



WOODLANDS

VEGAN BISTRO

100% VEGAN
CATERING

CATERING MENU

Catering Coordinator: (240) 605 4850

2928 Georgia Avenue, NW -Washington, DC 20001

Tel: (202) 552 5748

email: info@woodlandsveganbistro.com

www.woodlandsveganbistro.com

Twitter/Facebook/Instagram: @WoodlandsVB

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ordering information

CUISINE - Our food is prepared with the freshest high quality ingredients, and contains absolutely NO animal products whatsoever. Most of our vegetables are organic in nature, but all in-organic items can be substituted for an additional fee. Gluten or soy-free items are available upon request for an additional fee.

MINIMUMS

The minimum for all orders is 5 persons unless special accommodations have been authorized.

ORDERING - We require 24 hour advanced notice for all orders, however; reasonable requests made less than 24 hours of pick-up, will be honored based on inventory, but will be assessed a late fee. As orders are taken on a first-come, first-served basis, we strongly recommend advanced planning.

CANCELLATION - Orders may be cancelled up until 24 hours before your delivery or pick-up without penalty. Orders may not be cancelled or reduced in numbers with less than 24-hour notice.

PICK-UP - All orders are processed as pick-ups unless otherwise requested. Orders under \$200.00 are not eligible for delivery. Orders can be scheduled for pick-up any day between 8:00am and 9:00pm.

DELIVERY - Delivery is currently limited to locations in Washington DC and cities in MD and VA that border the metropolitan area. The charge for delivery varies depending on your head count, travel distance and the amount of setup required. All orders over \$200.00 are eligible for delivery. Please work with your sales representative to schedule an arrival time that allows for ample setup. Deliveries are allotted a 30-minute window (between 15 minutes before and 15 minutes after your scheduled arrival time).

HOURS OF OPERATION

Ordering Hours - Monday-Sunday, 8:00am-9:00pm

Delivery Hours - Monday-Sunday, 7:00am-9:00pm

PRESENTATION - Unless otherwise arranged, all orders are presented in disposable aluminum pans w/lids. The option to include silver metal or disposable wire chaffing dishes with sternos for hot menu items requires 24 hour advanced notice and an attached fee of \$18.00 or \$6.00 per set. Disposable serving utensils are provided free of charge upon request.

STAFF - For larger events that require the use of staff for serving or food replenishment beyond the initial set-up, there is a \$150.00 per server fee that will be assessed.

BILLING - All orders are processed as "due upon receipt" unless otherwise authorized, and all approved credit accounts are due 30 days net. A 50% deposit may be required for all orders over \$1,000.00. Cash, Checks, and all major credit cards are accepted forms of payment.

Please note: Prices and menu items are subject to change without notice.

Visit www.everlastinglifecafe.com for our latest specials and menu updates.

breakfast

5-Person minimum applies to all breakfast items unless otherwise stated

SPREADS

BAKER'S MEDLEY \$9.50 pp

- Assorted homemade breakfast pastries and sliced mini-bagels, vegan cream cheese, assorted preserves and whipped soy margarine
- Welch's all natural assorted 100% juices

CONTINENTAL \$11.95 pp

- Assorted homemade breakfast pastries and sliced mini-bagels, vegan cream cheese, assorted preserves and whipped soy margarine
- Fresh fruit salad w/tahini sauce
- Welch's all natural assorted 100% juices

(Upgrade to Sliced Fruit for \$1.00 per person)

MORNING GLORY BREAKFAST \$16.95 pp

- Scrambled tofu
- Seasoned breakfast potatoes
- Homemade Biscuits
- Choose one vegan meat substitute: Crisp veggie bacon, sausage patties, or sausage links (choose an additional meat for \$2.00 more per person)
- Fresh fruit salad w/ tahini sauce
- Welch's all natural assorted 100% juices
- Condiment basket of Heinz® ketchup, Tabasco® sauce, salt and pepper

(Upgrade to Sliced Fruit for \$1.00 per person)

HOT SUNRISE SANDWICH SPECIAL \$15.95 pp

(Choose Two & Specify - wheat bread, homemade biscuits or English muffins)

- Veggie Bacon, Tofu and Cheddar
- Veggie Canadian Ham, Tofu and Cheddar
- Veggie Sausage and Tofu and Cheddar
- Tofu and Cheese

Also Includes all of the following:

- Seasoned breakfast potatoes
- Fresh fruit salad w/ tahini sauce
- Welch's all natural assorted 100% juices
- Condiment basket of Heinz® ketchup, Tabasco® sauce, salt and pepper

