## 518-212-2831 www.VashtisKitchenDelights.com Vashti's Kitchen Delights

**Event Planning Services:** We will coordinate with vendors, provide logistical and creative support, so you can remain relaxed and enjoy your special occasion.

We can customize all dishes to meet your culinary preferences.	1/2 Pan Serves 10-14	Full Pan Serves 16-22		
VEGETABLES (Hot Dishes) (V, G	•			
Bhaji TT	\$89.95	\$129.95		
Spinach with a sprinkling of butternut squash, mixed bell peppers, & fresh herbs in a coconut sauce				
<b>Black beans or Red Beans</b> Slowly cooked beans with butternut squash, carrots, mixed peppers and onions with coconut oil	\$79•95	\$119.95		
Tri-Beans	\$89.95	\$129.95		
Black beans, blackeye peas, red beans sautéed in a light cilantro-garlic sauce				
<b>Cabbage Medley</b> Sautéed Cabbage, carrots, peppers, & onions, are lightly seasoned with fresh herbs and olive oil	\$89.95	\$129.95		
<b>Curry Channa</b> Chick pea, butternut squash, carrots, mixed bell peppers cooked in a Caribl	<b>\$79.95</b> bean style curry sa	<b>\$119.95</b> uce		
<b>Dis-n-Dat (eggplant &amp; mushroom free)</b> Cabbage, broccoli, Brussel sprouts, carrots, roasted peppers, onions, may	<b>\$109.95</b> contain other vegg	<b>\$149.95</b>		
A LA CARTE				
Roasted Roots Vegetables (V), (GF)	\$139.95	\$239.95		
Carrots, Beets, Cassava, Winter Squash, Eddos & Seasonal Root Veg	getables			
<b>Veggie Herb Rice</b> (V), (GF) Rice, Carrots, Mixed Bell Peppers, Fresh Herbs & Seasoning, Olive O	<b>\$65.95</b>	\$95•95		
<b>Roasted Potato</b> (V), (GF) Roasted potatoes seasoned in a light herb and olive oil sauce.	\$89.95	\$129.95		
<b>Seasonal Fruit Bowl</b> (V), (GF) Seasonal fruits, may include mangoes, berries, cantaloupe, melon & pineapples, etc.	\$119.95	\$169.95		

## 518-212-2831 Info@VashtisKitchenDelights.com **Catering Menu** It's all about the food! www.VashtisKitchenDelights.com **Caribbean-American Boutique Catering & Event Planning Services** Please call or email questions. Email all catering orders! Catering fee (17%), Deposit (50%) required, taxes and delivery charges apply to all orders We will customize your menu - additional cost may apply. Most dishes are Gluten and Dairy Free plus we offer a wide range of Vegan Dishes **DESSERT PLATTERS** (serves up to 12) \$69.95 **Cookie Platter** An assortment of cookies, including gluten-free \$69.95 **Brownie Platter** An assortment of brownies, including gluten-free **Individual Serving Cake Platter** \$75.95 An assortment of flavors Custom Cakes (8-10 servings) Starts at \$49.95 We offer several types of custom cakes **DESSERT TABLE** Assorted Dessert Table (48 Pieces) Starts at \$450.95 Custom design dessert table - we will work with you to develop your unique dessert table, with delicious desserts

