionally roasted.

GIANNONE AND D'ARTANGNAN CHICKEN

Stuffed Chicken Roulade—Chicken breast stuffed with garlic, sun dried tomatoes, fresh basil, olives, and pine nuts simmered in cabernet laced tomato sauce.

Chicken Piccata—Chicken breast pan seared in fresh lemon, butter, and white wine with artichoke hearts and capers.

Thai Chicken Curry—Simmered in a lime sweet coconut sauce with vegetables and lemon grass.

Balsamic-Maple Roasted Chicken and Vegetables—Simmered in a balsamic maple gravy with peppers, onions, potatoes.

Oven Roasted Chicken with Sausage—Roasted with tomatoes, potatoes, onions, and sausage simmered in brown gravy.

Arroz Con Pollo—Chicken and rice with vegetables with Spanish flavors.

Chicken and Dumplings—Chicken simmered in brown gravy topped with a puffy dumpling.

Chicken Cacciatore—Chicken, onion, and celery simmered in a tomato sauce with Italian flavors.

Chicken Paprikash—Hungarian roasted chicken with onion, tomato, and spices.

Caribbean Chicken—With coconut, squash, black beans simmered in Island flavors.

Jerk Chicken—Jamaican flavors season this chicken.

Shawarma Chicken—Lebanese style chicken served with a yogurt-garlic sauce.

BBQ Chicken—Homemade BBQ sauce marinates these chickens.

Grilled Chicken—Flavors include: Asian, garlic and oil, balsamic vinaigrette, or BBQ.



Entrées

EBERLY'S ORGANIC TURKEY

Roast turkey—Fresh roasted turkey.

Turkey Meatballs—Seasoned white meat ground turkey baked until golden.

Turkey Burgers—Italian Grandma's recipe.

Turkey Meat loaf—Veggies and white ground meat turkey.

Stuffed Turkey Breast—With wild rice, cranberries, and apples braised in turkey gravy.

Turkey Shepherd's Pie—A twist on this classic recipe.

D'ARTANGAN WILD GAME

Magret Duck Breast—Order it: Teriyaki, Mediterranean, Cranberry-Pecan Glazed, or Apricot-Orange Glazed.

Wild Game Sausage Stew—Venison, duck, lamb, wild boar, and rabbit, winter squash and black beans stewed for hours.

Roasted Wild Game Sausage and Peppers—Choose from the list above, with stewed tomato, onion and garlic.

Brazilian Feijoada with sausage—Chorizo and andouille sausages simmered with black beans in Brazilian flavors.

Poussin or Quail—Stuffed and Roasted with wild rice and vegetables.

Buffalo—Most cuts are available.

Ostrich—Most cuts available.



Entrées

FISH

Although the fish industry is not as easily regulated as the meat industry, I do my best to buy wild, deep sea, fish. If you would like another type of fish not on the menu, please ask.

Potato Crusted Wild Salmon with horseradish sauce.

Wild Salmon—Order it: Apricot Glazed, Grilled, Sesame-Ginger, Jamaican, Pecan-Cranberry, Mango Salsa.

Caribbean Swordfish—Grilled and topped with a tomato-coconut topping.

Moroccan Grouper—Seasoned with Moroccan spices.

Pan Seared Halibut—With mango salsa.

Thai Scallops—Large bay scallops and vegetables simmered in a Thai coconut milk sauce laced with lemongrass and ginger.

Pan Seared Scallops—With pesto brochette topping.

Cornmeal Crusted Scallops—With Fresh Garlic and Herb Sauce.

Mahi—Mahi with black bean mango salsa.

Crab cakes—Jumbo lump fresh crab meat and a secret blend of spices baked until golden.

Baked Flounder—Breaded with homemade bread crumbs and baked until golden.

Stuffed Flounder with crab meat—Stuffed with a light curry laced fresh jumbo crab meat and broiled.

Mediterranean Fish Cakes—Monk and salmon with fresh citrus and roasted peppers baked until golden served with pesto.

Tuscan Trout—Parchment wrapped with fresh tomato, pine nut, citrus zest and fresh garlic.

Shrimp-Chorizo Kebobs—Grilled with fresh garlic served with soy ginger dipping sauce.