(Upgrade to Sliced Fruit for \$1.00 per person)

ENHANCERS

SOUTHWEST BREAKFAST BURRITOS \$7.95 pp

Warm flour tortillas rolled and toasted with scrambled tofu, veggie sausage, soy cheese and salsa

- add seasoned potatoes \$1.00 more pp
- add black beans \$.50 more pp

BELGIAN STYLE WAFFLES \$6.95 pp

With sweet maple syrup, berry compote, whipped soy margarine and sprinkled with powdered sugar

FRUIT PANCAKES \$5.95 pp

Homemade hot cakes with your choice of added strawberries, blueberries or bananas

SOUTHERN STYLE GRITS \$3.95 pp

Smooth hominy grits, perfectly seasoned and served with soy margarine

CREAMY OATMEAL \$3.95 pp

Creamy whole rolled oats slightly sweetened and sprinkled with a touch of cinnamon

INDIVIDUAL YOGURT WITH GRANOLA \$4.95 pp

Assorted flavored soy or rice yogurts served with crunchy homemade granola

SOY PARFAITS \$5.95 pp

A homemade vanilla flavored soy cream layered with fresh berries and homemade fruit coulis, topped with crunchy granola and presented in individual cups

BUTTERED SPINACH \$5.95 pp

Fresh spinach leaves tossed in a buttery soy spread, with grape tomatoes, mushroom and sliced onions and peppers. A healthy accompaniment to any scrambled tofu dish.



sandwiches

All sandwiches are individually packed unless "Build Your Own" is selected

SIGNATURE SANDWICH SPREAD \$13.00 pp

- Choose any one of our Signature Sandwich Selections
- Salad - choose any one Side Salad (from page 4 or 6)
- Assorted homemade Cookies (from page 7)

SIGNATURE SANDWICH SELECTIONS:

VEGGIE COUNTRY FRIED CHICKEN

Bean curd cutlets breaded and fried to a golden crisp

VEGGIE FISH

Vegan fish fillets breaded and fried or grilled to perfection

GARVEY BURGER

A uniquely seasoned handmade Vegetable Protein patty

VEGGIE STEAK & CHEESE SUB

House special seitan strips, lightly grilled and topped with onions, peppers and soy cheese

Also available a la carte for \$7.95 pp

CLASSIC SANDWICH SPREAD \$12.00 pp

- Choose any one of our Classic Sandwich Selections
- Salad - choose any one Side Salad (from page 4 or 6)
- Assorted homemade Cookies (from page 7)

CLASSIC SANDWICH SELECTIONS:

TOFURKEY TRIO

Smoked turkey, Italian and peppered deli slice assortment

VEGGIE CHICKEN BREAST

Slices of vegan chicken breast prepared room temperature or slightly grilled

GARDEN GRILL

Combination of grilled seasonal garden veggies

Also available a la carte for \$7.25 pp

DELI PLATTERS

\$8.95 pp

Build your own sandwiches (Choose 3):

- Smoked Turkey
- Italian Deli
- Grilled Chicken Breast
- Egg-less Salad
- Mock Chicken Salad
- Grilled Fish
- Carrot Supreme
- Grilled Tofu

Includes:

- Assorted homemade breads & wraps
- Sliced vegan cheeses
- Lettuce, tomatoes and onions
- Homemade soy cheese sauce and mustard

EXECUTIVE BOXED LUNCHES

\$15.95 each

Individually labeled boxes include:

- One wrapped sandwich
- One salad
- One cookie
- One Welch's juice
- Plastic ware pack and mint

SANDWICH MUST-HAVES

POTATO CHIPS \$1.75 per bag

FRESH FRUIT SALAD \$4.25 pp

SLICED FRESH FRUIT \$4.95 pp

CRISPY FRENCH FRIES \$3.50 pp

*PLEASE NOTE: All sandwiches come dressed with sauce.
Please specify if you prefer sauces on the side only*

(5 person minimum unless otherwise stated)





Salads

5-Person minimum applies to all salad items unless otherwise stated

BASIC SALAD SPREAD

\$13.95pp

- Any two Salads
- Fresh Baked Dinner Rolls/Cornbread
- Assorted Homemade Cookies

DELUXE SALAD SPREAD

\$17.95pp

- Any three Salads
- Fresh Baked Dinner Rolls/Cornbread
- Assorted Homemade Cookies

