

“plant-first” menu by



Our plant-first menu is designed specifically for vegetarian and vegan events and their guests. We have carefully crafted great menus using real ingredients and bold flavors with a minimum number of “meat substitutes.” Many of our vegetarian dishes can be modified to be completely vegan and plant-based.

813-241-9500
catering@goodfoodtampa.com
www.goodfoodtampa.com

| tray passed hors d'oeuvres |

REFRIED BLACK BEAN TOSTADA | guacamole, pickled red onion (vg)

MUSHROOM "CHORIZO" EMPANADA | saffron sofrito (vg)

POSOLE EMPANADA | chipotle crema (v)

HEARTS OF PALM "CEVICHE" | hearts of palm, jalapeno, red pepper, lime, cilantro, red onion in a shooter (vg)

BUFFALO CAULIFLOWER STREET TACO | avocado crema, black bean puree, cilantro, flour tortilla (v)

AVOCADO TOAST | mashed fresh avocado, black sesame seeds with pickled green tomato relish on toasted crostini (vg)

BBQ JACKFRUIT SLIDER | tangy BBQ sauce, vinegar-based slaw, Hawaiian roll (v)

EDAMAME DUMPLING | soy sauce pipette (vg)

VEGETABLE SPRING ROLLS | sweet chili sauce (vg)

KOREAN BBQ JACKFRUIT BUN | shredded jackfruit, Korean bbq sauce, cilantro, kimchi slaw (vg)

HOISIN MUSHROOM BUN | roasted mushrooms, pickled veg, cilantro, hoisin (vg)

GOAT CHEESE TART | mascarpone cheese, goat cheese, sundried tomatoes (v)

WILD MUSHROOM TART | wild mushrooms, fresh herbs, mascarpone cream cheese (v)

PIMENTO CHEESE TART | southern style pimento cheese, smoked tomato jam (v)

ROASTED GARLIC + RICOTTA CROSTINI | with roasted sesame broccolini (v)

HERB WHIPPED FETA CROSTINI | with Mediterranean olive tapenade + fresh herbs (v)

TUSCAN WHITE BEAN PUREE | with caramelized mushrooms + pickled red onions (vg)

KALE + GOAT CHEESE RISOTTO ARANCINI | spicy roasted red pepper sauce (v)

SMOKED GOUDA + CHEDDAR GRILLED CHEESE | tomato-basil bisque shooter (v)

ROASTED TOMATO "TARTARE" | oven roasted tomatoes, capers, EVOO, fresh herbs, parmesan crème fraiche, basil pesto cone (v)

SWEET CORN + REFRIED BLACK BEAN QUESADILLA | chipotle crema (v)

| table displayed selections |

AVOCADO TOAST PLATTER | mashed fresh Hass avocados, arugula, pickled green tomato relish, diced tomatoes, lemon wedges, fresh ground pepper, grilled bread (vg)

VIETNAMESE TOFU LETTUCE WRAP PLATTER | seared tofu planks, pickled vegetables, fresh herbs, rice noodles, peanut sauce, bibb lettuce (vg)

TUSCAN PLANT BASED ANTIPASTO, BREADS + SPREADS

white bean puree, roasted red pepper pesto, olives, marinated artichokes, semi-dried tomatoes, caponata, crostini, pita (vg)

MEDITERRANEAN MEZZE

hummus, babaganoush, muhammara, marinated + grilled vegetables, semidried tomatoes, pepperoncini, olives, toasted pita, artisan breads (vg)

ARTISAN BRUSCHETTA BAR (CHOOSE 3) | SERVED WITH GRILLED RUSTIC BREAD

olive tapenade | heirloom tomato bruschetta | roasted tomato "tartare"
asparagus + corn bruschetta | wild mushroom bruschetta with rosemary and fig balsamic (vg)

POTATO CHIP BAR | cajun, malt vinegar, cracked black pepper seasoned potato chips and tri-colored tortilla chips with assorted dips (v)

CRUDITÉ DISPLAY | baby carrots, radishes, fresh broccoli, cauliflower, baby tomatoes, blanched green beans, blanched asparagus; served with romesco and hummus (vg)

| entrée inspiration |

Our menu reads more like a restaurant menu than a typical “catering” menu. Below is a representation of our favorite plant-based creations that may be used in buffet, plated meal or station style service. Many of these dishes can be modified to be vegan.

