

**PLANT
FOOD**
FOR THE SOUL

✦ CATERING GUIDE ✦



WEBSITE : PLANTFOODFORTHE SOUL.COM.AU
EMAIL : PLANTFOODFORTHE SOUL@GMAIL.COM
SOCIAL MEDIA : @PLANTFOODFORTHE SOUL



✦ WELCOME ✦

Plant Food for the Soul is a boutique catering business serving globally inspired plant based food to the Northern Rivers community. From parties to wellness retreats to micro weddings and everything in between, we love getting involved in life's gatherings. We offer our food in several different formats:

In House: we come to the location to prepare and serve the food to you and your guests. This service is \$45/hour.

Drop Off: heat or assemble components as necessary, and serve your guests yourself. Delivery fees may apply.

Meal Prep: meals are packed in single serve containers to be frozen or reheated whenever you like. Delivery fees may apply.

**Please note: some of our gluten free options may be subject to an extra fee.*

HOMESTYLE DISHES

Comfort food classics that embody the charm of “down home” cooking.

✦ CREOLE GUMBO

Spicy stew hailing from New Orleans featuring Italian sausage, seasonal mushrooms, pulled seitan, red beans & okra, served with white rice (GFO)

\$145 — SERVES 6 to 8

✦ AMERICAN LASAGNA

Flat pasta sheets layered with mushroom lentil ragu & spinach tofu ricotta, topped with melty mozzarella (GFO)

\$100 — SERVES 6

✦ SHEPHERD'S PIE

Baby peas, carrots, brown lentils & beef style mince in a rich mushroom gravy, topped with buttery mashed potatoes (GFO)

\$110 — SERVES 6

✦ ENCHILADAS

Black bean or shredded tofu base, seasonal vegetables & cheese, rolled into tortillas smothered in house made enchilada sauce (GFO)

\$85 — SERVES 4

✦ VEGGIE LOAF

Our version of a meatloaf made with beef style mince, served with buttery mashed potatoes, mushroom gravy & peas (GFO)

\$130 — SERVES 6

✦ JAMBALAYA

Spicy Creole style rice dish featuring smoky sausage, konjac shrimp, pulled jackfruit, red beans & okra (GFO)

\$135 — SERVES 6 to 7



CURRIES

Our selection of curries are inspired by Sri Lankan and Indian cuisines. Ordering in combos of two or three is recommended. All curries are served with basmati rice.

✦ SRI LANKAN DAL

Red lentil stew cooked with onions, garlic, ginger, tomato, coconut milk, Sri Lankan herbs & spices (GF)

\$85 — SERVES 6

✦ PUMPKIN CURRY

Japanese pumpkin & cashews cooked in a Sri Lankan roasted curry coconut sauce (GF)

\$85 — SERVES 6

✦ TAMARIND TOFU

Tofu bites stewed in a tangy, deeply flavorful sauce inspired by Sri Lankan fish curry (GF)

\$95 — SERVES 6

✦ PINEAPPLE CURRY

Sweet, tangy and spicy curry featuring fresh pineapple & cauliflower (GF)

\$85 — SERVES 6

✦ DEVILLED POTATOES

Tender potatoes stewed in a savory coconut curry sauce with fresh curry leaves (GF)

\$85 — SERVES 6

✦ COCONUT SAMBOL

Spicy, tangy accompaniment to any Sri Lankan curry featuring finely shredded fresh coconut, chilis, red onion & lime (GF)

\$45 — SERVES 12

✦ INDIAN DAL

Red lentil stew cooked with onions, garlic, ginger, tomato, coconut milk, Indian herbs & spices (GF)

\$85 — SERVES 6

✦ PALAK TOFU

Tofu and potato cubes cooked in a rich and spicy puréed spinach sauce (GF)

\$95 — SERVES 6

✦ CHANA MASALA

Chickpeas stewed in a savory, spicy and tangy tomato based sauce with Indian spices (GF)

\$85 — SERVES 6



NOODLES & PASTA

From China to Italy to Thailand to Russia and beyond, we love noods.



