

# TRADITIONS

MORE THAN A CATERING CO.



## Vegan Menu Selections

~Located at the Chesapeake Golf Club ~

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# Vegan Selections

*Ask your Event Consultant about additional Plant based proteins & dairy substitutes that are available!*

## **“Gardein Chicken Breast” Penne**

Pan Seared Asparagus,  
Tomato, and Mushroom tossed in Olive Oil and a  
Basil Pesto Avocado sauce over  
Whole Wheat Pasta

## **THE Ultimate Vegan Lasagna!**

“Beyond Meat Italian Sweet & Hot Sausage”  
With a garden’s worth of Roasted Vegetables  
Layered with Marinara Sauce and  
“Follow Your Heart” Vegan Cheese  
on Mueller's Gluten Free Lasagna Sheets

## **Baked Stuffed Bell Peppers**

Garden fresh Green, Yellow, and Red bell peppers ,  
Filled with sautéed white beans, spinach, mush-  
rooms, zucchini and tomatoes  
Combined with “Bocaburger Meatless Vegetable  
Beef Crumble”, Vegan Mozzarella and our  
Vegetable Wild Rice

## **Breakfast Burrito**

Tortilla wrap, Chickpeas, Tomato,  
Spinach, Mushroom, and  
“Beyond Meat Italian Sweet & Hot Sausage”  
Served with Home Fries made with Potatoes, Bell  
Peppers & Onions using “Earth Balance Buttery  
Spread with Olive Oil”

*This is a great Lunch Option too!*

## **Eggplant Parmesan**

Non-breaded Eggplant  
Layered with “Follow Your Heart” Vegan  
Cheese and Marinara  
Served over “Barilla Angel Hair” Pasta

## **Oven Roasted Stuffed Portobello**

Marinated Portobello Mushroom with  
homemade celery, carrot, & onion Stuffing  
filled with Spinach, vegan Mozzarella  
Cheese  
Drizzled with Balsamic Glaze and served  
over  
“Path of Life” Riced Vegetables Confetti  
Blend

## **Grilled Veggie Skewers**

Grilled vine ripe Tomatoes, yellow Squash,  
Zucchini, Mushrooms, red Onion and Bell  
Pepper, topped with Balsamic Glaze  
Served over Roasted Vegetable Red Quinoa

## **Burgers & Sandwiches!**

“Beyond Meat” Burger Patty  
“Gardein” Black Bean Burger  
“Gardenburger” Organic Malibu Burger  
“Gardein” Crispy Chick’n Patty  
“Gardein” Golden Fishless Filets

*All Served on*

*Ezeckiel Sprouted Grain Burger Buns*