Fish Kabobs—Skewers of fresh fish marinated in a choice of marinades and grilled.

Raw Shell Fish available upon request.



Vegan and Vegetarian Entrées

TOFU

Vegetarian Lasagna—Layers of brown rice noodles, veggies, and tofu ricotta topped with tomato sauce and soy cheese.

Thai Peanut Vegetables—Vegetable medley and tofu simmered in a Thai flavored sauce laced with peanut and coconut.

Vegetables Burrito—Tofu, black beans, green beans, broccoli, and onion sautéed in chili tamari sauce.

Baked Veggie Cutlets—Tofu and vegetables shaped into patties, baked until golden, and served with brown gravy.

Jerk Tofu—Tofu and vegetables simmered in coconut with spicy Jamaican flavors.

Moroccan Filo Pie—A blend of eggplant, spinach, peppers, and tofu married with Moroccan flavors with mint, and ginger wrapped in phyllo dough.

Stuffed Acorn Squash—Roasted Acorn Squash stuffed with roasted tofu, wild rice, vegetables, and dried cranberries.

White bean Tofu Pumpkin Stew—Tofu, white beans, pumpkin and vegetables simmered in a light country gravy.

Harvest Vegetable Pie—Layers of phyllo dough, seasoned tofu, tomatoes, mushrooms and spinach.

Sweet and Sour Tofu—Tender crispy tofu, red- green peppers, carrots, pineapple simmered in sweet and sour sauce.

Thai Peanut Stir Fry—Red and green cabbage, tofu, peppers, carrots stir fried in a Thai peanut sauce.

TEMPEH

Spicy Tempeh in Black bean sauce—Tempeh and vegetables simmered in a ginger laced spicy black bean sauce.

Sauerbraten—Cornmeal crusted Tempeh simmered in traditional sauerbraten sauce. with braised red cabbage and apples.

BBQ Tempeh—Marinated in my homemade BBQ sauce.

Moroccan Tempeh—A tangine of vegetables and Tempeh simmered in light tomato based cinnamon laced stew.

Asian Tempeh Stir Fry—Tempeh, bok choy, water chestnuts, and vegetables simmered in a ginger-soy sauce.

Thai Vegetable Dumplings— Seitan, corn, shiitake, potatoes, water chestnuts seasoned with Thai chili, sesame, lime, wrapped in phyllo with sweet-lime ginger dipping sauce.



SEITAN

Shepherd's Pie—Ground seasoned seitan and vegetables simmered in tomato sauce topped with creamy mashed potatoes.

Seitan Pepper Steak—Strips of seitan and peppers simmered in a savory sauce, laced with mirin and tamari.

Vegetable Jambalaya—A Cajun classic of vegetables, seitan sausage, and tofu simmered in a spicy Cajun sauce.

Brazilian Feijoada—A stew of black beans, seitan, sweet potatoes, broccoli, simmered in a spicy Brazilian sauce.

VEGETABLES AND LEGUMES

Vegetable Strudel—Greens and veggies sautéed in garlic and oil, wrapped in phyllo dough baked until golden.

Kabocha Squash Cakes—Kabocha squash laced with ginger and tahini, covered in pecans served with pear ginger relish.

Channa Masala—Chickpeas, cauliflower, and spinach simmered in Indian spices.

Bulgur-Walnut Croquettes—Bulgur, walnuts, and spinach mixed and baked with spinach basil pesto.

Jamaican Vegetable Patties—Jamaican seasoned lentils and vegetables wrapped in puff pastry.

Pecan Crusted Kabocha Squash Cakes—Roasted Kabocha squash laced with ginger and tahini coated with pecans served with pear ginger relish.

Lentil-Bulgur Patties—Turkish flavors with red lentils, bulgur and cashews served with a tofu raita dipping sauce.

Black Bean Burrito—With black beans, brown rice and roasted vegetables wrapped in a tortilla with salsa and guacamole

Lentil-Vegetable Loaf—Lentils and vegetables baked and served with a brown gravy.

Red Lentil Roulade—Red lentils stuffed with water chestnuts, spinach, walnuts, roasted red peppers and spinach, topped with vegan béchamel.



Vegan and Vegetarian Entrées

VEGETABLE SIDES

We use local organic produce when ever available.

