



## SOUL VEGAN CATERING

Nourishing the Soul,  
Tantalizing the Tongue!

### ORDERING INFORMATION

To place your order please contact us:

Ellahmahd (773) 494-5768

Eliyahdah (773) 793-2547

Email [soulvegan01@gmail.com](mailto:soulvegan01@gmail.com)

### In order to accommodate your catering needs, we require the following:

- 24 hours advance notice for 10 people or less
- 48 hours notice for 20 people
- 72 hours notice for 25 people or more
- Rush orders will incur an additional fee
- Cancellations must be made with a 24 hour advance notice, or you will be charged full price.

### HOLIDAY SPECIAL

Let Soul Vegan cater your holiday dining needs. We can provide a few dishes or the entire meal, brought right to your door. We'll even set it up for you. Soul Vegan will set a table that you and your guests will never forget:

- Cornbread Dressing
- Roast w/ Herbed Gravy
- Macaroni & Cheese OR Lasagna
- Fresh Greens OR String Beans
- Candied Yams, Salad, and Dinner Roll
- Sweet Potato or Apple Pie

**SMALL:** Serves 8-10 \$200

**LARGE:** Serves 18-20 \$375

### CLASSIC COMFORT SPECIAL

If you'd rather try a spin on the 'traditional' holiday meal. Two variations to choose from:

- Lasagna Herbed Garlic Tofu
- Macaroni & Cheese BBQ Tofu

Both specials come with:

- Candied Yams
- Collard Greens
- Salad w/ Cilantro Dressing
- Sweet Potato or Apple Pie

**SMALL:** Serves 8-10 \$190

**LARGE:** Serves 18-20 \$320



## ENTREES

**Quarter Pan: Serves 8-10 / Half Pan: Serves 15-20 / Full Pan: Serves 25-30**

All of our entrees are made with only the freshest ingredients and are guaranteed to put a smile on your face.

**Macaroni & Cheese \$32.50 / \$65.00 / \$130.00**

Delicious with our homemade soy cheese.

**Lasagna \$32.50 / \$65.00 / \$130.00**

Made fresh just for you.

**Eggplant Parmesan \$32.50 / \$65.00 / \$130.00**

The freshest, organic ingredients make this a treat.

**Macaroni Casserole \$32.50 / \$65.00 / \$130.00**

A delightful change from the same old pasta.

**Spinach Quiche \$32.50 / \$65.00 / \$130.00**

With fresh spinach and organic tofu, this is sure to please.

**Cornbread Dressing \$32.50 / \$65.00 / \$130.00**

A delicious addition to any meal.

**Lentil Loaf \$32.50 / \$65.00 / \$130.00**

Better than meatloaf, this is definitely a dish your family will love.

Or if you're in the mood for something different, choose one of our rice or pasta favorites:

**Stir-Fry Rice \$22.50 / \$45.00 / \$90.00**

Long grain basmati rice and fresh veggies.

**Herbed Rice \$22.50 / \$45.00 / \$90.00**

Long grain basmati rice and fresh herbs and spices.

**Stir-Fry Noodles \$25.00 / \$50.00 / \$100.00**

Fresh veggies and whole grain noodles.

**Sundried Tomato Pasta \$25.00 / \$50.00 / \$100.00**

Sun-dried tomatoes make this dish stand out.

**Garlic Basil Pasta \$25.00 / \$50.00 / \$100.00**

## PARTY PLATTERS

**Small: Serves 8-10 / Large: Serves 15-20**

**Olive Platter \$49.99 / \$89.99**

A variety selection of juicy and plump olives with roasted peppers and marinated mushrooms.

**Mediterranean Platter \$69.99 / \$109.99**

Hummus, tabouli, dill tofu salad, artichoke hearts, falafel, olives, grilled garlic, and pita triangles.

**Salad Platter \$69.99 / \$109.99**

Carrot supreme salad, eggless tofu salad, Fresh Kale Green Salad with a variety of crackers.

**Vegetable Platter \$29.99 / \$49.99**

A selection of seasonal vegetables served with our zesty jalapeño cheese or creamy garlic dressing.

