

If you've got an Upbeet feast, you've got a lot to be thankful for. Our dynamic Thanksgiving menu of wholesome plant-based dishes features fresh additions and unique spins on everyone's favourite recipes.



THANKSGIVING MENU 2018

VEGAN | Vegetarian | Dairy-free | Gluten-free (GF) | Halal

MAINS CHOOSE 2

Golden Crusted Lentil Shepherd's Pie

This beef-free beauty uses golden potatoes, green lentils, and grilled zucchini to serve up a vegan spin on an autumn classic.

Apple-Maple Glazed Lentil Meatloaf with Apple Sauce

Just like mom's – minus the meat! Stuffed with locally-grown veggies and topped with a balsamic apple glaze, our walnut and lentil loaf is high in fiber, low in fat, and packed with protein.

Wild Rice Autumn Spiced Pilaf with Butternut Squash

A taste of autumn in every bite. Our wild rice pilaf is paired with savoury butternut squash and antioxidant ginger, then sprinkled with sweet hints of cranberry, cinnamon, and apple.

Included

Creamy Mushroom Gravy

Our mushroom gravy is a must: cruelty-free and just as savoury as the real thing.

Traditional Cranberry Sauce

Fresh cranberries make for the most flavourful Thanksgiving sauce.

SIDES CHOOSE 3

Savoury Vegan Bread Stuffing (Not GF)

It wouldn't be Thanksgiving without the stuffing! Our vegan spin on this classic is soft, scrumptious, and expertly seasoned.

Buttery Zucchini and Corn Sauté

Buttery, nutritious, and delicious! This zucchini and corn sauté will make your feast complete.

Garlic Sautéed Green Beans

Crisp local green beans, sautéed and perfectly seasoned.

Roasted Brussels Sprouts

Your daily dose of fiber-rich nutrients, roasted for an extra bite.

Caramelized Butternut Squash with Walnuts and Sage

Our take on fall's favourite vegetable is caramelized, sautéed with crunchy walnuts, and then elevated with a touch of sage.

Lemon Garlic Roasted Mini Potatoes

Mini is more. Our roasted mini potatoes are bursting with lemon and garlic in every bite.

Creamy Roasted Garlic and Chives Mashed Potatoes

Creamy and dreamy. Featuring garlic and fresh chives, then tossed in vegan butter, you won't believe our mashed potatoes are dairy-free!

Rosemary Mashed Sweet Potatoes

The proof's in the potatoes. Our mashed sweet potatoes are full of nutrients and sprinkled with rosemary to brighten up any plate.

Maple Glazed Carrot, Sweet Potato, and Kale Harvest Salad

The harvest never tasted so fresh. This side salad is a superfood blend of sweet potato, glazed carrots, and kale.

DESSERTS CHOOSE 1

Traditional Apple Pie Baked from a Local Vegan Bakery

Good 'ol apple pie and totally plant-based! Loaded with crisp, local apples and hints of cinnamon, all wrapped in a flakey, melt-in-your-mouth crust.

Spiced Pumpkin Pie Baked from a Local Vegan Bakery

Let's be real – this is everyone's favourite part of Thanksgiving dinner. Our vegan pumpkin pie is naturally sweet and bursting with pure pumpkin flavour to boot.

\$30 Per Person*

+ APPLICABLE TAXES.
*MINIMUM 20 GUESTS



UPBEET

For inquiries:
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*All menu items are Gluten-free except for Vegan bread stuffing.