

# Sarasota Catering Company

## Vegetarian / Vegan Entrée Menu

**Baked Ziti** Penne pasta, Tomato Sauce, Mozzarella and Parmesan Cheese topped with Fresh Parsley - D

**Butternut Squash Risotto** Butternut Squash, Arborio Rice, Vegetable Broth, Onion, Sage and Parmesan Cheese - D

**Eggplant Parmesan** Slices of Fresh Eggplant and coated with Seasoned Bread Crumbs and Baked - D, E

**Fettuccine in Cream Sauce with Summer Vegetables** Mix of Vegetables and Mushrooms over Fettuccine Noodles with a Sauce of Pureed Raw Cashews and Fresh Herbs

**Garbanzo Bean Shepard's Pie** Grilled Portobello Mushrooms, Carrots, Onions and Celery, Peas Garbanzo Beans and Topped with Mashed Potatoes - D

**Lasagna Roll Ups** Lasagna Noodles filled with Spinach, Tofu and Fresh Herbs Covered with Fresh Tomato Sauce - S

**Pasta Primavera** Fresh Vegetables and Mushrooms Bow Tie Pasta with Fresh Tomato Sauce

**Penne Pasta** with Wild Mushrooms, Fresh Basil and Fresh Tomato Sauce

**Portobello Mushroom Lasagna** Portobello Mushroom Cap Stuffed with Ricotta Cheese, Lasagna Noodles, Fresh Tomato Sauce, Parmesan and Mozzarella Cheese - D

**Potato Vegetable Curry** Diced Potatoes, Apples, Tomatoes, Mushrooms, Zucchini and Onions in a Sauce of Coriander, Cumin and Curry

**Sautéed Spiced Vegetables with Rice** Green Beans, Zucchini, Green Onions, Carrots and Mushrooms over Brown Rice

**Spicy Vegetarian Peanut Pasta Salad** Bowtie Pasta, Cucumbers, Red Pepper and Green Onions with a Spicy Peanut Sauce - P

**Stuffed Green Pepper** with Rice and Ratatouille with Fresh Tomato Sauce

**Thai Noodles** Linguine Noodles with a Sauce of Peanut Butter, Honey and Thai flavors of Garlic, Ginger and Sesame Oil - P

**Thai Vegetable Curry** Eggplant, Broccoli, Corn, Zucchini, Straw Mushrooms and Green Beans with Lemon Grass and Red Chili Peppers served over Brown Rice

**Tofu Pad Thai** Rice Noodles, Vegetables and Marinated Tofu with a Tamarind Coconut Sauce - S

**Tofu Stir Fry** Yellow Squash, Snow Peas, Baby Bok Choy, Green Onions, Oyster Mushrooms and Bean Sprouts with Rice - S

**Vegetable or Black Bean Empanada** Served with Sour Cream Cilantro Sauce - D

**Vegetarian Paella** Saffron Rice, Diced Vegetables and Mushrooms

**Veggie Burgers** Garbanzo and Black Beans, Mushrooms, Tofu and Spinach with a variety of Spices - S

### Notes from the Chef:

*We are happy to make your favorite Vegetarian or Vegan Dish if you supply us with the recipe.*

*If a dish is to be made Vegan we will substitute any dairy items with non-dairy products containing Almonds, Rice or Soy*

*Gluten Free Noodles and Pastas are available for most items*

*If you have food sensitivities, we are happy to adjust the recipes when possible to suit your needs.*

D - Contains Dairy  
E - Contains Egg  
P - Contains Peanuts  
S - Contains Soy