

# Thrive Catering

## vegetarian and vegan menu ideas

### passed hors d'oeuvres:

(hot or cold 1/pp min passed, 2/pp min stationed)

#### **cold:**

dolmades (stuffed grape leaves) (v, gf)

hoppin' john hummus crostini (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 vidalia, red wine, and blue cheese tartlets (veg)

watermelon and feta skewers with basil and balsamic drizzle (veg, gf)

wild mushroom tartlets (veg)

chilled soup shooters: icy and spicy gazpacho (v, gf)

caprese skewers with heirloom grape tomato, fresh mozzarella, and basil

local farm devilled eggs (veg, gf)

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)

raspberry almond brie filo (veg)

mini summer tomato pie (a southern classic!) (veg)

cucumber rounds with blue cheese mousse, pecans, and apple (veg, gf)

vegan ceviche (made with heart of palm) (v, gf)

whimsical edible spoons: curried tofu with apple and cashew (v, gf)



# Thrive Catering

## hot:

edamame dumpling with lemongrass (veg)  
vegetable samosas with curry sauce (veg)  
spanakopita triangles (veg)  
wild mushroom tartlets (veg)  
vegetable spring rolls with sweet chili sauce (veg)  
elote corn roasted cheese bite with crema (veg)  
veggie stuffed mushrooms (v, gf)  
zucchini and corn fritters (veg)  
fire roasted veggie empanada with cheese (veg)  
farmhouse macaroni and cheese bites (veg)  
roast tomato & cheddar buttermilk biscuits (veg)  
truffle parmesan fries (veg/v, gf)  
sesame chick'n sate with spicy peanut sauce (v)  
fried green tomato skewer with feta crumbles, basil, buttermilk ranch drizzle (veg)  
fried buffalo cauliflower bites with vegan ranch (veg/v)  
crabless crabcakes (v)  
three cheese arancini with diavola sauce (veg)  
black bean burger, falafel, or bbq jackfruit sliders (veg/v)  
vegan sausage "pig in a blanket" with maple mustard sauce (v)  
"chik-fil-a" esque slider (veg)  
vegan banh mi slider with marinated tofu, pickled veggies, cilantro (v)

## ideas for late night snacks

parmesan, truffle, or spicy popcorn (veg/v, gf)  
warm soft pretzels (v)  
grilled cheese tea sandwiches (veg)  
gourmet donuts (veg)  
farmhouse mac and cheese cups (veg)



# Thrive Catering

## appetizer displays

pot of cajun spiced boiled peanuts (v, gf)

whimsical cheese straw vase:

a beautiful centerpiece made with parmesan and herbs (veg)

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)

classic 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)

fresh vegetable crudite and hummus bouquet arranged artfully in mini individual plant pots with fresh herbs – a colorful display! (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 veggie 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)



# Thrive Catering

## **dinner option a: buffet, family style, 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 stuffed peppers (v, gf)  
grilled eggplant steaks with bbq sauce (v, gf)

## **dinner option b: buffet, family style, plated**

eggplant parmigiana (veg)  
niçoise style stuffed baby vegetables or squash (veg, v, gf)  
grilled veggie kabobs (v, gf)  
“chicken” parmigiana with marinara (veg)  
pulled bbq jackfruit with bbq sauce and rolls (v)  
beefless beef tips (v)  
gourmet mushroom bourguignon (v, gf)  
vegan white bean cassoulet (v, gf)  
farmer’s pie (lentil, veg, and mashed sweet potato stack) (v)

## **salads/soups:**

caesar salad (veg) farmer’s rainbow market salad (v, gf)  
greek salad (veg, gf) caprese salad (veg, gf) sunshine kale salad (v, gf)  
farro salad with feta, grape tomato, and spinach (veg)  
icy and spicy gazpacho (v, gf) chilled asparagus vichyssoise (veg, gf)  
butternut and apple soup (v, gf) curried sweet potato soup (v, gf)  
tuscan white bean soup (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)  
wild mushroom risotto (veg, gf) butternut squash risotto (veg) farro risotto (veg)  
perfect pesto pasta (veg) lemony quinoa with spinach and poppy seed (v, gf)  
elote corn (off cob) (veg/v, gf) farmhouse mac and cheese (veg)  
freeman’s stoneground grits (veg, gf) hoppin’ john (v, gf)  
buttermilk smashed potatoes (veg, gf)  
sweet potato souffle (veg)  
green beans amandine (v, gf)  
succotash with local field peas (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)  
southern braised kale/collards (v) sweet potato souffle (veg)  
southern slaw (veg, gf) baked beans (v, gf)



# Thrive Catering

## stations!

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)

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)

sliders station:

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



# Thrive Catering

indian street food station:

poppadums:

cooked on station, 2 flavors, plain and spicy, served with fresh tomato, onion, coriander chopped salad, mango chutney, and raita

or

naan:

freshly flatbread baked in special hot oven of 3 assorted flavors: plain, garlic, and paneer stuffed, served with chickpea chole curry, mango chutney, and raita

pasta bar:

selection of 3 types pasta such as pesto linguini, fusilli marinara with meatless meatballs or veggies, and veggie lasagna ... served with garlic bread, delicioso! (veg/v)

street tacos (fun!):

your choice of 2 composed tacos: such as, bbq pulled jackfruit with pineapple salsa, sweet potato, corn, and black bean mix with hot mango salsa, or classic beef crumbles tacos. served with rice and beans, salsa, guacamole, and tortilla chips

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)



# Thrive Catering

## **manned stations:**

pulled mozzarella action station:

fresh mozzarella made onsite! Then sliced with an array of toppings: olive tapenade, sundried or sliced tomato, gourmet salt, flavored oils and balsamic, and fresh arugula and basil (veg)

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)

pizza station (fresh from the pizza oven!):

choice of 2 gourmet types: chef's recommendation is one classic, and one gourmet, with assorted additional toppings (veg/v)

## **classic carving station:**

whole roasted heads of cauliflower w/roasted red pepper sauce (v)



# Thrive Catering

## **sweet treats:**

silken chocolate mousse with fresh berries (v)  
(option for mini shot glasses)

eye-catching fresh sliced seasonal fruit display

vegan panna cotta, various berry flavors (in individual 6oz) (v)

dirt cake (oreo cookie crumb base) in mini plant pots topped with edible flower and fresh herb sprig (whimsical and fun!) (veg)

locally roasted coffee and tea selections station

**Also, please see our cake menu, any flavor can be made vegan 😊**