Signature Salads

ASIAN NOODLE - Wheat noodles and fresh vegetables tossed with our sweet & spicy sauce

BARLEY - Tender barley kernels and crunchy white onions with our balsamic vinaigrette

BEAN CURD - Meaty shredded soy product seasoned to perfection

CHICK PEA - Cool chick peas with a smooth curry flavoring

CORN & BLACKBEAN - Smokey Chile flavored black beans with sweet corn

COUSCOUS - Wheat couscous highlighted with carrots and currents

MACARONI TVP - Wheat elbow pasta with meaty TVP bits in our sweet and creamy vegan mayo sauce

MOCK CHICKEN - Creamy tofu with a variety of spices and our vegan mayo

POTATO - Homemade potato salad made with our sweet soy may sauce

SPICY TOFU - Lightly fried tofu smothered in our spicy cayenne sauce

SPINACH QUICHE - Crumbled tofu and chopped spinach come together in this mildly creamy dish

TOFU & SPINACH - Chunks of marinated tofu and fresh spinach

Raw Salads

ARTICHOKE - Delicate hearts of artichoke dressed in a lemon flavored sauce

CARROT SUPREME - Unique carrot salad made with our sweet vegan mayo sauce

CREAMY STIR-FRY - Cauliflower, broccoli and carrots tossed in our creamy vegan mayo sauce

CUCUMBER & TOMATO - Sliced crunchy cucumbers and ripe tomatoes in a dill flavored vinaigrette

EGGPLANT & TOMATO - Juicy chunks of eggplant and tomatoes in our soy mayo cream sauce

GARDEN SALAD - An array of garden vegetables on a bed of crispy romaine lettuce

LIVE STIR-FRY - Broccoli, cauliflower and carrots mixed with our spicy vinaigrette

MARINATE KALE - Fresh kale mixed with an olive oil and garlic paste

MUNG BEAN - Delicate mung bean threads highlighted with a dash of amino

MUSHROOM - Marinated mushrooms bursting with flavors of curry

OLIVE - Black and green olives unite in this lightly dressed salad

PICKLED BEET - Shredded beets combined with a touch of sweetener and a dash of vinegar

PARSLEY - Fresh curly parsley leaves and shredded cabbage in a tangy plum vinaigrette

SEAWEED - Shreds of seaweed with our special blend of herbs and seasonings

SESAME SPINACH - Fresh leaves of spinach with the bold flavor of toasted sesame oil and sprinkled with sesame seeds

STRING BEAN - Crispy string beans and sweet red onions dressed with a plum vinegar and olive oil dressing

VINAIGRETTE KALE - Crispy kale drizzled with a sweet onion vinaigrette



Salads also available a la carte at \$4.95pp (5 person minimum)

House dressing is available for all salads at no additional charge; request when ordering

hot entree

Hot entree selections available a la carte at \$4.95pp to \$6.95pp (5 person minimum)

SPREAD (5 person minimum)

- Any one Hot Entrée
- Any one Hot Starch
- Any one Hot Vegetable or Salad
- Fresh Baked Dinner Rolls/Cornbread
- Assorted Homemade Cookies

VEGETABLE LASAGNA \$15.95pp

Seasoned meaty bits of TVP in a garlic tomato sauce and creamy soy cheese

VEGAN "CRAB" CAKES \$19.95pp

House special vegan lump crab cakes broiled to perfection and served with an Old Bay remoulade

JAMBALAYA \$20.95pp

A savory rice dish brimming with vegan shrimp, chicken and sausage, simmered together in a rich broth

VEGGIE "STEAK" \$15.95pp

Perfectly seasoned seitan steak, smothered in a creamy mushroom gravy

"CHICKEN" PARMESAN \$18.95pp

Covered in crispy bread crumb, fried and topped with garlic marinara sauce and soy cheese

COUNTRY FRIED "CHICKEN" \$17.95pp

Marinated bean curd cutlets fried to a golden crisp

SPAGHETTI BOLOGNESE \$14.95pp

Tender wheat noodles topped with a fresh herb infused tomato sauce

BB-Q ROAST \$15.95pp

Juicy slices of wheat protein roast, caramelized in our sweet homemade barbeque sauce

GINGER SPICED TOFU \$16.95pp

Lightly fried tofu pieces simmered in a spicy ginger sauce

SAUTEED BEAN CURD \$16.95pp

Flavorful shreds of bean curd and sliced veggies, accentuated with bold curry flavors

