

WEDDING MENU 2

"Please be seeded"

INVITE YOUR GUESTS TO FILL THEIR PLATES AND PLEASE BE SEEDED. THIS HEARTY MENU IS PACKED WITH FLAVOUR!

HORS D'OEUVRES

Choose 2

Almond Tofu Bites with Extra Almond Butter Tofu Sauce (GF, this item contains nuts)

Find out just how tasty tofu can be. Packed with protein and paired with our deliciously decadent creamy almond butter. (Toothpicks provided for this dish)

Falafel Bites with Homemade Garlic Dill Sauce Hummus (GF)

Chickpeas on chickpeas! Our expertly seasoned falafel bites are a treat from the Middle East, especially when drizzled with our garlic dill dressing.

Broccoli Balls served with Basil Marinara Sauce (GF, this item contains nuts)

Our plant-based spin on meatball marinara! Featuring vitamin-rich broccoli balls and a dash of basil for extra flavour.

Roasted Cauliflower Poppers with Beet Ketchup (GF)

Let's get it poppin'! These cute and crispy Roasted Cauliflower Poppers are the perfect guilt-free treat. Crafted with pure, plant-based ingredients and paired with our irresistible beet ketchup for dipping.

Buffalo Cauliflower Bites with Vegan Cucumber Ranch (GF, this item contains nuts)

A little spice and everything nice! Our cauliflower bites are seasoned with Sriracha and garlic, then served with our cashew cucumber ranch to dip.

SALADS

Choose 2

Vegan Caesar Salad Topped with Crunchy Chickpea Croutons, Nut Seed Parmesan Cheese and Garlic Potatoes (GF, This item contains nuts)

All hail! This vegan spin on a classic salad uses crispy chickpea croutons and savoury garlic potatoes. To top it off, our homemade nut and seed parmesan will have you believing it's the real thing (minus all the fat). This might just be the best vegan caesar salad on the market.

[Salads continued on next page]

Menu items may be customized to be nut free, soy free, gluten free, etc upon request.

CONTACT US | (855)-3-UPBEET | catering@upbeetfoods.com

Upbeet Foods Inc. 120 Industry Street, Unit C, Toronto, ON, Canada



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"Please be seeded" continued...

(Salads continued from previous page)

Thai Carrot Mango Salad with Curried Cashews and Sweet Tangy Dressing (GF, this item contains nuts)

Get 'carrot' away by this Thai-inspired carrot and kale salad! Full of cancer-fighting antioxidants and immune-boosting vitamins, you can feel good about indulging in this sweet and savoury dish. Featuring curried cashews and hints of mint and mango for a punch of flavour!

Grilled Corn and Zucchini Quinoa Salad with Sun-Dried Tomato Vinaigrette (GF)

This dish is your weight-loss warrior! With low-calorie, high-protein ingredients like grilled zucchini, chickpeas, and quinoa, this salad is your summer bod's best friend and your hunger's worst enemy. Topped with grilled corn and our sun-dried tomato vinaigrette for an extra tasty finish.

Mixed Green Salad with Sundried Tomatoes & Coconut Yogurt Dressing (GF, This item contains nuts)

Your search for the perfect green salad ends here. This meal is a mouthful of vitamin boosters, from cucumber and radish to detoxifying lemon. Seasoned with sun dried tomatoes, tastefully topped with chives and mixed seeds and finally drizzled with coconut yogurt dressing to boot!

Nicoise Chickpea Smash Salad with Sweet Mustard Dressing (GF)

This dish puts the "nice" in nicoise. Our savoury chickpea smash replaces tuna in this fabulously fresh salad. Tossed with crisp green beans and a sweet Dijon dressing, this dish is your scrumptious source of mid-day motivation!

MAINS

Choose 2

Spanish Quinoa Stuffed Bell Peppers (GF)

Get stuffed! Our stuffed bell peppers feature zesty salsa and cumin for an explosion of Spanish-inspired flavour. With a healthy dose of black bean and quinoa, this dish has enough protein and fibre to power those post-workout muscles.

Lentil and Eggplant Lasagna (GF)

We call this one The Game Changer. One bite of this savoury lentil lasagna will have you wondering why you ever wouldn't eat plant-based! Packed with tasty tofu marinade and antioxidizing eggplant, this dish is brain food at its very best.

