

PLANT-BASED CULINARY COLLECTION

2026 Food Selection Guide

Planning your event…

Our mission is to create amazing and exciting culinary events that surpass every client's expectation. Following our client's distinctive vision, we artfully craft unique catering events in an environment that appeals to all five senses, safeguarding every detail to create exceptional, memorable experiences for every client, every time, at the location of your choosing.

Mystic Catering

AMAZE | ELEVATE.

Brianna Marie
Brianna.marie@mysticcaterers.com

Mystic Catering
AMAZE | ELEVATE.

Mystic Catering – Plant-Based Culinary Collection
Delicious, Plant-Based Options for Every Occasion

Appetizers (Minimum 15 Guests)	Price per Person	Large – Serves 24
Stuffed Mushroom Caps – Filled with cashew ricotta, garlic, and herbs.	$8.75	$210.00
Vegan Charcuterie Board – Assorted plant-based cheeses, marinated olives, fresh fruit, nuts, berries, and artisan crackers.	$13.50	$324.00
Crispy Cauliflower Bites – Tossed in a tangy buffalo or sweet chili sauce.	$8.50	$204.00
Chicken Tenders – Plant-based chicken tenders, tangy buffalo, BBQ, or sweet chili sauce.	$13.50	$324.00
Vegan Chicken Bites - Plant-based chicken bites with tangy buffalo, BBQ, or sweet chili sauce.	$12.50	$275.00
Zucchini Sticks – Breaded Zucchini served with marinara sauce	$8.75	$210.00

Vegan Soups & Salads (Minimum 15 Guests)	Price per Person	Large – Serves 24
Roasted Beet & Citrus Salad – Arugula, oranges, walnuts, and balsamic glaze.	$11.50	$276.00
Anchor Salad – Field greens, apple, strawberries, red onion, walnuts, cherry tomatoes, craisins, with dressing choice.	$9.75	$234.00
Caesar Salad – Crispy romaine lettuce tossed in a creamy, dairy-free Caesar dressing made from cashews, garlic, and lemon. Topped with savory, plant-based chicken, crispy chickpea croutons, and a sprinkle of vegan parmesan	$17.50	$420.00
Butternut Squash Soup – Creamy, spiced, and garnished with toasted pumpkin seeds.	$10.50	$230.00
Tomato Basil Bisque Soup – Smooth and flavorful with coconut cream.	$9.50	$209.00

© Mystic Catering, Inc.

Mystic Catering
AMAZE | ELEVATE.

Vegan Breakfast Bowls (Minimum 15 Guests)	Price per Person	Large – Serves 24
Superfood Acai Bowl – Blended acai, banana, berries, granola, coconut flakes, and chia seeds	$12.50	$300.00
Warm Apple Cinnamon Oatmeal – Steel-cut oats, caramelized apples, walnuts, and cinnamon.	$8.50	$185.00
Peanut Butter & Banana Oatmeal – Classic oats with peanut butter drizzle, banana slices, and hemp seeds.	$8.50	$185.00
Overnight Chia Pudding – Creamy coconut chia pudding with fresh fruit and maple syrup.	$9.50	$228.00
Seasonal Fruit Bowl – Fresh berries, melons, grapes, bananas, oranges, and apples.	$11.50	$252.00

Savory Breakfast Dishes (Minimum 15 Guests)	Price per Person	Large – Serves 24
Tofu Scramble Platter – Seasoned tofu scramble with sautéed spinach, mushrooms, and roasted potatoes.	$12.50	$275.00
Vegan Breakfast Burrito – Scrambled tofu, black bean patty, roasted peppers, avocado, and salsa in a whole wheat tortilla.	$15.50	$372.00
Chickpea Omelet – Savory chickpea flour omelet stuffed with sautéed vegetables and dairy-free cheese	$12.50	$275.00
Avocado Toast Trio – Three variations: classic sea salt & lemon, tomato & basil, and spicy sriracha drizzle.	$11.50	$252.00

