

# kaliflower

life well fed

## Catering menu

### OPTION 1: PRE-BUILT BOWLS, PICK YOUR PROTEIN

**Sous vide chicken-slow cooked marinated shredded chicken**  
**Turmeric Crispy Tofu-Toasted tofu seasoned with turmeric**  
**Kaliflower Daalafel- Baked “falafel”**

#### Salads (Romaine and Kale Base)

**Crunchy Avo**- Romaine, Kale, Roasted Cauliflower, Cucumber Red pepper salad, Lemon vinaigrette, Avocado sauce, toasted almonds, mint and cilantro **\$100**, feeds 10

**Medi Veggie**- Romaine, Kale, Roasted carrots, Pickled onion, Cucumber red pepper salad, cucumber mint Greek yogurt, Lemon vinaigrette, chopped mint, daalafel chips **\$95**, feeds 10

**Guiltless “Caesar”**- Romaine, Pickled onion, Cucumber red pepper salad, Caesar dressing, daalafel chips, crispy chickpeas, and cilantro **\$95**, feeds 10

#### Bowls (All cauliflower rice or basmati, **contains nuts**)

**Tikka** - Cauliflower rice, kale, tikka sauce **\$110**, feeds 10

**Spicy Road**- Cauliflower rice, Kale, Pickled Onion, Roasted Carrots, Red Hot sauce, Green sauce and toasted almonds **\$110**, feeds 10

**Umami Lentil**- Cauliflower rice, Kale, Marinated Lentils, Roasted Carrots, Cucumber Red Pepper salad, Lemon Vinaigrette, cilantro **\$110**, feeds 10

**Detox Bowl**- Cauliflower rice, Cashew turmeric detox soup, cilantro **\$110**, feeds 10

### OPTION 2: BUILD YOUR OWN BOWLS

#### BUILD YOUR OWN BUFFET

#### 1) Classic -- \$15/pp

- Choice of:
  - 1 protein
  - 2 bases
  - 4 Mix-Ins
  - 2 Sauces

#### 2) Deluxe -- \$17/pp

- Choice of:
  - 2 protein
  - 3 bases
  - 5 Mix-Ins
  - 3 Sauces

#### 3) Executive -- \$20/pp

- Everything we've got!
  - 3 Proteins
  - 4 bases
  - 7 Mix-Ins
  - 6 sauces
  - Banana Ice Creams 1/pp

#### BASES

Basmati (white rice)  
Cauliflower (contains nuts)  
Romaine  
Marinated Kale

#### PROTEINS

Chicken  
Baked Falafel  
Tofu

#### MIX-INS

Pickled Onions  
Roasted Cauliflower  
Sautéed Peppers and Onions  
Marinated Herbed Lentils  
Roasted Carrots  
Cucumber Red Pepper

#### SAUCES

Tikka (served warm – DF)  
Avocado  
Lemon  
Creamy “Guiltless” Caesar  
Red Hot Sauce  
Creamy Green Hot Sauce

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## SOUP

**DETOX** – TURMERIC, CASHEW, CAULIFLOWER, HOUSE VEGETABLE STOCK **\$4 PER PERSON**

**SEASONAL** – SMOKY 7 SPICY VEGAN CHILI (Chickpeas, Carrots, Bell Peppers, Onions, Tomato Base) **\$4 PER PERSON**

## SNACKS/DESSERTS

**SWEET AND (SLIGHTLY) SPICY TRAIL MIX**- ALMONDS, CASHEWS, CHICKPEAS **\$3** PER PERSON

**CRISPY CHICKPEAS** – CHICKPEAS, SMOKY SEASONING, ROASTED UNTIL CRISPY **\$2.5** PER PERSON

**INFUSED GREEK YOGURT** (BROWN SUGAR DRIZZLE, BANANAS, ALMONDS) **\$4.50** (9oz, individual)

FLAVORS (NO SUGAR ADDED): ALMOND CARDAMOM, CHOCOLATE CARAMEL, BLOOD ORANGE MINT, STRAWBERRY BASIL

**BANANA “ICE-CREAM”** – JUST BANANA, ALMOND BUTTER AND CINAMON **\$3**, PER PERSON \$16 a quart

## DRINKS

**WATERLOO** (SPARKLING WATER) **\$1.75each/\$12.00 case (12)** (WATERMELON, BLACK CHERRY, LIME)

**ACQUA PANNA** (STILL WATER) **\$2.75EACH/\$30 CASE (24)**

**MINNA SPARKLING TEA \$3 EACH**

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