Eggplant Parmesan with Basil Marinara Sauce on a Bed of Quinoa (GF, this item contains nuts)

If you're looking for a craving-kicker, look no further. Our spin on eggplant parmesan uses 10 wholesome ingredients to deliver a crispy and colourful Italian classic. This dish is served with our hearty basil marinara sauce!

Lentil Shepherd's Pie with Mushroom Gravy (GF)

Forget everything you knew about Shepherd's Pie. Our vegan take on this classic dish serves up golden russet potatoes and lentils, all drenched in our savoury mushroom gravy. Whether it's the end of a long day or the middle of an even longer one, this beef-free beauty will re-charge your batteries!

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Butternut Squash Lasagna with Alfredo Sauce (This item is not GF, contains nuts)

This lasagna is butter-nuts! Layered with savoury butternut squash, mushroom, and our vegan alfredo sauce, this gluten-free dish is the definition of decadence.

Pea Pesto Pasta Arugula Salad with Sun-Dried Tomatoes and Pine Nuts (GF, this item contains nuts)

This cold pasta has us all hot and bothered! Topped with fresh arugula and savoury sun-dried tomatoes, this gluten-free rotini is packed with protein and full of antioxidants. Paired with our perfectly seasoned pea pesto, you'll be sitting pretty in between full and fired up.

Spaghetti with Marinara Sauce and Meatless Meatballs (GF)

Mama mia! It doesn't get much better than our savoury spin on spaghetti and meatballs. Served over gluten-free noodles, our lentil and flax-based meatballs are packed with protein and omega-3 fatty acids for the perfect vegan pick-me-up. With a side of steamed green asparagus, this dish is sure to be a craving-kicker!

Zucchini Pasta with Lentil Bolognese (GF)

Bring on the zoodles! Swap that high-carb penne for our nutritious and guilt-free zucchini pasta. Paired with protein-rich lentil bolognese, this meal is as hearty as it is healthy. Try this dish for your post-workout energy re-boot!

Tofu Butter Chicken with Brown Rice and Cucumber Tahini Mint Raita (GF, This item contains nuts)

Take a trip to India with our sure-to-satisfy tofu butter chicken! Accompanied by an authentically homemade cucumber mint raita and a wholesome brown rice base, this dish is both rich and rewarding. Featuring a beautiful blend of spices, we dare you to find a butter chicken with more finesse & less fat!

SIDES

Choose 2

Steamed Seasonal Vegetables (GF)

A vibrant blend of well-seasoned steamed asparagus, carrots, green beans, corn, and peas!

Herb and Garlic Roasted Bell Peppers (GF)

Roasted to perfection, these flavourful bell peppers pair well with any entrée.

Lemon Garlic Mini Potatoes (GF)

We know you'll fall in love with our expertly seasoned lemon garlic mini potatoes!

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ADD ONs

Cookies: assorted Oatmeal Raisin, Rich Double Chocolate or Classic Chocolate Chip Cookies
\$2 Per Person (This Item is Not Gluten-Free)

Cupcakes: Assorted Vanilla Bean, Chocolate, Lavender or Mint Cupcakes
\$3.50 Per Person (This Item is Not Gluten-Free)

Double Chocolate Cake
\$5.00 Per Person (This Item is Not Gluten-Free)

*Nut-Free, Gluten Free, and Full Slab cakes available in different sizes upon request. Will be quoted separately.

STAFFING

*starting rate

Wait Staff

\$28 Per Hour/Per Staff Member (4 Hour Minimum, Travel Time Additional)

Service Supervisor:

\$35 Per Hour/Per Staff Member (4 Hour Minimum, Travel Time Additional)

RENTALS & DISHES

Chafing Dishes (Includes x2 Sternos per Chaffer + 1 Large Hotel Pan): \$28 Each

Hotel Pans Large : \$4.00 each

Hotel Pans Medium: \$3.00 each

Dinner Plate or Side/Dessert Plate: \$0.50 Each

Fork, Knife or Spoon: \$0.50 Each

Coffee Cup and Saucer: \$1.00 Each

Water or Beer Glass: \$0.50 Each

Wine Glass: \$0.50 Each

White Cloth Napkin: \$0.75 Each

Standard Regular Tablecloth: \$12.00 Each

TASTINGS

Scheduled menu tastings are available for all Upbeet weddings. Once a deposit has been secured, complimentary tastings are provided for couples with a minimum spend of \$2,000. If your order is below the minimum spend, you may arrange a menu tasting at your expense.

\$40 Per Person

+ Applicable Taxes. Minimum 50 guests.

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