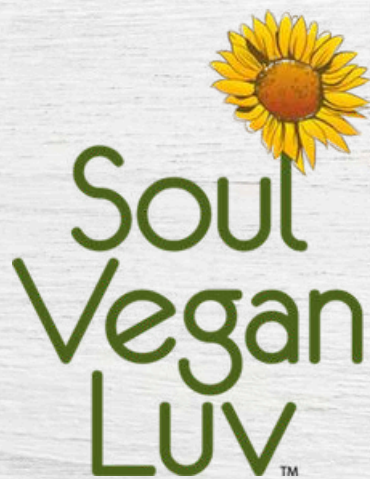




SOUL VEGAN CATERING

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

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 \$295

LARGE: Serves 18-20 \$550

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 \$275

LARGE: Serves 18-20 \$495



ENTREES

QuarterPan: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 \$45 / \$85 / \$160

Delicious with our homemade soy cheese.

Lasagna \$50 / \$95 / \$180

Made fresh just for you.

Eggplant Parmesan \$50 / \$95 / \$180

The freshest, organic ingredients make this a treat.

Macaroni Casserole \$45 / \$95 / \$160.00

A delightful change from the same old pasta.

Spinach Quiche \$45 / \$85 / \$160

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

Cornbread Dressing \$45 / \$85 / \$160

A delicious addition to any meal.

Lentil Loaf \$50 / \$90 / \$170

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 \$35 / \$60 / \$110

Long grain basmati rice and fresh veggies.

Herbed Rice \$30 / \$55 / \$100

Long grain basmati rice and fresh herbs and spices. **Stir-**

Fry Noodles \$40 / \$70 / \$130

Fresh veggies and whole grain noodles.

Sundried Tomato Pasta \$40 / \$70 / \$130

Sun-dried tomatoes make this dish stand out.

Garlic Basil Pasta \$35 / \$65 / \$120

PARTY PLATTERS

Small:Serves8-10/Large: Serves 15-20

Olive Platter \$65 / \$115

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

Mediterranean Platter \$85 / \$145

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

Salad Platter \$85 / \$145

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

Vegetable Platter \$45 / \$75

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 \$45 / \$85 / \$160

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

Candied Yams \$35 / \$65 / \$120

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

Mashed Potatoes \$30 / \$55 / \$100

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

Whipped Sweet Potatoes \$35 / \$65 / \$120

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

Collard Greens \$40 / \$70 / \$130

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

String Beans \$35 / \$65 / \$120

Lightly steamed, delicately seasoned fresh string beans.

Cornbread \$25 / \$45 / \$85

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 **\$17.95 each (Min order of 12)**

Italian Seasoned Roast with a creamy garlic dressing on a whole wheat bun **\$17.95 each (Min order of 12)** **Seasoned Grilled Tofu** with grilled onions, peppers, and soy cheese on a whole wheat bun **\$17.95 each (Min order of 12)**

Battered Tofu With Tomato And Romaine Lettuce, topped with a creamy tartar dressing **\$17.95 each (Min order of 12)**

Spicy Jerk Tofu with spinach in a spinach wrap **\$18.95 each (Min order of 12)**

Spicy Jerk Steak with spinach in a tomato basil wrap **\$18.95 each (Min order of 12)**

Carrot Supreme Salad with a creamy tartar dressing on a bun **\$16.95 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 \$110 / \$185

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 \$105 / \$180

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 \$11.95 each (min order 12) / \$55.00 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 \$13.95 each (min order 12) / \$65.00 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 \$30 / \$55 / \$100

Creamy Coleslaw \$25 / \$45.00 / \$85

Zesty Kale Salad \$35 / \$65 / \$120

Macaroni Salad \$30 / \$55 / \$100

Carrot Supreme Salad \$35 / \$65 / \$120

Potato Salad \$30 / \$55 / \$100

Tofu Salad \$35 / \$65 / \$120

Olive Medley \$40 / \$75 / \$140



APPETIZERS

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

BBQ Delights \$45 / \$85 / \$160

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 \$40 / \$75 / \$140

Organic Tofu cut into finger-sized sticks

Battered Tofu Tidbits \$40 / \$75 / \$140

Organic Tofu cut into bite-sized squares

Battered Protein Tidbits \$40 / \$80 / \$150

Bite-sized wheat treats that are a joy to eat

Battered Protein Steaklets \$45 / \$80 / \$150

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

Spinach Quiche \$45 / \$80 / \$160

Organic Tofu and fresh spinach.

FRESHLY MADE SOUPS

36oz.

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

Vegetable \$27

Cream of Mushroom \$29

Cream of Broccoli \$29

Orange Lentil \$27

SWEETS

9" Round / ½ Pan

Apple Pie \$48 / \$70

Sweet Potato Pie \$48 / \$70

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 \$60.00 each

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

Citrus Salad \$40 / \$75 / \$140

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

Fruit Salad \$45 / \$85 / \$155

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

Kale Green Salad \$35 / \$65 / \$120

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

Breakfast Platter \$155 / \$285 / \$490

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 \$65.00 small / \$120.00 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 \$65.00 small / \$115.00 large

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

Breakfast on the Go \$13.95 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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