ITALIAN ROASTED BUTTERNUT SQUASH | sliced and topped with wild mushroom and caramelized onion ragout (vg)

SMOKED EGGPLANT + WILD MUSHROOM RAGOUT | basmati rice (vg)

ROASTED VEGETABLE STRUDEL | roasted market fresh vegetables, pesto, goat cheese, puff pastry (v)

SMOKED MUSHROOM + CAVATAPPI | smoked wild mushrooms, roasted broccolini, blistered grape tomatoes, parmesan cream sauce (v)

PAN FRIED GNOCCHI | with roasted cauliflower, parmesan cream and crispy sage (v)

TOFU + CAULIFLOWER “FRIED RICE” | diced marinated tofu, peas, cauliflower rice, ponzu (vg)

SOUTHERN BBQ JACKFRUIT | with smoked mushroom hoppin’ john (vg)

CHICKPEA TAGINE | north African stew of chickpeas, tomatoes, apricots, olives and preserved lemon, served with basmati rice (vg)

THAI GREEN CURRY | zucchini, eggplant, red pepper, onion, Thai chili, garlic, ginger and coconut in sweet and spicy green curry sauce (vg)

MEDITERRANEAN GRILLED EGGPLANT | with couscous and preserved lemon gremolata (vg)

| side dishes |

decadent

MUSHROOM PEARL BARLEY RISOTTO (v)

PARMESAN PEARL BARLEY RISOTTO (v)

GORGONZOLA TRUFFLE MAC-N-CHEESE | cavatappi pasta, porcini mushrooms, sun-dried tomatoes, cracked black pepper (v)

THREE CHEESE MAC-N-CHEESE | cavatappi pasta, sharp cheddar, parmesan and asiago cheeses (v)

SMOKED GOUDA MAC-N-CHEESE | cavatappi pasta, sharp cheddar and smoked gouda cheeses (v)

rice

SAFFRON BASMATI RICE | with almonds, peas, and crispy garlic (vg)

WILD + BROWN RICE BLEND | steamed with aromatics (vg)

PURPLE RICE (vg)

VEGAN ARROZ CONGRÍ | Cuban style rice cooked with black beans and house-made sofrito oil (vg)

COCONUT BASMATI | with pigeon peas (vg)

potatoes

ROASTED FINGERLING POTATOES | tossed with roasted fennel and mushrooms (vg)

ROASTED GARLIC YUKON MASHED POTATOES | Yukon gold potatoes, roasted garlic, almond milk, salt (vg)

HERB ROASTED FINGERLING POTATOES | tossed with fresh herbs, garlic oil, and salt (vg)

BAKED SWEET POTATO WEDGES | tossed with fresh herbs, garlic oil, and salt (vg)

vegetables

CHARRED SUMMER SQUASH | zucchini, squash, butter and thyme (v)

SAUTÉED GREEN BEANS | seasoned simply with Kosher salt and fresh ground black pepper (vg)

HARISSA ROASTED CARROTS | roasted carrots, harissa (vg)

COCONUT BRAISED BABY BOK CHOY (vg)

GRILLED ASPARAGUS | seasoned simply with Kosher salt and fresh ground black pepper (vg)

ROASTED BROCCOLINI | seasoned simply with Kosher salt and fresh ground black pepper (vg)

CHARRED BRUSSELS SPROUTS | pearl onions, Kosher salt, black pepper

BRAISED COLLARD GREENS | cider vinegar (vg)

GRILLED SEASONAL VEGETABLES | chef's choice of market fresh vegetables, tossed with olive oil and seasoned simply with kosher salt and fresh ground black pepper (vg)

SLOW ROASTED ROOT VEGETABLES | carrots, parsnips, brussels sprouts, pearl onions, red onion, and red bell pepper, tossed with olive oil and seasoned simply with Kosher salt and fresh ground black pepper (vg)

| salads |

SIGNATURE ARTISAN SALAD | artisan greens, crumbled goat cheese, Cajun candied pecans, fresh seasonal berries, honey tarragon vinaigrette (v)

SOUTHERN GARDEN SALAD (VEGAN) | romaine lettuce, grape tomatoes, croutons, pickled red onion, vidalia onion vinaigrette (vg)

THE ORLEANS SALAD | chopped greens, grape tomatoes, croutons, olive tapenade, Creole mustard vinaigrette (vg)

KEY LIME CAESAR SALAD | romaine, homemade croutons, grated parmesan cheese, house made key lime Caesar dressing (v)

BAJA CITRUS SALAD (VEGAN) | chopped artisan greens, romaine, fire charred corn and grape tomatoes, crispy tortilla strips, fresh garlic lime vinaigrette (vg)

THE GREEK | romaine, tomatoes, pepperoncini, Kalamata olives, red onion, feta, Greek vinaigrette (v)

These are just some highlighted samples of the types of food that we serve. Each menu is custom designed and priced for your specific situation. Let us know if you have specific dishes you'd like to serve; we'll make it happen.

Updated February 2020