



Vegetarian, Vegan & Raw Catering Menu

Whether you are hosting a cocktail party, business luncheon or wedding reception,

We will help you put together the perfect menu
to please your guests as well as your budget.

~ Brunch ~

Baked Breakfast Platter

Vegan Frittata

A vegan style breakfast frittata prepared with seasonal veggies, tofu & basil

Breakfast Tofu Scramble

Fresh Fruit Salad

Raw Parfait

Layers of fresh fruit, raw granola & blueberry and orange
raw custard prepared with coconut oil, cashews & agar

Roasted Asparagus Salad

Breakfast Potatoes

Prepared with onions and peppers

Vegan Sausage Patties

Black Bean Quinoa Salad

Quinoa, black bean, red pepper, corn salad with lime parsley dressing *vegan

Zia's Pasta Salad

Organic whole wheat pasta, carrots, peas, roasted peppers,
marinated artichokes and balsamic, basil dressing

~ Hors d' Oeuvres ~

Raw Spring Rolls

Avocado, carrots, herbs and other veggies in a thin rice paper wrapper with a ginger miso dipping sauce

Crudités

with hummus and raw cashew ranch dip

Vegan Crab Dip

Mini Vegan Empanadas

Black Bean Sliders

Our famous vegan black bean burgers on a petit multi grain bun with lettuce, tomato and vegan avocado mayo

Tempeh Saylays

Orange shoyu molasses marinated tempeh with a miso peanut dipping sauce

Feta Spinach Balls

Bruschetta

Tomato and olive chutney on toasted baguettes with basil infused olive oil

~ Salads and Appetizers ~

Farmer's Market Salad

Local and organic lettuce and vegetables of the season with our citrus or miso vinaigrette

Raw Caesar Salad

Our raw Caesar dressing with flax croutons and ramesean

Antipasto Platter

grilled marinated vegetables, olives, "feta tofu", arugula & hummus

Garden Grill

Grilled marinated eggplant and zucchini with arugula and hummus on multigrain bread

Vegan Tofu Wrap

Marinated tofu, hummus, sprouts, tomato, cucumber, lettuce & red onion in a whole wheat wrap

~ Sides ~

Zucca Dolce

Roasted assorted seasonal local squash
with caramelized onions and herbs

Roasted Old Bay Potatoes

Brown Rice Pilaf

organic brown rice with almonds, raisins & parsley

Sautéed Green Beans

ginger soy sautéed fresh green beans with almonds

Zucchini Succotash

Creamed Spinach

Molasses Glazed Baby Carrots

Sweet Potatoes Gratin

with orange, ginger & pineapple

Ratatouille Gratin

with potato, zucchini, tomatoes

Curry Veggies & Spaghetti Squash

Sautéed mixed veggies topped w/ coconut curry sauce &
sunflower seeds over roasted spaghetti squash

~ Pasta ~

Fusilli Portobello

organic whole wheat fusilli pasta w/ Portobello mushrooms,
sun-dried tomatoes, onions and parsley

Butternut Squash Lasagna

Organic semolina lasagna with butternut squash, sage and almonds with a vegan béchamel sauce

Miso Pesto Fusilli

organic whole wheat fusilli pasta w/ veggies,
roasted nuts and a miso pesto sauce

Melanzane al Forno

Individual roasted eggplant filled with organic pasta, tomato & basil

~ Vegan Entrees ~

Individual Vegan Meatloaf

prepared w/ textured soy protein and sautéed vegetables
served with cranberry chutney and mashed potatoes

Vegan "Crab" Cake Dinner

made w/ soy protein & veggies served w/ tartar sauce

Baja Black bean Cakes

Served over organic brown rice topped with spicy sweet potato and black bean avocado chutney (vegan)

Spaghetti Squash Pomodoro

pesto marinated tofu w/ tomatoes & roasted garlic over roasted spaghetti squash

Stuffed Eggplant

Roasted stuffed eggplant filled vegetables & tofu topped w/ vegan sour cream

Lentil & Rice Bowl

lentils & caramelized onions over organic brown rice, w/ a vegan sour cream

Vegan Shepherd's Pie

potato mash made w/ organic soybean margarine filled with sautéed veggies

Shitake Risotto

Shitake mushrooms & fennel risotto adorned with roasted baby vegetables

Butternut Risotto

Butternut squash & leek risotto

Quinoa Risotto

Asparagus, tomato & basil quinoa risotto with toasted pine nuts

Portobello & Polenta Napoleon

Balsamic marinated Portobello mushrooms, roasted tomato polenta,
garlic sautéed baby spinach & roasted red peppers

