

# Vegan Menu

\*Example Menu From the Gracie Mansion  
Caribbean Heritage Month Celebration 2022

(Please inform our staff if anyone in your party has a food allergy)

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## SALAD

*Mixed Green Salad with Vinaigrette*

*Roasted Vegetables & Potatoes Infused with Garlic & Coconut Oil*

*Boiled Green Bananas & Cassava Salad*

*(Peas and Carrots, Vegan Mayonnaise, Onions and Peppers)*

*Vegan Rasta Pasta*

*Vegan Curry Channa Served With Rice*

*Lentil Soup with Dried Shitake Mushrooms*

*Cornmeal Cou Cou with Okra Served with Vegetable Stew*

*Fried Sweet Plantains*

*Jerk Tofu Skewers with Mango Glaze*

## Dessert

*Fresh Tropical Fruit Platter*

*Bread Pudding with Rum Syrup*

Events by  
*Judy*



# Vegan Cocktail Party

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## MENU

*Mini Sweet Plantains Stuffed with Plant Base Picadillo*

*Jerk Tofu Skewers with Mango Glaze*

*Grilled Vegetables Burrito with Fresh Salsa*

*Baby Portabella Mushrooms  
(Stuffed with Plant Base Sausages and Dried Fruits)*

*Mini Vegan Quiche  
(Vegan Cheese, Vegetables and Almond Milk)*

*Mini Samosas with Plant Base Meat  
(Served with a Jalapeño Mustard Dipping Sauce)*

*Commeal Cou Cou with Okra Served with Vegetable Stew*

## Dessert

*Fresh Fruit Salad with Oat Milk Honey Sauce*

Events by  
*Judy*



# Vegan Cocktail Entrees

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## MENU

*Meatless Guava BBQ Ribs-Vegan*

*Mini Sweet Plantain Stuffed with Eggplants*

*Vegan Moroccan Vegetable Tahini*

*(Chickpeas, Potatoes, Celery, Assorted Vegetables) Tofu Primavera*

*(Sliced tofu, grilled with fresh herbs, tossed with green onion and cilantro)*

*Tofu Veracruz Style Sance*

*(Light colorful sauce made with tomatoes, capes and olives)*

*Vegan Chili Mexican Style*

*(Variety of vegetables, a rich tomato base and just the right amount  
of beans with fresh herbs) Vegan Polenta and Mushroom Casserole*

*Grilled Portobello Steaks Served with Chimichurri Sauce*

*Plant Based Salisbury Steak with Mushroom Gravy*

*BBQ Meatless Vegetables on a Corn Arepa*

*Sweet Plantain Pastelon Stuffed with Plant Based Meat*

## Appetizers

*Vegan Meatballs Lollipops with Sundried Tomatoes Dipping*

*Meatless Picadillo on a Plantain Cup Topped w/ Green Olives*

*Watermelon Radish Tacos on a Turnip Shell*

*Lentil Empanadas*

*Vegan "Sancocho" Shots*

*(traditional Dominican style root stew with vegan  
sausage and vegan soy protein)*

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# SALAD MENU

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## **Citrus Jicama Slaw**

*Matchsticks of jicama and golden pineapple, cilantro, orange and lime dressing*

## **Tuscany Grilled Vegetables**

*Zucchini, colorful peppers, onion, eggplant, fennel, and yellow squash with basil garlic olive oil*

## **Baby Spinach Salad**

*Served with toasted pecans, gorgonzola cheese and sliced pears*

## **Farfalle Pasta Salad**

*Baby Arugula, roasted yellow peppers and fresh basil*

## **Red Quinoa Salad**

*Served with roasted butternut squash, dried cranberries, roasted walnuts and green onions*

## **Spinach, Watermelon & Goat Cheese Salad**

*Baby spinach with Thai basil, marinated red onions, watermelon, cucumber, goat cheese and caramelized shallot vinaigrette*

## **Asparagus Spears**

*Locally grown asparagus, oranges and toasted pine nuts in a citrus dressing*

## **Kale Salad**

*Chopped kale with toasted almonds, dried cherries, shaved Parmesan cheese in a tahini-maple dressing*

## **Whole Wheat Penne Pasta**

*Salad Fresh grilled portabella mushrooms, sundried tomatoes and black olives*

## **Baby Green Salad**

*Toasted walnuts, red onions, grape tomatoes & goat cheese*

## **Arugula Salad**

*Shaved parmesan, mandarin oranges, pine nuts with herbs croutons*

## **Couscous Salad with Dry Fruits**

### **Crispy Romaine Hearts Salad (Fresh Figs are Seasonal)**

*Served with fresh apples, figs and pomegranate with homemade avocado vinaigrette*

**Fresh Mozzarella with Vine Sliced Tomatoes and Fresh Basil Platter \$50 Sweet Plantains Salad with Cucumbers, Cilantro. Onions. Peppers Quinoa with Roasted Beets, Baby Arugula and Fresh Ginger**

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