✦ SICHUAN NOODLES

Rice noodles, mushrooms & seasonal vegetables stir fried in a Sichuan umami tahini sauce, garnished with cilantro, crispy shallots & sesame seeds (GF)

\$100 — SERVES 4 to 5

✦ THAI NOODLE SALAD

Crumbled tofu, seasonal vegetables & rice noodles tossed in a coconut lime red curry dressing, topped with crushed peanuts (GF)

\$95 — SERVES 4 to 5

✦ PASTA À LA MITCH

Spaghetti tossed with extra virgin olive oil, roasted red bell peppers, pumpkin, cauliflower, feta, pine nuts & parsley (GFO)

\$100 — SERVES 4 to 5

✦ STUFFED SHELLS

Large pasta shells stuffed with spinach tofu ricotta, baked in a bright & tangy marinara sauce

\$90 — SERVES 4

✦ SPICY SAUSAGE PASTA

Spiral pasta with spicy Italian sausage, roasted fennel, sun dried tomatoes & fresh basil in a creamy harissa sauce (GFO)

\$110 — SERVES 4 to 5

✦ MUSHROOM STROGANOFF

Sautéed mushroom medley in a sour cream white wine sauce, served over mafalde corte pasta & garnished with fresh dill (GFO)

\$90 — SERVES 4

BUILD YOUR OWN

These meals are available as individual components for you and your guests to assemble as you like.

✦ LOADED POTATOES

Baked sweet potato halves with toppings including a protein, a salad, a sauce & pickled red onions (GF)

Mexican: chipotle spiced black beans, fresh pineapple or peach salsa, chili lime tahini sauce

Mediterranean: marinated cannellini beans, cucumber, tomato & olive salad, lemon garlic tahini sauce

Indian: chana masala, mango, cucumber & tomato salad, coconut yogurt raita

\$125 — SERVES 6

✦ POKE BOWLS

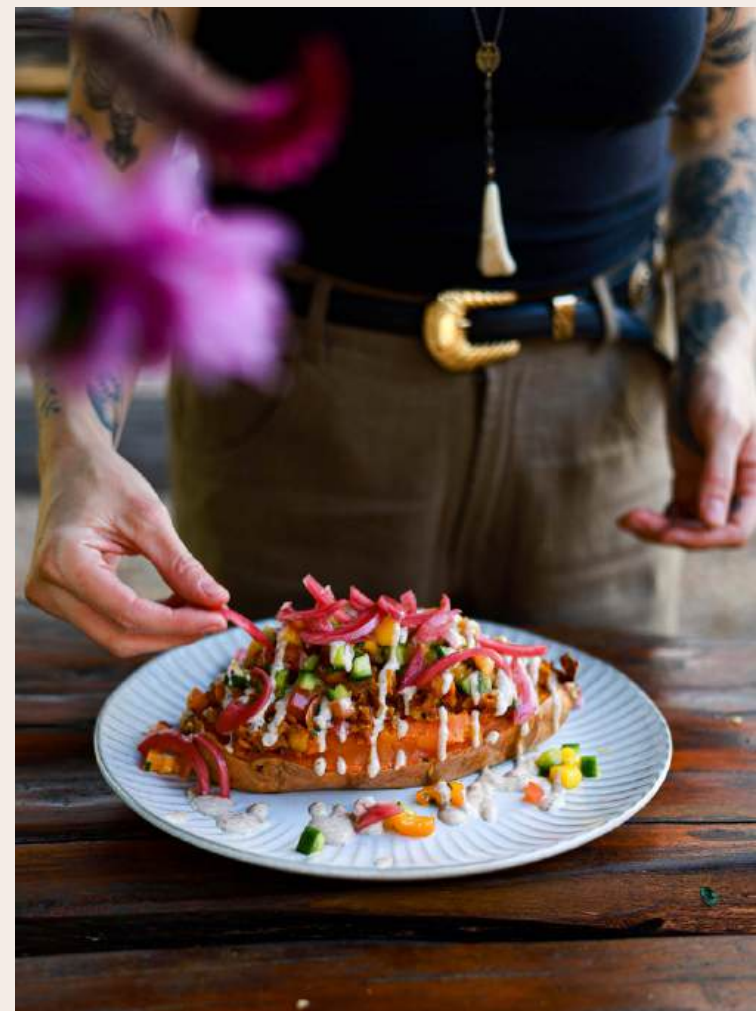
A bed of sushi rice served with savory sautéed tofu, marinated roma tomato or watermelon tuna tartare, cucumber, avocado, carrot salad, edamame, chili garlic soy sauce, wasabi or sriracha aioli & furikake (GFO)

\$135 — SERVES 6

✦ TACOS

Available fillings: jackfruit carnitas, shredded tofu or chipotle black beans. Served with corn or flour tortillas, shredded red cabbage, fresh pineapple or peach salsa, almond cotija cheese crumbles & chili lime tahini sauce (GFO)

\$100 — SERVES 6



BREAKFAST

Rise and shine with something divine.



