

# BUFFET MENU

GOOD VIBES, GOOD FOOD, MADE WITH LOVE



Vegetarian

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PURECATERING.CA

## SALADS (PICK 2)

### MEDITERRANEAN QUINOA

Quinoa, tomatoes, cucumber, red onion, olives, parsley, lemon, olive oil, salt, pepper. Feta

### GREEK SALAD

Lettuce, tomatoes, cucumber, red onion, green pepper, olives, feta, olive oil, vinegar, oregano.

### CAPRESE SALAD

Tomatoes, mozzarella, basil, olive oil, balsamic, salt, pepper

### SPINACH & STRAWBERRY

Spinach, strawberries, red onion, goat cheese or feta, balsamic dressing

### GARDEN SALAD

Mixed greens, cucumber, tomatoes, carrots, cabbage, radish, lemon or balsamic dressing.

### ROASTED BEET & ARUGULA

Beets, arugula, goat cheese or feta, orange olive oil, balsamic, salt, pepper

### CHICKPEA & AVOCADO

Chickpeas, avocado, tomatoes, red onion, parsley, lemon, olive oil, salt, pepper

## RICE & PASTAS (PICK 3)

### PENNE ALLA VODKA

Penne, tomato, garlic, onion, cream vodka (cooked off), parmesan, olive oil

### WILD MUSHROOM RISOTTO

Arborio rice, mushrooms, onion, garlic, broth, olive oil or butter, parmesan, thyme

### LEMON HERB RICE PILAF

Rice, garlic, onion, lemon, parsley, olive oil, broth, salt, pepper

### SPANISH-STYLE TOMATO RICE

Rice, tomato paste, tomatoes, garlic, onion, paprika, olive oil, broth

### MEDITERRANEAN COUSCOUS

Couscous, tomatoes, cucumber, red onion, parsley, lemon, olive oil, salt, pepper

### BAKED MAC & CHEESE

Macaroni, milk, butter, cheddar, mozzarella, flour, salt, pepper, paprika

### PASTA PRIMAVERA

Pasta, zucchini, bell pepper, broccoli, tomatoes, garlic, olive oil, parmesan, basil

## MAIN DISH (PICK 3)

### EGGPLANT PARMESAN

Eggplant, marinara, mozzarella, parmesan, breadcrumbs, flour, egg, olive oil, seasoning

### STUFFED BELL PEPPERS

Bell peppers, rice or quinoa, black beans, corn, tomatoes, onion, garlic, cheese, spices

### GRILLED PORTOBELLO STEAKS

Portobello mushrooms, olive oil, balsamic, garlic, soy sauce, herbs.

### BUTTERNUT SQUASH ENCHILADAS

Squash, black beans, tortillas, enchilada sauce, onion, garlic, spices

### VEGETABLE LASAGNA

Noodles, ricotta, spinach, zucchini, peppers, tomato sauce, mozzarella, parmesan.

### ROASTED VEGETABLES

Carrots, sweet potato, zucchini, onion, peppers, olive oil, herbs, salt, pepper