Coconut Curried Vegetables

Baby bok choy, carrots & broccoli with a basil, coconut milk
and curry sauce with organic brown rice

Dinner rolls and organic herbed olive oil

~ Raw Entrees & Sides ~

Live Pizza

Live flax & onion crust, live marinara, pesto, peppers, onion & rawmesean

Live Fettuccini Alfredo

Prepared with fettuccini sliced squash, peppers & a raw Alfredo sauce

Live Lasagna

cashews, zucchini, tomatoes, sun dried tomatoes, onions, peppers, walnuts, olive oil, basil, garlic, oregano, sea salt, crushed red pepper

Raw Falafel

sprouted chic peas, sunflower seeds, almonds, sesame seeds, onion, olive oil, nama shoyu, lemon juice, garlic, curry powder served with raw tahini

Live "Sautéed" Kale & Cauliflower

cauliflower, kale, olive oil, organic stone ground mustard (organic grain vinegar, water, organic mustard seed, salt, organic spices), sesame seeds, nama shoyu, lemon juice, cumin, orange juice, sea salt red, pepper & cayenne

Live Taco Dip

cashews, avocado, tomatoes, red peppers, sun dried tomatoes, olive oil, nama shoyu, lemon juice, nutritional yeast, raw apple cider vinegar, garlic, raw cocoa, cumin, dried chilies, cilantro served with flax crackers

Live Hummus Platter

sprouted chic peas, sesame seeds, olive oil, lemon juice, sea salt served with raw veggies

Raw Macaroons

Shaved coconut, almonds, agave, sea salt

~ Dessert ~

Chocolate Tofu Mousse

Belgian dark chocolate mousse made with silken tofu, and hazelnuts

Chocolate Peanut Butter Tofu Cheesecake

Made with organic peanut butter, silken tofu, agave nectar with an oatmeal crust

Peach Crumble

Peaches bake with cinnamon, rolled oats and raw sugar

Apple Cake

Made with whole wheat and fresh apples topped with raw sugar crumble

Assorted Cookies

prepared with organic sugar organic whole wheat and organic spelt flour

Pineapple Carrot Cake

prepared with organic carrots, fresh pineapple and walnuts and vegan cream cheese icing

Chocolate Strawberries

Dipped with Dark Belgian Chocolate

Raw Apple Cobbler

Almonds, flaxseed, agave, local apples, dates, raisins & cinnamon

& a date agave caramel sauce

Raw Lemon Chiffon Pie

prepared with fresh lemon juice, raw coconut butter, cashews, agave & dates

Raw Orange Blueberry Cheesecake

cashews, coconut oil, blueberries, agave, shredded coconut, orange juice,

vanilla, turmeric, sea salt

Raw Strawberry Shortcake

almonds, cashews, dates, strawberries, agave, coconut oil,

coconut water, coconut meat, lemon juice, vanilla & sea salt

Raw German Chocolate Cake

walnuts, almonds, dates, coconut butter, coconut & raw cacao

Raw Tiramisu

prepared w/ cashews, walnuts, dates, coconut butter,

cold-pressed espresso & raw cacao powder

~Beverages~

Bottled Water

Fresh Lemon/ Limeade

Iced Organic Green Tea

Fair Trade Organic Coffee

Organic Hot Tea Selection

Zia's Juice and Smoothie Bar Station

Have the Zia's staff make fresh juices and smoothies at your event!

Two hour juice or smoothie bar \$150 set up fee plus \$50 for each additional hour, for a minimum of 20 guests

Juice Bar Menu

- Organic Carrots, Celery, Local Apples, Beets, Lemon, Ginger
- Customize your juice bar seasonally

Smoothie Bar Menu

Choose one of the following:

- **Tropical:** mango, pineapple, apple juice, lemon, shaved coconut
- **Peach Grape:** grapes, peaches, apple juice, lemon juice
- **Red Mango:** mango, apple & beet juice, ginger
- **Strawberry Banana:** strawberries, banana, yogurt, organic milk, wheat germ
- **Spiced Peach:** peaches, yogurt, organic milk, honey, cinnamon, allspice
- **Banana Nut:** banana, dates, almond milk, organic peanut butter