✦ CARROT LOX BAGEL

Open face bagel with cashew cream cheese, smoky marinated carrot, shaved red onion, capers, fresh dill & cracked pepper

\$100 — SERVES 6

✦ BLUEBERRY PARFAIT

Layers of vanilla coconut yogurt, blueberry compote, zesty lemon curd, crunchy granola & fresh blueberries (GFO)

\$100 — SERVES 6

✦ AVOCADO TOAST

Sourdough toast with smashed avocado, crumbled feta, micro greens, lemon juice, hemp seeds, smoked salt & cracked pepper

\$90 — SERVES 6

✦ TOFU SCRAMBLE

Medium firm tofu disguised as scrambled eggs, served with your choice of sourdough toast or potato hash (GFO)

\$90 — SERVES 6

✦ BREAKFAST TACOS

Mexican tofu scramble, refried beans, sweet potato hash, tomato, avocado lime crema & cotija cheese (GFO)

\$90 — SERVES 6

✦ CORNBREAD WAFFLES

A cross between classic Belgian waffles and cornbread, served with melted maple butter & seasonal fruit salad (GFO)

\$90 — SERVES 6

✦ BREKKIE SANDWICH

Toasted english muffin with mung bean egg, shiitake bacon, melted cheddar, spinach, avocado & sweet chili sauce

\$90 — SERVES 6

SIDE DISHES

Great for adding a bit more variety to your table.

✦ SOURDOUGH STUFFING

Savory American style stuffing baked with mushrooms, lentils, apples & lots of herbs

\$55 — SERVES 6 to 8

✦ CHARRED BROCCOLINI

Lightly charred broccolini served over lemon garlic labneh, topped with pistachio dukkah (GF)

\$50 — SERVES 4 to 6

✦ POTATO SALAD

German inspired secret family recipe with a vinegar based dressing & fresh herbs (GF)

\$50 — SERVES 6 to 8

✦ FRESH CORN SALAD

Corn off the cob tossed with cherry tomatoes, cucumber, feta, lemon, olive oil, green onions, mint & dill (GF)

\$50 — SERVES 6

✦ CAULIFLOWER ROAST

Whole roasted cauliflower served with chive tahini sauce, chimichurri sauce & salted macadamia crumble (GF)

\$60 — SERVES 8

✦ MAC & CHEESE

American style macaroni & cheese baked in a casserole dish, topped with crispy bread crumbs (GFO)

\$50 — SERVES 6 to 8

✦ PUMPKIN WEDGES

Roasted pumpkin wedges served with tahini sauce and crispy chili oil (GF)

\$45 — SERVES 6

✦ SWEET CORNBREAD

Buttery cake-like cornbread that's just sweet enough but not quite a dessert (GFO)

\$45 — SERVES 12

✦ ARUGULA SALAD

Roasted seasonal vegetables, quinoa, crumbled feta & arugula in a lemon vinaigrette (GF)

\$55 — SERVES 6



APPETIZERS

Tasty little bites that are perfect for sharing.

✦ MEXICAN DIP TRIO

Guacamole, black bean dip & chile con queso served with crispy corn chips (GF)

\$95 — SERVES 6 to 8

✦ MAC & CHEESE BITES

Crispy panko crumbed macaroni & cheese cubes served with sriracha aioli (GFO)

\$100 — SERVES 6 to 8

✦ BUFFALO CAULIFLOWER

Battered cauliflower bites coated in a zingy buffalo sauce, served with celery sticks & blue cheese dip (GFO)

\$110 — SERVES 6 to 8

✦ KOREAN CRISPY TOFU

Panko crumbed tofu bites drizzled with a strawberry gochujang sauce, sprinkled with green onions & sesame seeds

\$95 — SERVES 6 to 8

✦ MINI CRAB CAKES

Maryland style oyster mushroom & cauliflower crab cake bites served with dill tartar sauce

\$100 — SERVES 6 to 8

✦ BAYOU ARANCINI

Crispy breaded Cajun 'dirty rice' balls stuffed with smoky gouda, served with Creole aioli (GFO)

\$110 — SERVES 6 to 8



GRAZING TABLES & CANAPÉS

Our grazing tables start at \$25 per person. This includes a colorful variety of seasonal fruits & vegetables, house made dips, nut based cheeses, olives, pickles, bread, crackers & fresh flowers. Gluten free options are available. For \$35 per person, we offer the option to enhance your table with the addition of two canapés:

✦ CAPRESE SKEWERS

Cherry tomatoes, cashew based mozzarella, fresh basil, olive oil & balsamic reduction (GF)

✦ SWEET POTATO STACKS

Roasted sweet potato slices, nacho spiced cashew cheese, fresh guacamole & cilantro (GF)

✦ CARROT LOX CROSTINI

Smoky marinated carrot, cashew cream cheese, shaved red onion, capers, fresh dill & black pepper

✦ ROMA NIGIRI

Marinated roma tomato tuna, sushi rice boat, seaweed belt, furikake & wasabi aioli (GF)