Due to the seasons, some sides may not be available at the time of your event.

We can steam, sauté, or roast any fresh vegetable available in season.

Sautéed Greens—A medley of fresh greens sautéed in garlic and oil.

Vegetable Sauté—A medley of fresh seasonal vegetables sautéed in garlic and oil.

Gingered Snap Peas—Sweet as sugar snap peas sautéed in ginger and scallion.

Gingered Bok Choy—Fresh bok choy sautéed in toasted sesame oil with fresh ginger.

Roasted Winter or Summer Squash—An assortment of squashes roasted with thyme.

Roasted Root Vegetables—All the roots roasted with fresh dill and caraway.

Roasted Potatoes—Yukon Gold potatoes roasted in garlic and oil...a little rosemary too.

Creamy Garlic Mashed—Yukon Gold potatoes mashed until creamy with butter and milk.
Vegan upon request.

Roasted Maple Glazed Yams—Roasted with maple sugar.

GRAIN SIDES

“Any Grain” Pilaf (V)—Short grain brown rice jasmine rice, brown basmati rice, millet, or quinoa sautéed with garlic and vegetables, tossed with parsley.

International Rice—Pick a rice and make it Indian, Caribbean, Thai, Spanish, Asian, Middle Eastern.

Pumpkin Fried Rice—Kabocha squash, ginger, and coconut milk season brown basmati rice.

Moroccan Cous-Cous—Cinnamon laced and topped with apricots, and almonds.



Soups And Stews

*All the soups and stews are made from scratch in the kitchen.
We use only fresh stock made daily; And fresh organic meats, fish, poultry and vegetables.*

MEAT, POULTRY, AND FISH

Niman Ranch Beef Stew—Niman Ranch Chuck, winter squash, potatoes, and more vegetables simmered in a stock laced with cabernet, and fresh herbs.

Wild Game Sausage Stew—D'Artagnan venison, lamb, wild boar, rabbit, and duck with black beans and winter squash simmered in a savory stew.

Turkey Chili—Chunks of organic ground turkey, kidney beans simmered in my secret blend of spices.

Chicken Corn Chowder—A spicy thick chowder of white meat chicken and vegetables with heavy cream thickened with arrowroot

Chicken Minestrone—Classic minestrone with grilled chicken.

Chicken Noodle—Classic chicken soup like Grandma used to make.

Caribbean Chicken—A thick Caribbean flavored soup with banana, and vegetables with a kick.

Asian Chicken Vegetable—An Asian twist on classic chicken soup...With bok choy and ginger.

Split Pea Bacon—Niman Ranch bacon and vegetables simmered with split peas and spices.

Black Bean-Chorizo and Shrimp—Black beans, chorizo, and shrimp simmered in Mexican flavors laced with cilantro.

Brazilian Stew—Chorizo and pinto beans simmered with vegetables—in this classic Brazilian stew.

Moroccan Lamb Stew—Boneless leg of lamb and root vegetables simmered in Moroccan flavors.

Turkey Meatball—Turkey meatballs, chunks of turkey and vegetables simmered in a savory broth.

Turkey Barley—Chunks of turkey and barley simmered in herbs and broth.

Turkey Gumbo—Chunks of turkey, turkey meatballs, vegetables, simmered in a tomato based broth with herbs and spices.

Asian Duck Stew—D'Artagnan Magret duck with Asian vegetables in a ginger laced broth with soba noodles.

French Onion—Traditional French onion... complete with homemade croutons and melted Swiss.

Broccoli Cheddar—Broccoli and Cheddar cheese blended together for a rich creamy soup.

Fish Stew—A variety of fish simmered in a tomato based broth with a spicy kick.

New England Clam Chowder—A light version of this classic chowder.

Manhattan Clam Chowder—The classic Manhattan chowder.



VEGETARIAN

Curried Cauliflower and Spinach—Blended vegetable of cauliflower and spinach with coconut milk and curry.

Red Lentil Dal—A traditional dahl with tomatoes and vegetables blended with spices.

Mulligatawny—Red lentils and vegetables simmered in curry and coconut milk with hot spices and cilantro.

Lentil Vegetable—Lentils and vegetables simmered in tomato sauce and vegetable broth.

Thai Carrot Coconut—Sweet lime and ginger broth with creamy carrots.