www.vashtiskitchendelights.co		
Soups are available in 1/2 gallon size, starting at	1/2 Pan	Full Pan
\$40.00	Serves	Serves
STARTERS	10-14	16-22
Cheese Sampler	\$129.95	\$189.95
Assorted cheeses, crackers, dried & fresh fruits		
Crudités (Dipping sauce included) (V), (GF)	\$99.95	\$139.95
An assortment of seasonal vegetables		
Buffalo Jerk Wings (GF)	\$149.95	\$259.95
Buffalo wings with a twist of jerk (2 pieces per serving)		
Roasted Veggie Hummus (V), (GF)	\$64.95	\$95•95
Served with fresh veggies and or pita chips - crackers	(2lbs)	(4lbs)
Buljol (include crackers or gluten-free crackers)	\$79•95	\$129.95
Salted Cod Fish - marinated in a spicy olive oil & lime juice mix, fresh peppers and herbs	(2lbs)	(4lbs)
SALADS		
Garden Salad (V), (GF)	\$69.95	\$119.95
Fresh greens, tomatoes, cucumbers, carrots, onions & olive	25	
Roasted Seasonal Veggie Pasta Salad (V) (GF)	\$129.95	\$199.95
Pasta, roasted & fresh veggies with fresh herbs marinade		
Jamaican Jerk Chicken Pasta Salad	\$134.95	\$205.95
Mini Penne, Jamaican Jerk chicken, tomatoes, cucumbers, r peppers & fresh herbs	roasted carrots,	bell
Channa Salad (V), (GF)	\$119.95	\$189.95
Chick pea, bells peppers, cucumbers, fresh herbs, lemons a		
RICE & PASTA		
Rice Medley (V), (GF)	\$119.95	\$189.95
Includes leeks, mixed bell peppers, carrots, shallots, celery, and seasoning	chives, garlic fro	esh herbs
Pelau (vegan option available) (GF)	\$119.95	\$189.95
Rice, pigeon peas, browned stew chicken, coconut, diced peppers squash	and winter	
Dove's Nest - Penne Pasta (Vegetarian)	\$119.95	\$189.95
Fresh beans, roasted carrots & sun dried tomatoes in a light crean	n sauce	
Baked Ziti	\$139.95	\$219.95
Pasta with ground beef, light tomato base sauce with peppers an onions & three cheeses (mozzarella, ricotta, parmesan)	d	

The Phoenix\$124.95\$199.95Caribbean Styled curried chicken with cubed potatoes\$124.95\$199.95Diced chicken pieces sautéed with seasonal vegetables in a light brown sauce\$139.95\$205.95Bella Heifer (beef)\$139.95\$205.95Lighty seasoned beef with fresh herbs and sauteed baby portabella mushrooms, carrots and oniors\$139.95\$205.95Dancing Heifer\$139.95\$205.95Cubes of beef slowly cooked with fresh herbs in a tomato-New Mexico chili, ginger sauce\$149.95\$259.95Farmer's Bounty (beef-oxtails)\$149.95\$259.95Curry Goat (Bone-In)\$149.95\$259.95Slowly cooked in a Caribbean style curry with carrots and diced potatoes\$134.95\$215.95Sweet-n-Sticky Swine (pork)\$134.95\$189.95Roated pork in a custom blend of fresh herbs and tamarind-molasses-dates glaze\$189.95Jamaican Jerk Pork\$119.95\$189.95Prepared with a custom blend of spices and fresh herbs\$149.95\$239.95Sauteed Pork cubes in a cumin lemon sauce\$149.95\$239.95Jamaican Jerk Pork\$119.95\$239.95Sautéed Tilapia in a fresh herbs sauce with peppers & onions\$149.95\$239.95Blackened Cod\$159.95\$259.95Stateed Cod in a lemon butter thyme sauce\$159.95\$249.95Rice pasta or rice with Lion's mane mushroom, Vidalia onions with an assort or orasted sweet & mild peppers and a fresh herb blend\$119.95\$189.95Nil bodied texture dish made with lentil, figs, sweet potatoes, sautéwith tomates, fresh h	518-212-2831				
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Lentil-Fig Stew       \$119.95       \$189.95         Full bodied texture dish made with lentil, figs, sweet potatoes, sautéed with tomatoes, fresh herbs and spices	Rice pasta or rice with Lion's mane mushroom, Vidalia onions with an assortment of				
Full bodied texture dish made with lentil, figs, sweet potatoes, sautéed with tomatoes, fresh herbs and spices	roasted sweet & mild peppers and a fresh herb blend				
herbs and spices	Lentil-Fig Stew				
•		téed with tomato	es, fresh		
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