## SIDE DISHES

**Quarter Pan: Serves 8-10 / Half Pan: Serves 15-20 / Full Pan: Serves 25-30**

**Roast \$22.50 / \$45.00 / \$90.00**

A wonderful centerpiece to any meal. Have it with gravy or stuffed with your favorite veggies.

**Candied Yams \$22.50 / \$45.00 / \$90.00**

Add something sweet to your favorite meal. These yams will leave everyone smiling.

**Mashed Potatoes \$22.50 / \$45.00 / \$90.00**

These mashed potatoes are so light and fluffy they almost float off your plate.

**Whipped Sweet Potatoes \$22.50 / \$45.00 / \$90.00**

A new twist to the usual mashed potatoes. This will definitely please your taste buds.

**Collard Greens \$24.50 / \$49.00 / \$98.00**

Great greens, delicious and nutritious. The perfect accent to your table.

**String Beans \$24.50 / \$49.00 / \$98.00**

Lightly steamed, delicately seasoned fresh string beans.

**Cornbread \$18.00 / \$36.00 / \$72.00**

Complete your meal with our delicious homemade cornbread.



## BOX LUNCHES

### Individual Boxes: Minimum Order 12 of one choice

All of our box lunches are made using the freshest ingredients. Each box lunch includes a sandwich, salad, seasonal fruit, or chips.

**Delicious Southern Style BBQ Roast** on a whole wheat bread **\$13.99 each (Min order of 12)**

**Italian Seasoned Roast** with a creamy garlic dressing on a whole wheat bun **\$13.99 each (Min order of 12)**

**Seasoned Grilled Tofu** with grilled onions, peppers, and soy cheese on a whole wheat bun **\$13.99 each (Min order of 12)**

**Battered Tofu With Tomato And Romaine Lettuce**, topped with a creamy tartar dressing **\$13.99 each (Min order of 12)**

**Spicy Jerk Tofu** with spinach in a spinach wrap **\$13.99 each (Min order of 12)**

**Spicy Jerk Steak** with spinach in a tomato basil wrap **\$13.99 each (Min order of 12)**

**Carrot Supreme Salad** with a creamy tartar dressing on a bun **\$13.99 each (Min order of 12)**

## LUNCH PLATTERS

### Small: Serves 15-20 / Large: Serves 25-30

Well seasoned, fresh produce, and all natural ingredients create an excellent, healthy lunch time treat. We offer a variety of sandwiches and wraps. Mix and match to please everyone.

#### Wrap Platter **\$70.00 / \$120.00**

Seasonal vegan delights, served with fresh spinach on a tomato basil or spinach wrap. Choose any two:

- Jerk Tofu
- Jerk Steak
- Seasoned Roast w. Sautéed veggies
- Grilled Vegetables
- Grilled Tofu

#### Sandwich Platter **\$70.00 / \$120.00**

A selection of our tasty sandwiches beautifully arranged. Platter includes a choice of one or two:

- Southern style BBQ Roast on wheat bun
- Grilled Tofu with sautéed onions on wheat bread
- Perfectly seasoned grilled vegetables on wheat bread

## LIVE SALADS

### Individual Boxes: Minimum Order 12 / Group Platter: Serves 10-12

Every salad is made with a variety of fresh produce. All dressings are made daily from all-natural ingredients. Salads are available in individual boxes or group platters. Individual boxes include a scoop of carrot supreme salad, your choice of fruit, and a small bag of chips

**Garden of Eden Salad** **\$7.50 each (min order 12) / \$32.99 group platter**

A variety of fresh vegetables on a bed of fresh spinach, cherry tomatoes, fresh cabbage, and a side of our famous cilantro dressing.

**Grilled Tofu Salad** **\$7.50 each (min order 12) / \$32.99 group platter**

Our perfectly seasoned grilled organic tofu on a bed of romaine lettuce and fresh vegetables, served with apple cider vinaigrette.

## FAMOUS SIDE SALADS

### Quarter Pan: Serves 10-12 / Half Pan: Serves 18-20 / Full Pan: Serves 25-30

These are a selection of our most popular side dishes. If you have a favorite, don't hesitate to ask.