Sweet Breakfast Favorites (Minimum 15 Guests)	Price per Person	Large – Serves 24
Fluffy Vegan Pancakes – Served with maple syrup, fresh berries, and coconut whipped cream.	$12.50	$275.00
Banana Walnut French Toast – Sourdough dipped in plant-based batter, topped with caramelized bananas and walnuts.	$12.50	$275.00
Blueberry Almond Waffles – Golden waffles, loaded with blueberries and almonds and drizzled with agave.	$12.50	$275.00

Breakfast Sides (Minimum 15 Guests)	Price per Person	Large – Serves 24
Roasted Breakfast Potatoes – Crispy, seasoned potatoes with fresh herbs.	$5.50	$119.00
Maple-Glazed Tempeh Bacon – Smoky and crispy plant-based bacon strips.	$6.50	$142.00
Grilled Seasonal Vegetables – Peppers, squash, onions, mushrooms, Zucchini	$6.50	$142.00

© Mystic Catering, Inc.

Mystic Catering
AMAZE | ELEVATE.

Vegan Sandwiches (Minimum 15 Guests)	Price per Person	Large – Serves 24
Vegan Chicken Sandwich – Fried plant-based chicken patty, vegan aioli, red onion, lettuce, and tomato on multigrain bread.	$15.50	$372.00
BBQ Jackfruit Pulled 'Pork' – Smoky, tangy jackfruit slow-cooked in BBQ sauce, topped with slaw on a soft brioche bun.	$15.50	$372.00
Mediterranean Hummus & Veggie Wrap – Roasted red peppers, cucumbers, spinach, olives, and hummus in a spinach wrap.	$14.50	$348.00
Vegan BLT – Maple-Glazed Tempeh Bacon, lettuce, tomato, and vegan mayonnaise on sourdough toast.	$12.50	$275.00

Vegan Burgers (Minimum 15 Guests)	Price per Person	Large – Serves 24
Smoky Black Bean Burger – Black bean patty with lettuce, tomato, avocado, and chipotle aioli on a brioche bun.	$14.50	$319.00
Impossible Burger – Impossible plant-based burger patty with lettuce, tomato, and chipotle aioli on a brioche bun.	$14.50	$319.00
Grilled Cheese & Tomato Basil Panini – Dairy-free mozzarella and cheddar with fresh tomato and basil pressed on ciabatta.	$13.50	$295.00

Vegan Entrées (Minimum 15 Guests)	Price per Person	Large – Serves 24
Vegan Asian Stir Fry – Rice noodles, vegetables, plant-based chicken, and teriyaki sauce.	$18.50	$444.00
Vegan Chicken Piccata – a plant-based twist on the classic Italian favorite features tender, golden-browned vegan cutlets, pan-seared to perfection and simmered in a zesty lemon-caper sauce.	$23.50	$564.00
Vegan Chicken Marsala – succulent plant-based cutlets, pan-seared to perfection and simmered in a savory Marsala wine sauce.	$24.50	$588.00
Vegan Chicken Alfredo – Plant-based chicken tossed in a creamy cashew-based Alfredo sauce over fettuccine.	$22.50	$540.00

© Mystic Catering, Inc.

Mystic Catering
AMAZE | ELEVATE.

Vegan Entrées (Minimum 15 Guests)	Price per Person	Large – Serves 24
Impossible Meatloaf with Gravy – Served with pan-seared garlic butter mushrooms	$21.50	$516.00
Beyond Beef Tacos – Seasoned Beyond Meat crumbles with soft corn tortillas, with fresh Pico de Gallo and cashew crema.	$16.50	$396.00
Vegan Sausage & Peppers – Italian-style plant-based sausage sautéed with bell peppers and onions.	$20.50	$492.00
Vegan Sausage & Ziti – Italian-style plant-based sausage sautéed with bell peppers, onions, and sauce.	$20.50	$492.00
Butternut Squash Ravioli – pasta filled with a velvety butternut squash purée. Tossed in a light sage-infused brown butter sauce made with plant-based butter.	$20.50	$492.00

