



Optimum Innovations, Inc.  
Restaurants | Events

AMAZE | EXCITE.

# VEGAN CATERING MENU

## 2025 Food Selection Guide

### Planning your event...

Our mission is to create amazing and exciting culinary events that surpass every client's expectations. 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. —

Caitlin Salinas  
catering@mysticcaterers.com



## Mystic Catering – Vegan Catering Menu

*Delicious, Plant-Based Options for Every Occasion*

### Appetizers (Minimum 15 Guests)

**Stuffed Mushroom Caps** – Filled with cashew ricotta, garlic, and herbs.

**Vegan Charcuterie Board** – Assorted plant-based cheeses, marinated olives, fresh fruit, nuts, berries, and artisan crackers.

**Crispy Cauliflower Bites** – Tossed in a tangy buffalo or sweet chili sauce.

**Chicken Tenders** – Plant-based chicken tenders, tangy buffalo, BBQ, or sweet chili sauce.

**Vegan Chicken Bites** - Plant-based chicken bites with tangy buffalo, BBQ, or sweet chili sauce.

**Zucchini Sticks** – Breaded Zucchini served with marinara sauce

### Price per Person

### Large – Serves 24

\$8.50

\$189.00

\$10.50

\$230.00

\$7.50

\$165.00

\$12.50

\$275.00

\$12.50

\$275.00

\$8.00

\$176.00

### Vegan Soups & Salads (Minimum 15 Guests)

**Roasted Beet & Citrus Salad** – Arugula, oranges, walnuts, and balsamic glaze.

**Anchor Salad** – Field greens, apple, strawberries, red onion, walnuts, cherry tomatoes, raisins, with dressing choice.

**Caesar Salad** – Crispy romaine lettuce tossed in a creamy, dairy-free Caesar dressing made from cashews, garlic, and lemon. Topped with savory, grilled plant-based chicken, crispy chickpea croutons, and a sprinkle of vegan parmesan

### Price per Person

### Large – Serves 24

\$10.50

\$230.00

\$8.90

\$189.00

\$18.50

\$405.00

**Butternut Squash Soup** – Creamy, spiced, and garnished with toasted pumpkin seeds.

**Tomato Basil Bisque Soup** – Smooth and flavorful with coconut cream.

\$10.50

\$230.00

\$9.50

\$209.00



#### **Vegan Breakfast Bowls (Minimum 15 Guests)**

**Superfood Acai Bowl** – Blended acai, banana, berries, granola, coconut flakes, and chia seeds

**Warm Apple Cinnamon Oatmeal** – Steel-cut oats, caramelized apples, walnuts, and cinnamon.

**Peanut Butter & Banana Oatmeal** – Classic oats with peanut butter drizzle, banana slices, and hemp seeds.

**Overnight Chia Pudding** – Creamy coconut chia pudding with fresh fruit and maple syrup.

**Seasonal Fruit Bowl** – Fresh berries, melons, grapes, bananas, oranges, and apples.

#### **Savory Breakfast Dishes (Minimum 15 Guests)**

**Tofu Scramble Platter** – Seasoned tofu scramble with sautéed spinach, mushrooms, and roasted potatoes.

**Vegan Breakfast Burrito** – Scrambled tofu, black bean patty, roasted peppers, avocado, and salsa in a whole wheat tortilla.

**Chickpea Omelet** – Savory chickpea flour omelet stuffed with sautéed vegetables and dairy-free cheese

**Avocado Toast Trio** – Three variations: classic sea salt & lemon, tomato & basil, and spicy sriracha drizzle.

#### **Sweet Breakfast Favorites (Minimum 15 Guests)**

**Fluffy Vegan Pancakes** – Served with maple syrup, fresh berries, and coconut whipped cream.

**Banana Walnut French Toast** – Sourdough dipped in plant-based batter, topped with caramelized bananas and walnuts.

**Blueberry Almond Waffles** – Golden waffles, loaded with blueberries and almonds and drizzled with agave.

#### **Breakfast Sides (Minimum 15 Guests)**

**Roasted Breakfast Potatoes** – Crispy, seasoned potatoes with fresh herbs.

**Maple-Glazed Tempeh Bacon** – Smoky and crispy plant-based bacon strips.

**Grilled Seasonal Vegetables** – Peppers, squash, onions, mushrooms, Zucchini

#### **Price per Person**

#### **Large – Serves 24**

\$10.50

\$230.00

\$8.50

\$185.00

\$8.50

\$185.00

\$8.50

\$185.00

\$11.50

\$252.00

#### **Price per Person**

#### **Large – Serves 24**

\$12.50

\$275.00

\$14.50

\$315.00

\$12.50

\$275.00

\$11.50

\$252.00

#### **Price per Person**

#### **Large – Serves 24**

\$12.50

\$275.00

\$12.50

\$275.00

\$12.50

\$275.00

#### **Price per Person**

#### **Large – Serves 24**

\$5.50

\$119.00

\$6.50

\$142.00

\$6.50

\$142.00

## Vegan Sandwiches (Minimum 15 Guests)

**Vegan Chicken Sandwich** – Fried plant-based chicken patty, vegan aioli, red onion, lettuce, and tomato on multigrain bread.

**BBQ Jackfruit Pulled 'Pork'** – Smoky, tangy jackfruit slow-cooked in BBQ sauce, topped with slaw on a soft brioche bun.

