



UPBEET

REHEATING INSTRUCTIONS

CATERING

BRUNCH/PLATTERS

Vegan Pancakes

Bake the pancakes at 350°F for 7 minutes, store the maple syrup at room temperature and refrigerate the whip cream and berries before serving.

Cold Sandwiches on Local Artisan Sourdough Bread

If the sandwiches will be enjoyed within 6 hours of delivery they may be left at room temperature. If not, simply refrigerate before serving.

Roasted Cauliflower Poppers OR Yam Fries with Homemade Beet Ketchup

To be baked at 350°F for 10 minutes and served with room temperature beet ketchup.

Almond Tofu Bites with Extra Almond Butter Tofu Sauce

Serve the tofu bites at room temperature or bake them at 350°F for 5 minutes before serving.

Broccoli Balls served with Basil Marinara Sauce

Bake the broccoli balls at 350°F for 10 minutes and microwave the marinara sauce for 1 minute before serving.

Homemade Baba Ganoush OR Hummus with Oven Baked Pita Bread

If the platter will be enjoyed within 6 hours it may be left at room temperature. If not, simply refrigerate before serving.

Polenta Fries with Homemade Garlic Dill Sauce and Beet Ketchup

Bake the polenta fries at 350°F for 10 minutes, serve the beet ketchup at room temperature and refrigerate the garlic dill sauce before serving.

Falafel Bites with Homemade Garlic Dill Sauce or Hummus

Bake the falafels at 350°F for 10 minutes and refrigerate the garlic dill sauce or hummus before serving.



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MAINS

All mains excluding the Pea Pesto Pasta Salad, Hearty Sweet Potato Black Bean Chili, Rainbow Carrot Noodle Pad Thai and Zucchini Pasta are to be baked at 350°F for 20 minutes before serving.

Pea Pesto Pasta Salad with Sun-Dried Tomatoes and Pine Nuts

Taste is optimal when refrigerated and served cold or at room temperature, however this pasta salad can be baked at 300°F for a maximum of 10 minutes before serving.

Hearty Sweet Potato Black Bean Chili on a Bed of Brown Rice

Bake the chili at 350°F for 20 minutes and bake the rice at 350°F for 10 minutes before serving.

Rainbow Carrot Noodle Pad Thai with Spicy Sweet Almond Lime Sauce

If the pad thai will be enjoyed within 6 hours of delivery it may be left at room temperature.

If not, simply refrigerate and serve cold.

Zucchini Pasta with Lentil Bolognese

Drain the excess liquid and bake the zucchini pasta at 350°F for 10 minutes before serving.

SALAD MAINS

If the salad and dressing will be enjoyed within 6 hours of delivery they may be left at room temperature. If not, simply refrigerate them and toss before serving.

SIDES

Black Bean Saute Gravy, Steamed Seasonal Vegetables, Herb and Garlic Roasted Bell Peppers, Lemon Garlic Mini Potatoes, Yam Fries, Corn and Zucchini Saute OR Corn and Carrot Saute

To be baked at 350°F for 10 minutes before serving.

Chickpea Vegetable Salad OR Couscous Black Bean Vegetable Salad

If the salad will be enjoyed within 6 hours of delivery it may be left at room temperature.

If not, simply refrigerate before serving.

DESSERTS

Very Berry Chocolate or Peanut Butter Cup Chia Seed Pudding OR Assorted Vegan Cupcakes

To be refrigerated before serving.

Cupcakes can be stored in the freezer for up to 3 months.

Assorted Chocolate Chip Cookies

If the cookies will be enjoyed within 6 hours of delivery they may be left at room temperature or refrigerated. If not, they may be frozen and thawed in the fridge 24 hours before they are served.