Butternut Squash—Butternut squash, carrots, and sweet potatoes with cinnamon make a thick blended soup.

Pumpkin Wild Rice and Mushroom—Kabocha squash sauteed mushrooms and wild rice make this soup a hearty meal.

White Bean Vegetable—White beans and vegetables simmered for a creamy soup.

Azuki-Sweet Potato—Ginger and tamari stewed with azuki beans and sweet potatoes.

Miso Vegetable—Tofu, arame, winter squash, and lots of vegetables, laced with ginger in a miso broth.

South American Quinoa—Quinoa, roasted tofu, and vegetables simmered in a South American flavored broth.

Carrot—Choice of ginger or dill flavored.

Creamy Broccoli—Broccoli soup creamed with potatoes.

Vegetable Borscht—Beets and vegetables seasoned with caraway and dill.

Escarole-White Bean—White beans and escarole simmered in a garlic vegetable broth.

Black Bean—A Mexican meatless version... black beans and vegetables with traditional spices.

Thai Coconut Squash—Kabocha squash blended with coconut milk and thai flavors with gingered roasted tofu.

Mushroom Barley—Barley and three flavors of mushrooms make a thick, hearty soup.

Tomato Rice—Simmered tomatoes with onion, thyme and brown basmati rice.

Spanish—Tomato-Peppers, seitan, and vegetables in a spicy vegetable broth.

Minestrone—Vegetables and chickpeas simmered in a tomato broth.



Kid's Menu

Macaroni and Cheese
Mini Pizza
Chicken Fingers
Niman Ranch Kids Franks wrapped in puff pastry
Spaghetti and Meatballs
Chicken Dumplings
Chicken or Vegetable Quesadillas
Eggplant Parmesan
BBQ Chicken Wings
Fish Sticks
Un-Fried Chicken



Dessert

CAKES, COOKIES AND MORE...

Cakes and cookies can be made as canapé

- Carrot Cake**—A moist dairy free cake with carrots, walnuts, and raisins topped with cream cheese icing or coconut cream.
- Chocolate-Raspberry Cake**—Dairy free chocolate cake with layers of raspberry jam iced with ganache topping.
- Boston Cream Pie Cake**—Dairy free vanilla cake with cashew cream center iced with a ganache topping.
- Chocolate Roll with fresh Vanilla Whipped Cream**—Flourless chocolate cake with fresh whipped cream served with warm chocolate raspberry sauce.
- Strawberry Shortcake**—Layers of vanilla cake, fresh strawberries, and fresh vanilla whipped cream.
- Classic Cheesecake**—Traditional classic New York Style cheesecake—toppings: plain, strawberry, blueberry, pineapple.
- Tofu-Chocolate Cheesecake**—Vegan “cheese” cake swirled with chocolate fudge—topped with seasonal fruit.
- Italian Cheesecake**—Classic Italian ricotta cheesecake.
- Almond-Raspberry Cookies**—My most popular cookie at Nature’s Temptations—almonds, oats, with a raspberry center.
- Chocolate Chip Cookies**—Crispy dairy free chocolate chip cookie—made with walnuts, oats, and spelt flour.
- Lemon Bars**—A cake crust with lemon custard topped with a layer of powdered sugar.
- Chocolate-Coconut-Chip Bars**—Melted dark chocolate covers these coconut crusted bars with vanilla and chocolate chips.
- Trifle**—Layers of lady fingers, fresh vanilla whipped cream, vanilla custard, and fresh berries.
- Crème Brule**—No variations of this Classic dessert.
- Poached Pears**—Poached in cherry vanilla sauce.
- Stuffed Baked Apples**—With brown rice syrup, walnuts, and raisins.

SPECIALTY DESSERTS

- The Chocolate Fountain**—Flowing chocolate...With dippers-pound cake, biscotti, pretzels, marshmallows, graham crackers, strawberries, apples, bananas...
- Ice Cream Sundae Bar**—Choose 2 flavors of ice cream (or soy ice cream) and choose your toppings.... assorted candy, rice fluff, fresh whipped cream, hot fudge, caramel, walnuts, sprinkles, bananas.
- Cotton Candy**—Made with organic spun sugar.
- Fruit Sorbets**—A variety of delicate flavored sorbets served in their fruits.
Pineapple * Orange * Lemon * Coconut * Apple * Mango



Party Ideas

BRUNCH

Here are our breakfast selections for brunch...

