

Thrive Catering

vegetarian and vegan menu ideas

dinner option a: buffet or plated

vegetable lasagna (veg)
grilled portobellos, can be topped with vegetarian, vegan, and gf toppings (veg, v, gf)
whole roasted head of cauliflower with olive tapenade (v, gf)
ratatouille (v, gf)
vegan jambalaya with vegan sausage and red beans (v, gf)
quinoa, bean, vegetable stuffed peppers (v, gf)
fritto misto veggie style: medley of southern fried veggies (veg)
grilled eggplant steaks with bbq sauce (v, GF)

dinner option b: buffet or plated

eggplant parmigiana (veg)
niçoise style stuffed baby vegetables or squash (veg, v, gf)
grilled veggie kabobs (v, gf)
meat free crispy chick'n tenders (v)
fishless battered fish filets with veganaise remoulade (v)
pulled bbq jackfruit with bbq sauce and rolls (v)
beefless beef tips (v)
gourmet mushroom bourguignon (v, gf)
vegan white bean cassoulet v.gf)

sides:

sweet corn soufflé (veg) herb roasted local new potatoes (v, gf)
zucchini and rice casserole (veg, gf) savannah red rice (v, gf) saffron risotto (veg)
perfect pesto pasta (veg) lemony quinoa with spinach and poppy seed (v, gf)
grilled corn on the cob (veg/v, gf) farmhouse mac and cheese (veg)
freeman's stoneground grits (veg, gf) hoppin' john (v, gf)
buttermilk smashed potatoes (veg, gf) penne pasta primavera (veg/v)
farro salad with feta, grape tomato, and spinach (veg)
baked beans (v, gf) classic coleslaw (veg/v, gf)

vegetables:

caesar salad (veg) farmer's rainbow market salad (v, gf) southern slaw (veg, gf)
greek salad (veg, gf) succotash with local field peas (v, gf) caprese salad (veg, gf)
icy and spicy gazpacho (v, gf) green beans amandine (v, gf)
seasonal vegetable medley grilled/roasted (v, gf) asparagus spears (v, gf)
local honey or maple glazed carrots (veg/v, gf)
roasted butternut squash and beet medley (v, gf) lemon zest broccoli (v, gf)
bourbon glazed sauteed kale/collards (v)
sweet potato souffle (veg)



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action stations!

self-serve:

farmer's market salad bar:

fresh assorted lettuces, and selected local veggies from our organic farmers! Such as heirloom grape tomatoes, cucumbers, shredded carrot, corn, and bean sprouts, and a duo of homemade dressings. (v,gf)

top your own chili bar:

classic vegan chili or white bean with assorted toppings and corn bread (veg/v/gf)

mezze station: organic hummus and roasted eggplant dip, minted feta cubes, walnuts, olives, heirloom tomato medley, dolmades, quinoa tabbouli, and pita bread (veg/v/gf)

assorted grilled or roasted seasonal vegetable display (v,gf):

soup and salad combo:

salad cups: premade colorful fresh salads in fanciful acrylic cups or mason jars
some ideas: organic caesar salad, rainbow garden salad, chopped greek salad, arugula/fruit/nut salad, accompanied by soup flavor of choice (veg/v/gf)

mediterranean antipasti:

marinated vegetables, dolmades, hummus, roasted tomato bruschetta, olives, fresh mozzarella, and feta (veg/v/gf)

baked or mashed potato bar:

baked or mashed russet potatoes with an array of toppings: sour cream/vegan sour cream, scallions, cheddar/vegan cheddar, broccoli, or salsa. fun option: baked/mashed sweet potatoes as well and add nuts, local wildflower honey, and brown sugar to the mix! (veg/v, gf)

gourmet grilled cheese station: 3 types grilled cheese: classic, and 2 gourmet. accompanied by tomato basil bisque shooters! (veg)

farmhouse mac and cheese bar: our popular mac and cheese made with VT white cheddar! with a choice of 4 assorted toppings such as: gourmet mushrooms, sundried tomato, fresh spinach, blue cheese, broccoli florets, spicy peppers, fresh herbs, truffle oil (veg)

fried green tomato station:

accompanied by arugula, buttermilk ranch, crumbled feta, fresh basil, balsamic reduction, and toast triangles (veg)

crispy chick'n fingers with 3 assorted sauces (v)



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sliders station:

choose your 2 flavors: from black bean burgers, to bbq pulled jackfruit, or falafels. served with toppings, pickles, and gourmet chips (veg/v)

impossible burger (vegan!)

a plant-based burger that sears, bleeds and tastes like real meat! available as sliders or burgers with assorted toppings

pasta bar:

selection of 3 types locally made (by a san remo native!) fresh pasta such as linguini alfredo, fusilli marinara, and veggie lasagna, with such toppings as: meatless meatballs, broccoli florets, sautéed mushrooms, blue cheese, parmesan, ... served with garlic bread, delicioso! (veg/v)

taco bar (fun!):

choose 2 proteins: beefless crumbles, bbq pulled jackfruit, or sweet potato, corn, and black bean mix. toppings include an assortment of salsas, fresh lettuce, tomato, red onion, homemade guacamole, sour cream and shredded cheddar/vegan cheddar. served with rice and beans, and tortilla chips. (veg/v/gf)

vegan low country boil station: a local fav!