**Mediterranean Hummus & Veggie Wrap** – Roasted red peppers, cucumbers, spinach, olives, and hummus in a spinach wrap.

**Vegan BLT** – Maple-Glazed Tempeh Bacon, lettuce, tomato, and vegan mayonnaise on sourdough toast.

## Vegan Burgers (Minimum 15 Guests)

**Smoky Black Bean Burger** – Black bean patty with lettuce, tomato, avocado, and chipotle aioli on a brioche bun.

**Impossible Burger** – Impossible plant-based burger patty with lettuce, tomato, and chipotle aioli on a brioche bun.

**Grilled Cheese & Tomato Basil Panini** – Dairy-free mozzarella and cheddar with fresh tomato and basil pressed on ciabatta.

**Vegan BLT** – Maple-Glazed Tempeh Bacon, lettuce, tomato, and vegan mayonnaise on sourdough toast.

## Vegan Entrées (Minimum 15 Guests)

**Vegan Asian Stir Fry** – Rice noodles, vegetables, plant-based chicken, and teriyaki sauce.

**Vegan Chicken Piccata** – a plant-based twist on the classic Italian favorite features tender, golden-browned vegan chicken cutlets, pan-seared to perfection and simmered in a zesty lemon-caper sauce.

**Hot Honey Salmon** – Seared hot honey wild Atlantic Salmon.

**Vegan Chicken Marsala** – succulent plant-based chicken cutlets, pan-seared to perfection and simmered in a savory Marsala wine sauce.

**Vegan Chicken Alfredo** – Plant-based chicken tossed in a creamy cashew-based Alfredo sauce over fettuccine.

## Price per Person

## Large – Serves 24

\$14.50

\$319.00

\$14.50

\$319.00

\$13.50

\$295.00

\$12.50

\$275.00

## Price per Person

## Large – Serves 24

\$14.50

\$319.00

\$14.50

\$319.00

\$13.50

\$295.00

\$12.50

\$275.00

## Price per Person

## Large – Serves 24

\$17.50

\$385.00

\$20.50

\$450.00

\$22.50

\$495.00

\$22.50

\$495.00

\$17.50

\$385.00

## Vegan Entrées (Minimum 15 Guests)

**Impossible Meatloaf with Gravy** – Served with pan-seared garlic butter mushrooms

**Beyond Beef Tacos** – Seasoned Beyond Meat crumbles with soft corn tortillas, with fresh Pico de Gallo and cashew crema.

**Vegan Sausage & Peppers** – Italian-style plant-based sausage sautéed with bell peppers and onions.

**Vegan Sausage & Ziti** – Italian-style plant-based sausage sautéed with bell peppers, onions, and sauce.

**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.

## Vegan Sides (Minimum 15 Guests)

**Garlic Herb Roasted Potatoes** – Crispy, golden potatoes tossed in fresh herbs.

**Maple-Glazed Brussels Sprouts** – Roasted and caramelized with a touch of maple syrup.

**Grilled Asparagus with Lemon Zest** – Lightly charred with a citrus finish.

**Coconut Cream Mashed Sweet Potatoes** – Smooth and creamy with a hint of cinnamon.

**Balsamic Roasted Root Vegetables** – A mix of carrots, parsnips, and beets with a balsamic glaze.

**Wild Rice Pilaf with Cranberries & Almonds** – A nutty, slightly sweet side dish.

**Pasta Choice** - Tossed in a light sage-infused brown butter sauce made with plant-based garlic butter and olive oil (pasta sauce option included).

**Classic Cornbread with Vegan Butter** – A comforting, soft side with a hint of sweetness.

**Roasted Herb Potatoes** – Choose regular or sweet potatoes, roasted with red onions, wine, herb seasoning, plant-based garlic butter, and olive oil.

## Price per Person

## Large – Serves 24

\$19.50

\$429.00

\$15.50

\$340.00

\$19.50

\$429.00

\$20.50

\$450.00

\$20.50

\$450.00

## Price per Person

## Large – Serves 24

\$6.50

\$150.00

\$7.50

\$180.00

\$7.50

\$180.00

\$7.50

\$180.00

\$8.50

\$204.00

\$7.50

\$180.00

\$7.50

\$180.00

\$6.50

\$150.00

\$7.50

\$180.00



## Vegan Desserts (Minimum 15 Guests)

**Chocolate Avocado Mousse** – Rich, creamy, and topped with fresh berries.

**Vegan Cheesecake Bites** – Assorted flavors include vanilla bean, chocolate, and berry swirl.

**Carrot Cake with Cashew Cream Frosting**

## Price per Person

## Large – Serves 24

\$9.50

\$228.00

\$9.50

\$228.00

\$10.50

\$252.00

*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.

## Farm-to-Table



## **We support Regional Producers**

We prioritize sourcing the freshest, in-season fruits, vegetables, and edible flowers directly from local farmers in our community.

By supporting local growers, we enhance the flavor and presentation of our dishes and contribute to a more sustainable and community-driven food system. Every bite reflects our commitment to freshness, quality, and farm-to-table excellence!

## Booking Your Special Event

Work with your Mystic Catering coordinator to select the perfect date for your event. Once selected, book the event date to ensure our availability.

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                      7 days before the event date.
- 51 – 125 Guests                    21 days before the event date.
- More than 125 Guests            30 days before the event date.

Deposits are refundable up to the food order date listed above. After that time, your deposit is no longer refundable.



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Final event payments are expected to be made ten (10) days before the event.

Taxes, tips, and a 20% service charge will be added to the menu pricing.

Venue booking fees, party rentals, floral arrangements, on-site labor, and other services can be provided at an additional cost.

**Mystic Catering Co.**

*An Optimum Innovations Company*

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