BB-Q TOFU \$16.95pp

Our homemade barbeque sauce slow baked into marinated tofu slices

GRILLED "SALMON" \$17.95pp

Vegan salmon fillets in a smoky roasted red pepper sauce

CURRY "CHICKEN" \$17.95pp

Mixed vegetables and potatoes with tender chunks of soy chicken in savory curry sauce

GRILLED FAJITAS \$18.95pp

Marinated strips of vegan chicken or steak over grilled peppers and onions with flour tortillas, soy sour cream, salsa and soy cheese

TOASTED ENCHILADAS \$16.95pp

Toasted corn tortillas wraps filled with pan fried vegan chicken, steak or tofu with cilantro rice and soy cheese, topped with salsa

SOUTHWEST TACOS \$15.95pp

Bold Chile flavored wheat protein bits served with soft or crispy taco shells, black beans and an array of fresh toppings

"CHICKEN" FETTUCCINE ALFREDO \$17.95pp

Tender Fettuccini noodles and tender strips of vegan chicken tossed in a creamy vegan Alfredo sauce

STUFFED PEPPERS \$15.95pp

Roasted green bell peppers, stuffed with a wild rice and tofu pilaf

FRIED "FISH" \$16.95pp

Vegan fish fillets breaded and fried crispy, served with our homemade tartar sauce

"SHRIMP" SCAMPI \$17.95pp

Vegan shrimp tossed in a tangy lemon butter sauce served over buttered noodles

VEGGIE "HAM" \$17.95pp

Vegan ham slices cooked in a sweet pineapple glaze

BAKED MANICOTTI \$16.95pp

Manicotti noodles double stuffed with a cheesy tofu and spinach filling

SOUTHERN FRIED "STEAK" \$16.95pp

Our herb infused seitan roast slices, battered and fried to perfection

EGGPLANT "PARMESAN" \$17.95pp

Crispy fried eggplant slices topped with our fresh basil tomato sauce and soy cheese

ORANGE "CHICKEN" \$17.95pp

An Asian inspired stir-fry dish accented with a sweet mandarin orange sauce

PEPPERED "STEAK" \$15.95pp

Tender strips of seitan roast covered in a sweet and spicy sauce and speckled with sautéed onion and tri-colored peppers

SHEPHERD'S PIE \$14.95pp

A baked deep dish casserole with layers of meaty TVP and cheesy mashed potatoes



hot vegetables/starches

Hot side selections available a la carte at \$3.95pp (5 person minimum)

- Steamed Broccoli
- Savory Collard Greens
- Tender Kale Greens
- Green Beans Almondine
- Sautéed Cabbage
- Asparagus Spears
- Garden Medley
- Grilled Zucchini & Squash
- Garlic Mashed Potatoes
- Candied Sweet Potatoes
- Beans & Brown Rice
- Macaroni & "Cheese"
- Rosemary Roasted Potatoes
- "Buttered" Wheat Noodles
- Wild Rice Pilaf
- Potatoes Au Gratin

reception platters

SLIDERS \$70.00 (25 pieces)

Mini Garvey or Fried "Chicken" on our fresh baked mini buns

GRILLED PANINIS

\$80.00 (40 pieces) or \$90.00 (for combo)

Choice of:

- Caprice- vegan mozzarella, basil and ripe heirloom tomatoes
- Italian trio – smoked vegan turkey and peppered slices with vegan mozzarella and Dijon mustard

TEX-MEX QUESADILLAS

\$80.00 (70 pieces) OR \$90.00 (for combo)

Served with salsa and vegan sour cream. Choice of:

- Grilled Vegan Chicken
- Vegan Steak and Jalapeno
- Black Bean & Veggie

COCKTAIL "MEATBALLS" \$75.00 (100 pieces)

Choice of: Swedish, BB-q or Sweet & Sour

ZESTY "CHICKEN" DRUMETTES \$89.00 (80 pieces)

Choice of: Buffalo Style, BB-q, Jerk'd or Garlic "Parmesan"

FIESTA DISPLAY \$75.00 (serves up to 35)

Includes:

- Homemade tortilla chips
- Warm Chile con queso
- Fresh cilantro tomato salsa
- Avocado sour cream

CRISPY LEMON \$1.95 each (40 piece minimum)

"SHRIMP" COCKTAIL

Breaded and fried vegan shrimp

GOLDEN "CHICKEN" TENDERS \$80.00 (60 pieces)

With honey mustard and BBQ sauce

DYNAMITE DIPS \$65.00 (serves up to 35)

