

Looking to cater your next event with delicious and inclusive vegan & gluten-free eats? Look no further! Choose from any of our buffet, staffed bar, or boxed lunch options below.

BUFFETS

A selection of our shareables, salads, entrees, and desserts. All cutlery, plates, and napkins are provided.
One from each section - \$16 per person / Two from each section - \$18 per person / Delivery + \$20 / Delivery & 1 hour of staffing + \$75

SHAREABLES

Falafel Basket: falafel, pink pickle, hummus, garlic aioli.

Chickpea Bites: with carrot sticks & garlic aioli to dip. Choose between maple mustard or spicy buffalo.

Chips & Dips: tortilla chips, hummus, guacamole, salsa.

SALADS

Thai Salad: kale, spinach, carrot, red cabbage, cucumber, grilled tofu, spicy peanut sauce, peanuts.

Mediterranean Salad: greens, falafel, red cabbage, Israeli salad, pink pickle, hummus, tahini dressing.

Planted Salad: kale, spinach, tomato, carrot, cucumber, guac, sweet potato, tahini dressing, pumpkin seeds.

Caesar Salad: kale, spinach, cucumber, red onion, capers, croutons, walnut parmesan, crispy chickpea fritters, caesar dressing.

ENTREES

Grilled Cheese: basil walnut pesto, melted cheese, tomato, flaxseed bread.

Thai Bowl: brown rice, carrot, red cabbage, cucumber, tofu, spicy peanut sauce, crushed peanuts, cilantro.

Falafel Bowl: brown rice, falafel, hummus, grilled veggies, carrots, pink pickle, tahini dressing.

Pasta & Meatballs: penne, green lentil meatballs, tomato sauce, sauteed onions & mushrooms, walnut parmesan.

Mexi Bowl: crispy potatoes, BBQ pulled jackfruit, red beans, shredded cheese, spinach, salsa, cilantro, guac.

DESSERTS

Mini Cookies

Mini Brownies

Mini Cupcakes

All dishes are free from dairy, eggs, and gluten. Please let us know if you have additional allergy concerns.

BARS

We'll show up at your event with a poutine, cashew mac, or nacho bar fully stocked with yummy toppings. Each option includes a salad. All cutlery, plates, and napkins are provided and we'll staff the bar for 1 hour. \$20 per person

Poutine Bar: seasoned fries, selection of cheeses from The Frauxmagerie on Georgian Bay, a variety of fresh and sautéed vegetables, gravy, and cashew cheese sauce.

Cashew Mac Bar: cashew mac and cheese with toppings like bbq jackfruit, grilled veggies, lentil sausage crumble, baked tofu, and tons of sauces to make your creation unique.

Nacho Bar: Start with a bed of housemade tortilla chips and pick your toppings. We'll bring bbq jackfruit, red beans, southwest tofu, cashew cheese, salsa, veggies, and guacamole so your guests can make their own perfect nachos.

Each Bar includes a Salad! Choose one from any of the salads in the Buffets section.

BOXED LUNCHES

Packed with a sandwich, a side, and a cookie. Cutlery and napkins included. \$15 per person / Delivery + \$20

Smoked Tofu Sandwich: with cheese, lettuce, tomato, and mustard.

Chickpea Salad Sandwich: with celery, onion, peas, carrots, mayonaise, and mustard.

Shmear & Lox: with tofu cream cheese, smoky carrot lox, capers, and red onion.

Mediterranean Sandwich: with hummus, olive tapenade, lettuce, tomato and grilled zucchini.

Sides: pasta salad, fruit, house veggie chips.

Comes with a Chocolate Chip Cookie!

ORDER

Please allow one week notice!

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