spiced cauliflower, vegan sausage, local red potatoes, and cob corn boiled with our special spice mix, and ready to eat! also on station: cocktail sauce, bread rolls, coleslaw, wet wipes. (v)

manned stations:

grilled quesadilla station:

choose roasted seasonal veggies, veggie chick'n, bbq'd jackfruit, sautéed mushrooms, seasoned tofu... with two cheeses, and all the toppings! (option: ready to eat burritos/enchiladas on side) (veg/v/gf)

martini bar:

assorted flavors of tapas sized savory potions such as: mashed potato and beefless tips, vegan sausage and grits, mac and cheese with cauliflower and broccoli florets, local mushrooms and risotto... (veg/v/gf)

falafel station:

vegan falafels with assorted sauces, tomatoes, cucumbers, lettuce, and pita, served with quinoa tabbouli (veg/v/gf)



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passed hors d'oeuvres:

cold:

dolmades (stuffed grape leaves) (v, gf)
black and white hummus on pita triangle (v)
ricotta flatbread triangles with pomegranate salsa and arugula (veg)
bruschetta: roasted tomato and basil, tuscan white bean, olive tapenade, roasted eggplant (v)
or local fresh goat cheese (veg)
spinach and artichoke tartlets (veg)
caramelized sweet onion and local blue cheese tartlets (veg)
local farm devilled eggs (veg, gf)
watermelon and feta skewers with basil and balsamic drizzle (veg, gf)
wild mushroom tartlets (veg)
classic southern tea sandwiches: tomato with vidalia mayonnaise/veganaise (veg/v), cucumber and chive cream cheese/tofutti (veg/v), organic hummus and sprout, (v)
thrive's pimento cheese (veg), radish and butter/earth butter (veg/v)
pinwheels: hummus and veggie (v)
chilled soup shooters: asparagus vichyssoise (veg, gf)
carrot ginger velvet, icy and spicy gazpacho (v, gf)
raspberry brie filo (veg)
asparagus wrapped in puff pastry (v)
cucumber rounds with local sweetgrass blue cheese mousse, pecans, and apple (veg, gf)
whimsical spoons: curried tofu with apple and cashew (v, gf)
fried green tomato skewer with feta crumbles, basil and buttermilk ranch drizzle (veg)



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hot:

wild mushroom tartlets (veg)
soup shooters: potato leek or tomato basil bisque w/grilled cheese toast (veg)
spiced pumpkin (v, gf)
vegetable spring rolls with sweet chili sauce (veg)
vegetable samosas with curry sauce (veg)
veggie stuffed mushrooms (v, gf)
zucchini and corn fritters (veg)
asparagus wrapped in puff pastry (v)
mediterranean ratatouille tart (veg)
fire roasted veggie empanada with cheese (veg)
meat free crispy chick'n tenders with drizzle of sauce (v)
farmhouse macaroni and cheese bites (veg)
truffle parmesan fries (veg/v, gf)
sesame chick'n sate with spicy peanut sauce (v)
red quinoa and zucchini fritter with feta (veg)
crabless crabcakes (v)
three cheese arancini with diavola sauce (veg)
roast tomato & cheddar buttermilk biscuits (veg)
black bean burger, falafel, or bbq jackfruit sliders (veg/v)
vegan sausage "pig in a blanket" with maple mustard sauce (v)

ideas for late night snacks

parmesan, truffle, or spicy popcorn (veg/v, gf)
warm soft pretzels (v)
farmhouse macaroni and cheese bites (veg)
truffle parmesan fries (veg/v, gf)



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appetizer displays

pot of cajun spiced boiled peanuts (v, gf)

whimsical cheese straw vase:

a beautiful centerpiece made with parmesan and herbs (veg)

organic tortilla chips, baby carrots, and pico di gallo or pita chips with hummus (v, gf)

additional dips: hummus, pico di gallo, white or black bean dip (v, gf)

spinach artichoke, blue cheese, radish dip, pimento cheese (veg, gf)

eye-catching fresh sliced seasonal fruit display: (v, gf)

bruschetta:

mix and match toppings such as roasted tomato and basil, tuscan white bean, olive tapenade, marinated vegetables, roasted eggplant (v)

or goat cheese (veg)

multigrain tea sandwiches:

tomato with vidalia mayonnaise/veganaise, cucumber & chive cream cheese/tofutti,

hummus & sprout, thrive's pimento cheese, radish and butter/earth butter (veg/v)

trio of dips and crudite vegetables:

a colorful and tasty assortment of local seasonal vegetables, with gourmet chips and toasts and choice of 3 dips such as: organic hummus, spinach and artichoke, local radish dip, blue cheese, or roasted eggplant...(veg/v, gf)

the art of the tart:

bite-size tarts of varied shapes and flavors (choose 3):

wild mushroom, spinach and artichoke, caramelized onion and blue cheese, mini quiches (veg)

mediterranean antipasti:

marinated vegetables, dolmades, hummus, roasted tomato bruschetta, olives, fresh mozzarella, and feta (veg/v/gf)

salad cup display:

premade colorful fresh salads in fanciful acrylic cups or mason jars, some ideas:

organic caesar salad w/parmesan crisp, rainbow garden salad, chopped greek salad,

arugula/fruit/nut salad (veg/v/gf)

artisanal cheese sampler:

a selection of five local or international gourmet cheeses. accompanied by either fruit and nuts or vegetables and olives, with gourmet crackers and toasts. (v/gf)

mezze station: organic hummus and roasted eggplant dip, minted feta cubes, walnuts, olives, heirloom tomato medley, dolmades, quinoa tabbouli, and pita bread (veg/v/gf)



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sweet treats ideas:

silken chocolate mousse with fresh berries
(vegan!) in trifle bowl 12+ , or in mini shot glasses

eye-catching fresh sliced seasonal fruit display

baked greenhill camembert in pastry (veg)
with local honey, fruit, nuts and toasts.

locally roasted friendship coffee and tea selections station

**Also, please see our cake menu, any flavor can be made vegan 😊, and vegetarians, our
full dessert menu**