PASTRY

Fresh Baked Muffins—Assorted flavors.

Scones—Assorted flavors.

Cinnamon buns with cream cheese icing.

Assorted fresh Bagels

FRITTATAS

Feta * spinach * onion / Swiss * spinach * mushroom / Bacon * cheddar

OMELET STATION

Fresh organic eggs with your choice of 6 fillings...

Fresh herbs, sun dried tomato, peppers, onions, spinach, ham, bacon, feta, cheddar, and swiss.

PANCAKE STATION

Whole grain pancakes with your choice 4 of toppings...

Cinnamon-raisin, Banana-walnut, Blueberry, Strawberry, Cinnamon-apple, Chocolate-chip

WAFFLE STATION

Whole grain waffles with your choice of 2 toppings...

Fresh vanilla whipped cream, Vanilla ice cream, Strawberry compote, Blueberry compote

Choose the lunch selections from the previous menus...



More Party Ideas

BBQ

BBQ Pulled Pork * Niman Ranch Kid's Franks * Turkey Burgers * Buffalo Burgers *
Beef Short Ribs * Grilled Fish Kabobs * Grilled Chicken * Brazilian Potato Salad *
Temptation Slaw * Corn-on-the-Cob

CLAM BAKE

Mussels Marinara * Steamers * Raw or Baked Clams * Chorizo and Shrimp Kebabs *
Lobsters * Skewered Scallops * Grilled Chicken * Corn Bread * Corn-on-the-Cob *
Brazilian Potato Salad * Temptation Slaw

BUFFET STATIONS

Here are ideas for a buffet event

MAKE YOUR OWN SALAD BAR

(Minimum 6 people)

Choice of 6 toppings and 3 Dressings

Shredded Cheddar * Gorgonzola * Feta * Parmesan * Sunflower Seeds *
Ground Flax Seeds * Walnuts * Dried Cranberries *
Grilled Chicken * Turkey * Ham * Bacon * Chopped Eggs *
Roasted Tofu * Cucumbers * Peppers * Roasted Red Peppers *
Shredded Carrot * Red Onion * Sliced Mushrooms * Croutons

Balsamic Vinaigrette * Soy Ginger * Greek * Blue Cheese * Russian * Vegan Caesar



Buffet Stations

Here are ideas for a buffet event...

CARVING BOARD

Choice of 2 meats

All our meats are from D'Artagnan * Hardwick Beef * Niman Ranch * Eberly Farms *
Roast Turkey * Filet Mignon * Rib Eye * Roast Pork Loin *
Fresh Ham * Magret Duck Breast * Leg of Lamb

SMOKED FISH STATION

Smoked Salmon * Smoked Trout * Sable * Herring * Gravlox * White Fish *
Smoked Salmon Sushi Rolls * California Rolls *
Assorted fresh breads and bagels *
Cream cheese * Veggie Cream Cheese * Jams * Herbed Butter *
Horseradish * Cucucumber and Onion

PASTA STATION

Choice of 2 pastas and 3 sauces

Farfale * Rigatoni * Penne * Ziti * Spaghetti
Vodka Sauce * Tomato-Basil * Pesto * Sun-dried Tomato and Olive * Fradiavlo

FAJITA AND TACO STATION

Steak * Chicken * Shrimp * Vegetable * Ground Beef
Sauteed Vegetables * Guacamole * Sour Cream * Shredded Cheddar * Lettuce *
Black Beans * Rice * Pico de Gallo



Specialty Beverages

SMOOTHIE BAR

Blueberry Pie ♪ Mango Mama ♪ Pina Colada ♪ Tropical Punch ♪
Banana Zinger ♪ Apple Pie ♪ Orange Creamsicle

HOME MADE DRINK MIXES

Bloody Mary ♪ Pina Colada ♪ Fruit Daiquiris ♪
Frozen Margaritas-Pomegranate



Catering Information

RENTALS

Linens / china / stem ware / cutlery

TENTS

All sizes

WAIT STAFF

BARTENDERS

FULL SERVICE

set-up * serve * clean up