- Hot Spinach & Artichoke Dip
- Fire Roasted Pepper Hummus
- With garlic-brushed pita points

CRISPY VEGGIE SPRING ROLLS \$85.00 (120 pieces)

With a sweet & sour dip

MINI TERIYAKI "CHICKEN" \$85.00 (80 pieces)

& "BEEF" SKEWERS

Flame-kissed vegan chicken and beef skewers with crispy scallions

MUSHROOM CROSTINI \$60.00 (100 pieces)

Toasted French bread bites piped with a wild mushroom puree

ANTIPASTO DISPLAY \$75.00 (serves up to 20)

An assortment of vegan meats, cheese and gourmet olives

BABY QUICHE ASSORTMENT \$55.00 (30 pieces)

Mini vegan quiche bites with spinach and tomato

CRUDITE PLATTER \$55.00 (serves up to 20)

Garden vegetables served with a vegan ranch dipping sauce

SUNBURST FRUIT DISPLAY \$65.00 (serves up to 20)

Assortment of fresh sliced fruits

desserts



WHOLE CAKES

Specialty cakes are available as:

9" round (serves 12)	\$25.00 unless otherwise noted
¼ sheet (serves 20)	\$40.00 unless otherwise noted

CUPCAKES

\$1.50 each

Flavor Selections:

- **CARROT CAKE** - Iced with our homemade vegan cream cheese frosting
- **CHOCOLATE CAKE** - chocolate lover's dream
- **RED VELVET CAKE** - Our decadent cake with a rich vegan cream cheese icing
- **VANILLA CAKE** - Our moist yellow cake with a hint of natural vanilla flavoring
- **STRAWBERRY CAKE** - Accentuated with a fresh strawberry compote
- **GERMAN CHOCOLATE CAKE** - Fluffy chocolate cake with a sweet coconut topping

COOKIES

\$1.25 each

Our fresh baked homemade vegan cookies

Flavor Selections:

- Chocolate Chip
- Double Chocolate
- Peanut Butter Chip
- Oatmeal Raisin
- Peanut Butter
- Crispy Lemon

CHEESECAKES

Our creamy vegan cheesecake -

9" round (serves 12)	\$30.00 unless otherwise noted
¼ sheet (serves 20)	\$45.00 unless otherwise noted

Toppings:

- Sweet Strawberry
- Raspberry Ripple
- Blueberry Blast
- Pineapple Pleasure

HOMEMADE PIES

Warm freshly baked pies

9" round (serves 12)	\$20.00 unless otherwise noted
¼ sheet (serves 20)	\$35.00 unless otherwise noted

Flavor Selections:

- Apple Crisp
- Berry Blend
- Strawberry Crisp
- Sweet Potato

DESSERT SAMPLER

\$4.95pp

Assorted mini cake, pie and cookie bites

(2 PIECES pp)

MINI CHEESECAKE BITES

\$3.95pp

Pop-in-your mouth treats

(2 PIECES pp)

CHOCOLATE DIPPED STRAWBERRIES

\$1.75 each

FRESH SEASONAL BERRY SALAD

\$4.95pp

Topped with sugar crystals

cold beverages

FRESH SQUEEZED LEMONADE

\$20.00/gallon

Our homemade lemonade

STRAWBERRY LEMONADE

\$25.00/ gallon

Fresh squeezed lemonade with fresh strawberry puree

TROPICAL FRUIT PUNCH

\$20.00/ gallon

Our special blend

ICED HERBAL TEA

\$4.40 each or \$25.00/gallon

Individual bottles of our homemade I-Live Tea

ASSORTED VIRGILS SODAS

\$2.75 each

Assorted cream flavors

WELCH'S 100% JUICES

\$2.75 each

Assorted flavors

CRYSTAL WATER

\$1.00 each

Individual natural spring water bottles

ALKALINED WATER

\$2.50 each

Individual 8.5 alkaline Kangen bottled water

hot beverages

HOT TEA

\$25.00/gallon

Assorted celestial seasonings herbal tea bags

Includes: soymilk, sweetener, lemon and paper coffee cups

ORGANIC COFFEE

\$30.00/gallon

Fresh ground organic coffee selection, regular or decaf.

Includes: vegan creamer, sweetener, paper coffee cups and stirrers

HOT COCOA

\$30.00/ gallon

Organic cocoa packages

Includes: soymilk, sweetener, paper coffee cups and stirrers

Add Ons:

ICE \$3.95 / 8lb bag

Coffee and Tea Service

requires rental of urns @ \$10.00 per day