✦ WATERMELON SKEWERS

Fresh watermelon cubes, feta, zesty lime vinaigrette, fresh mint leaves & olive oil (GF)

✦ BANH MI BITES

French bread, savory five spice mushrooms, cucumber, pickled carrot, hoisin aioli & cilantro

✦ MUSHROOM PUFFS

Crisp puff pastry rounds, sautéed mushroom medley, cashew cream & fresh dill

✦ KOREAN BLINIS

Mini pancakes, gochujang aioli, micro greens, cucumber, kimchi, green onions & sesame seeds

✦ SICHUAN TOFU CUBES

Marinated tofu cubes, Sichuan umami tahini sauce, blanched bok choy & crispy chili oil (GFO)



DESSERTS

Sweet treats that really put the cherry on top.

✦ CHEESECAKE

Our signature dessert available in over fifty flavors, see page 15 for more details (GFO)

\$100 — SERVES 12 to 18

✦ MISSISSIPPI MUD PIE

Graham cracker crust layered with fudgy brownie, chocolate pudding, whipped cream & chocolate cookie crumbles

\$90 — SERVES 8

✦ STICKY DATE PUDDING

Available in classic, cinnamon, or banana flavor, served with caramel toffee sauce & vanilla ice cream (GFO)

\$65 — SERVES 9

✦ PERSIAN LOVE CAKE

Cardamom & cinnamon spiced cake with hints of rose, orange & almond, topped with cashew cream icing, pomegranate arils, pistachios & rose petals (GFO)

\$80 — SERVES 8

✦ COOKIE DOUGH

Frozen dough balls ready to bake at home, available in classic chocolate chip, oatmeal raisin or double chocolate chip (GFO)

\$50 — SERVES 12

✦ PEACH COBBLER

Ripe, juicy peaches baked with a buttery crumble topping, served with vanilla ice cream (GFO)

\$65 — SERVES 9

✦ MISO TAHINI BROWNIES

Decadent fudgy brownies with a miso tahini swirl topping, served with vanilla ice cream & chocolate sauce (GFO)

\$65 — SERVES 9

✦ CARROT CAKE

Single layer spiced carrot cake with cashew cream cheese icing & chopped walnuts (GFO)

\$75 — SERVES 8

✦ PUMPKIN PIE

American style spiced pumpkin pie with a graham cracker crust, served with whipped cream & toasted pecans

\$75 — SERVES 8



CHEESECAKE FLAVORS

Our cheesecakes are silky smooth and decadent so you'd never guess they're made entirely from plants. With over fifty different flavor options, there's something for everyone. Each cheesecake serves about 12-18 people. Gluten free crust is available (+\$10) for all flavors without a star.

APPLE PIE
BANANAS FOSTER
BANOFFEE PIE
BERRY LEMON MYRTLE
BISCOFF *
BLACKBERRY
BLACK FOREST
BLUEBERRY LEMON
BLUEBERRY LAVENDER
BOUNTY
CARAMEL MOCHA
CHAI LATTE
CHOCOLATE ALMOND
CHOCOLATE HAZELNUT
CHOCOLATE PEANUT
CHOCOLATE RASPBERRY
CHUNKY MONKEY
COCONUT LIME

COOKIES & CREAM *
COOKIE DOUGH
CRANBERRY ORANGE
DEVIL'S FOOD
EARL GREY BLUEBERRY
GINGERBREAD
GOLDEN GAYTIME *
HIBISCUS LIME
JAFFA CAKE
LAMINGTON
LAVENDER LEMON
LEMON POPPYSEED
MANGO LASSI
MANGO LIME
MANGO CHILI
MINT CHOCOLATE
MISO CARAMEL COCONUT
MIXED BERRY

MOCHA LATTE
MORELLO CHERRY
NEAPOLITAN
PASSION FRUIT MANGO
PEACHES & CREAM
PECAN PIE
PIÑA COLADA
PUMPKIN SPICE
RASPBERRY
RASPBERRY ELDERFLOWER
SNICKERS
SPICED PEAR
STRAWBERRY
STRAWBERRY MATCHA
STRAWBERRY ROSE
TAKE 5 BAR *
TIRAMISU
TURKISH DELIGHT



✦ THANK YOU ✦

I'm Makenzie, the creator of Plant Food for the Soul. Sharing delicious, cruelty free food is one of my greatest passions, so I appreciate you considering my offerings. Please feel free to reach out via email with any questions, or to get an order started. I'm always happy to customize things to suit each individual occasion.

Cheers,

Makenzie

plantfoodforthesoul@gmail.com
plantfoodforthesoul.com.au