Vegan Sides (Minimum 15 Guests)	Price per Person	Large – Serves 24
Garlic Herb Roasted Potatoes – Crispy, golden potatoes tossed in fresh herbs.	$6.50	$156.00
Maple-Glazed Brussels Sprouts – Roasted and caramelized with a touch of maple syrup.	$8.50	$204.00
Grilled Asparagus with Lemon Zest – Lightly charred with a citrus finish.	$8.50	$204.00
Coconut Cream Mashed Sweet Potatoes – Smooth and creamy with a hint of cinnamon.	$7.50	$180.00
Balsamic Roasted Root Vegetables – A mix of carrots, parsnips, and beets with a balsamic glaze.	$8.50	$204.00
Wild Rice Pilaf with Cranberries & Almonds – A nutty, slightly sweet side dish.	$7.50	$180.00
Pasta Choice - Tossed in a light sage-infused brown butter sauce made with plant-based garlic butter and olive oil (pasta sauce option included).	$7.50	$180.00
Classic Cornbread with Vegan Butter – A comforting, soft side with a hint of sweetness.	$6.50	$156.00
Roasted Herb Potatoes – Choose regular or sweet potatoes, roasted with red onions, wine, herb seasoning, plant-based garlic butter, and olive oil.	$7.50	$180.00

© Mystic Catering, Inc.

Mystic Catering
AMAZE | ELEVATE.

Vegan Desserts (Minimum 15 Guests)	Price per Person	Large – Serves 24
Chocolate Avocado Mousse – Rich, creamy, and topped with fresh berries.	$10.50	$252.00
Vegan Cheesecake Bites – Assorted flavors include vanilla bean, chocolate, and berry swirl.	$10.50	$252.00
Carrot Cake with Cashew Cream Frosting	$11.50	$276.00

Desserts, customized appetizers, creamery, and specialty coffee products are available!

Note: Any items on this Vegan menu may be purchased in smaller quantities than (15) when combined with a larger catering order. Reduced quantities may affect the individual price.



© Mystic Catering, Inc.

Mystic Catering
AMAZE | ELEVATE.

Farm-to-Table



We Support Regional Producers

We prioritize sourcing the freshest seasonal produce and ingredients directly from local farms and regional partners. By working closely with growers in our community, we elevate the flavor, quality, and presentation of every dish while supporting a more sustainable and resilient food system. Each menu reflects our commitment to freshness, craftsmanship, and true farm-to-table integrity.

Booking Your Special Event

Your Mystic Catering coordinator is here to assist you to secure the ideal date for your event. Once confirmed, we'll reserve your date to guarantee availability.

Saving Your Date: A 50% deposit is required to book your scheduled event.

Final menu selections for your event must be made no later than the following food order date:

- *10 – 50 Guests* *10 days before the event date.*
- *51 – 125 Guests* *30 days before the event date.*
- *More than 125 Guests* *60 days before the event date.*

Booking & Payment Terms

- Your Mystic Catering coordinator will contact you at the appropriate time to finalize your event details and menu selections.
- Deposits are subject to the terms of Mystic Catering's Refund Policy providing an event is cancelled prior to the food order deadline outlined above. After that date, deposits become non-refundable.
- Final payment is due on or before the established food order date.
- Applicable taxes and a 20% service charge will be added to the menu pricing.
- Venue booking fees, party rentals, floral arrangements, on-site labor, and additional services are available upon request and billed separately.

© Mystic Catering, Inc.

Mystic Catering
AMAZE | ELEVATE.





A Better Standard in Catered Dining

Scalable. Reliable. Financially Accountable.

From private functions, weddings, corporate campuses, military installations and manufacturing facilities to universities and residential communities, Mystic Catering delivers food service programs designed to perform, operationally and financially.

Why Clients Choose Mystic Catering?

- Proven execution across corporate, academic, and community environments.
- Margin-controlled, performance-driven operating model.
- Consistent, high-quality food with professional presentation.
- Trusted by organizations that demand quality and reliability at scale.

Designed to perform. Built to scale. Proven to deliver.

Mystic Catering, Inc.
Attn: David Crompton
45 Greenmanville Avenue
Mystic, CT 06355
(877) 980 – 1432
Email: catering@MysticCaterers.com

© Mystic Catering, Inc.