

WEDDING MENU 1

“Share the love”

YOUR GUESTS WILL BE FILLING THEIR PLATES AND SHARING THE LOVE WITH THIS MIGHTY MENU. OUR TRIED AND TRUE RECIPES ARE SURE TO MAKE YOUR FRIENDS AND FAMILY SWOON.

HORS D'OEUVRES

Choose 1

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.

Polenta Fries with Homemade Garlic Dill Sauce and Beet Ketchup (GF)

This crispy cornmeal creation is both safe and satisfying! Served with our all-time favourite homemade dips.

SALADS

Choose 2

Creamy Kale and Chickpea Salad with Beets, Dukkah and Tahini Dressing (GF, this item contains nuts)

As one of the world's most nutritious ingredients, kale takes on a starring role in this kale and chickpea salad! Bursting with fiber-rich beets and delicious dukkah, this dish has enough protein to power your fabulous vegan lifestyle. Topped with our tahini dressing for a creamy kick of calcium.

Asian Inspired Quinoa and Edamame Salad with Spicy-Sour-Sweet Dressing (GF, this item contains nuts)

This salad's got soul! Featuring fresh edamame, crispy broccoli, and our peanut butter-infused sweet and spicy dressing, this dish is as flavourful as it is filling. And with its hearty quinoa base, you'll get all the protein and iron you need in one savoury salad!

Curry Roasted Vegetable Lentil Kale Salad with Green Curry Dressing (GF)

Get curried away with this Indian-infused salad! Loaded with nutritious veggies - roasted and seasoned to perfection - this meal is a super serving of your daily vitamins. Paired with zero fat kale and green lentils, then topped with a gluten-free green curry dressing, your friends will be green with envy wishing they could dig into this fresh and flavourful dish. Go ahead - make 'em jealous (and feel good doing it).

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

WEDDING MENU 1

“Share the love” continued...

MAINS

Choose 2

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.

Roasted Pepper, Kale and White Bean Pumpkin Rotini Pasta (GF)

Prepare your pasta palette for a major upgrade! Pumpkin makes a welcome appearance in this comforting roasted pepper and white bean pasta. Tossed with iron-enriched ingredients like cremini mushroom and kale and baked until golden brown with guilt-free vegan cheese.

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!

Curried Coconut Tofu Served on a Bed of Quinoa (GF)

Curry and coconut: was there ever a more perfect pair? Served on a bed of satisfying quinoa, our tasty tofu is American-Indian fusion at its most nutritious. This dish is designed for a post-workout re-charge!

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 1

Lemon Garlic Mini Potatoes (GF)

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

Black Bean Saute Gravy (GF)

Get on this gravy train. Prepared with sautéed and perfectly spiced black beans for a lip-smacking and smooth vegan gravy!

Corn and Carrot Sauté (GF)

Our deliciously colourful corn and carrot sauté is sure to brighten up your bowl!

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

WEDDING MENU 1

“Share the love” continued...

ADD ONs

Cookies: assorted Oatmeal Raisin, Rich Double Chocolate or Classic Chocolate Chip Cookies

\$2.00 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.

\$30 Per Person

+ Applicable Taxes. Minimum 50 guests.

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

