

Sarasota Catering Company

Vegetarian / Vegan Entrée Menu

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

Black Bean Burgers Seasoned Black Beans with Onion, Garlic, Carrots and Green Pepper served on a Bun with Lettuce, tomato, Ketchup and Mustard on the Side

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

Eggplant Parmesan Slices of Fresh Eggplant coated with Seasoned Breadcrumbs, 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

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

Spinach and Tofu Lasagna Spinach, Tofu and Fresh Herbs in between layers of Lasagna Noodles covered with a fresh Tomato Sauce

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

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