**Pasta Salad** **\$22.50 / \$45.00 / \$90.00**

**Creamy Coleslaw** **\$22.50 / \$45.00 / \$90.00**

**Zesty Kale Salad** **\$22.50 / \$45.00 / \$90.00**

**Macaroni Salad** **\$22.50 / \$45.00 / \$90.00**

**Carrot Supreme Salad** **\$22.50 / \$45.00 / \$90.00**

**Potato Salad** **\$22.50 / \$45.00 / \$90.00**

**Tofu Salad** **\$22.50 / \$45.00 / \$90.00**

**Olive Medley** **\$22.50 / \$45.00 / \$90.00**



## APPETIZERS

**Quarter Pan: Serves 8-10 / Half Pan: Serves 15-20 / Full Pan: Serves 25-30**

**BBQ Delights \$30.00 / \$60.00 / \$120.00**

So named because it's a delight for your palate grilled in our own homemade BBQ sauce. These bite-sized treats will keep you asking for more.

**Battered Tofu Sticks \$25.00 / \$50.00 / \$100.00**

Organic Tofu cut into finger-sized sticks

**Battered Tofu Tidbits \$25.00 / \$50.00 / \$100.00**

Organic Tofu cut into bite-sized squares

**Battered Protein Tidbits \$27.50 / \$55.00 / \$110.00**

Bite-sized wheat treats that are a joy to eat

**Battered Protein Steaklets \$27.50 / \$55.00 / \$110.00**

A bit bigger than bite-sized, but still a joy.

**Spinach Quiche \$32.50 / \$65.00 / Call for full pan pricing**

Organic Tofu and fresh spinach.

## SUNRISE DELIGHTS

**Quarter Pan: Serves 8-10 / Half Pan: Serves 18-20 / Full Pan: Serves 30-35**

Our delicious breakfast will start your day with delicious energy and a bright smile.

**Fruit Platter \$40.00 each**

A gorgeous array of five different seasonal fruit and juicy berries.

**Citrus Salad \$29.99 / \$59.99 / Call for full pan pricing**

A choice of juicy citrus fruit cut into bite-sized pieces, in a deliciously light strawberry sauce.

**Fruit Salad \$29.99 / \$59.99 / Call for full pan pricing**

A medley of fresh seasonal fruit sprinkled with raisins and coconut flakes and topped with a deliciously rich nut sauce.

**Kale Green Salad \$22.50 / \$45.00 / \$90.00**

Fresh kale greens cut into bite-sized pieces with red peppers and sweet fresh onions marinated in a zesty garlic dressing.

## FRESHLY MADE SOUPS

**36oz.**

Wholesome, homemade soup, made with the freshest, all-natural ingredients.

**Vegetable \$19.99**

**Cream of Mushroom \$19.99**

**Cream of Broccoli \$19.99**

**Orange Lentil \$19.99**

## SWEETS

**9" Round / 1/2 Pan**

**Apple Pie \$36.00 / \$50.00**

**Sweet Potato Pie \$36.00 / \$50.00**

**Breakfast Platter \$120.00 / \$210.00 / Call for full pan pricing**

A combination of vegan breakfast foods, featuring our tasty Scrambled Tofu, Hebrew Toast, Hash Browns, and our Zesty Sausage Patties. Finished off with our refreshing Apple Juice.

**Biscuit Basket \$50.00 small / \$95.00 large**

Our freshly made, soft and flakey biscuits are sure to be a delicious addition to a great morning. Served with our homemade preserves. **Small: 18 biscuits, Large: 36 biscuits.**

**Hebrew Toast \$45.00 small / \$80.00 large**

Cinnamon-ny Hebrew Toast served with a homemade fruit preserve and real maple Syrup.

**Breakfast on the Go \$8.99 each (min order of 12)**

An excellent mixture of Fresh Fruit topped with a delicious, Sweet Cream and a tasty Breakfast Wrap filled with Scrambled Tofu and Sausage. Minimum order of one dozen.

**TO PLACE YOUR ORDER PLEASE CONTACT US:**

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