PLANT-BASED VEGAN CATERING

Menu

FOR ORDERS PLEASE VISIT CATERTRAX

Rose Hill Catering Catertrax

Lincoln Center Catering Caterax

Menus and pricing listed are for standard catering events. For any student groups that are interested reach out to:

Lincoln Center
cateringlc@fordham.edu

Rose Hill
cateringrh@fordham.edu

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BREAKFAST/BRUNCH

INDIVIDUAL OVERNIGHT OATS $5.49

Strawberry and Chai Seed
Calories-600/1 cup

Caramelized Blueberry
Calories-650/1 cup

Raspberry and Brown Sugar
Calories-650/1 cup

OVERNIGHT OATS BAR $8.99

Vegan Overnight Oats, Assorted Berries, Fruits, Toppings
Calories-1000/4 cups oats/2 cups berries and fruit

AVOCADO TOAST-$13.99

Classic Smashed Avocado, Sea Salt
Calories-185/1 slice

Avocado, Blistered Cherry Tomato, Balsamic Drizzle
Calories-210/1slice

Avocado, Pomegranate Seeds, Orange Zest
Calories-200/1 slice

Avocado, Pickled Red Onion, Fried Capers
Calories- 210/1 slice

Avocado Boards (Mix of above)
Calories-700/3 slices

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BREAKFAST ITEMS

Seasonal Vegetable Plant Based Frittata
$3.99 Calories-250-4oz

Vegan Saffron Tofu Scramble
$3.99 Calories-120-4oz

Plant-Based Breakfast Sausage
$2.99 Calories-190-2 each

Spicy Plant-Based Breakfast Tacos
$3.99 Calories-400-1 each

Apple-Spice Carrot Cake-C-350/$4.29/ per slice

YOGURT BAR-$10.99

Vegan Non-Dairy Yogurt Bar
(Assorted Berries, Fruit, Chia Seeds)
Calories-200/5oz

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BREAKFAST/BRUNCH

"JUST EGG" BREAKFAST SANDWICHES/WRAPS$6.99

Plant Based Eggs, Vegan Cheese
Calories-380-1 each

Plant Based Eggs, Plant-Based Sausage, Vegan Cheese
Calories-430-1 each

Plant Based Eggs, Plant-Based Chorizo Sausage, Vegan Cheese
C-450-1 each

SWEET TOAST BAR

Vegan bread (GF option available)
$10.99 Calories-140-per slice

Seed Butter Spread 88 Acres Brand
(vegan, nut-free, allergen-free facility)
Flavors: Dark Chocolate Sunflower, Roasted Pumpkin Seed Butter, Vanilla Cinnamon Sunflower Butter
Calories-400-per slice

Toppings: Jam, Banana Slices, Berries, Coconut Shreds, Chia Seeds, Agave
Calories-40-100/2oz each

Vegan Jewel Butter: Organic dried fruit, Agave, Vegan Butter
Calories-375/per slice

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LUNCH

Chickpea Burgers
$6.99-Calories-280-1 each

Beet Burgers
$5.99-Calories-335-1 each

Plant-Based Chicken Fingers
$3.99 Calories-200-4 pieces

Grilled Balsamic Portobello Mushroom Burger
$5.99-Calories-250-1 each

House-Made Falafel
$5:99-Calories-350 per piece/3 each

Eggplant Meatballs, Red Bean Penne
$9.99-Calories-370/8oz

Lentil Vegan Meatballs, Red Bean Penne
$9.99-Calories-470/8oz

Black Bean and Quinoa Chili Bowls
$8.99-Calories-500/12oz

Southwest Veggie Wrap
$7.99-Calories-650 -1each

Grilled Tofu Bon Mie
$7.99-Calories-600-1 each

Kale and Chickpea Salad, Maple Vinaigrette
$6.99-Calories-150-12oz

Butternut Squash and Cranberry Quinoa Salad
$7.99-Calories-250-10oz

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DINNER ITEMS

(ANY ITEM FROM LUNCH AS WELL)

White Bean Stew
$7.99-Calories-266-10oz

Broccoli and Mushroom Stir Fry, Glass Noodles
$10.99-Calories-300-10oz

Plant-Based Eggplant Parmesan
$11.99-Calories-370-7oz

Spicey Tofu with Ginger Bok Choy
$10.99-Calories-250-10oz

Vegan Lettuce Wraps
$7.99-Calories-120-6oz

Vegan Sausage and Peppers Butternut Squash Boats
$9.99-Calories-300-1 each

Plant-Based Swedish Meatballs over Corn Pasta
$9.99-Calories-450-10oz

Plant-Based Chorizo Burrito Bowl
$10.99-Calories-450-10oz

Plant-Based Chicken Parmesan
$10.99-Calories-400-10oz

Coconut and Lentil Stew
$7.99-Calories-200-8oz

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SNACKS

Stuffed Mushrooms
$3.99 -Calories-130/1 each

Sunflower and Lentil Dip, Corn Tortilla Chips
$5.99-Calories-300/6oz

Vegan Spinach and Artichoke Dip, Tortilla Chips
$5.99-Calories-400/6oz

Buffalo Cauliflower
$5.49-Calories-200/4 oz

Sweet Thai Chili Cauliflower
$5.49-Calories-225/4oz

Snack Attack: Chocolate chips, sun butter, Rice Chex
$4.99-Calories-220/4oz

Vegetable & Kale Dumplings, Sweet Soy, Chili Garlic Sauce, Ponzu
$6.49-Calories-325/4 each

Edamame Dumplings, Sweet Soy, Chili Garlic Sauce, Ponzu
$5.49-Calories-200/10oz

Hummus Bar-Classic Hummus, Assorted Vegetables, GF Crostini, GF Flat Breads, Olives, and Chips
$12.99-Calories-700/10oz hummus

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DESSERT

Vegan Chocolate Banana Bread
$3.99-Calories-165/per slice

Lemon Vegan Cheesecake Bar
$4.29-Calories-170-per slice

Plant-Based Chocolate Chip Cookies
$3.99-Calories-120/per cookie

Vegan Vanilla or Chocolate Ice Cream
$3.99-Calories-210-4 oz

Individual Vegan Chocolate Mousse
$4.29-Calories-320-4oz

Vegan Zucchini Bread
$4.29 Calories-360-per slice

Apple-Spice Carrot Cake
$4.29-Calories 310-per slice