

CATERING

This sample catering menu should be used as a guideline for what is offered by Red Lentil. Many of Red Lentil's Lunch and Dinner menu items are also available, and we are happy to create a customized menu for your event. Seasonal items and prices are subject to change.

STARTERS

Small serves 18-20 / Large serves 38-40

Stuffed Mushrooms

GF V

Mushrooms stuffed with seasonal vegetables. Baked and served with maple balsamic reduction and red pepper aioli. \$60 / \$110

Red Lentil Spring Rolls

V

Spring rolls stuffed with soy sausage, purple cabbage and onions. \$80 / \$150

Sweet Potato Fries

GF V

Seasoned with Cajun spices and drizzled with barbeque sauce. \$60 / \$110

Veggie Pakora

GF V

Seasonal vegetables diced, seasoned and battered with chickpea flour. Quick-fried and served with cilantro chutney and tamarind chutney. \$60 / \$110

Raw Rolls

GF V

Collard greens stuffed with pumpkin seed pesto, sliced mango, avocado and jicama. Drizzled with green chili oil. \$70 / \$130

Roasted Corn Polenta Cakes

GF V

Pan seared and served with chipotle aioli. \$65 / \$120

Hummus Platter

V

Pita slices served with chipotle hummus and accompanied by baba ganoush (flame-broiled eggplant), red pepper dip, and olives. \$75 / \$140

Gobi Manchurian

GF V

Cauliflower tossed with Indian seasonings, breaded with chickpea flour, fried, and finished with sweet and spicy tomato sauce and fresh cilantro. \$65 / \$120

Sesame Encrusted Seitan Strips

V

Pan-seared sesame encrusted seitan served with sweet miso-horseradish dressing. \$75 / \$140

SALADS

Small serves 8-10 / Large serves 18-20

Quinoa Salad

GF V

Tri-colored quinoa tossed with black beans, julienne peppers, watercress, toasted pumpkin seeds, mango and carrots. Served with creamy shallot dressing. \$70 / \$130

Vegan Caesar Salad

V

Our homemade croutons covered in ali-oli and a delicious vegan Caesar dressing makes this Red Lentil favorite. Tossed with organic greens, shredded carrots, cucumbers, sprouts and olives. \$65 / \$120

Thai Peanut Noodle Salad

CN V

Chilled soba noodles, carrots, red peppers, cilantro, and scallions tossed in house-made peanut sauce. Served over mesclun greens and topped with sesame seeds. \$60 / \$110

Pear and Asparagus Salad

CN GF V

Pears and asparagus spears served over arugula and topped with maple walnuts and goat cheese. Served with shallot vinaigrette. \$70 / \$130

Santa Fe Salad

GF

Romaine lettuce, corn, chopped tomatoes, black beans, olives, fresh avocado and scallions, tossed in shallot vinaigrette and topped with queso fresco and corn chips. Can be prepared vegan. \$70 / \$130

Mizuna Salad

GF V

Mizuna greens, toasted tamari pumpkin seeds, blood orange segments, red onions and dried berries. Tossed with sherry mustard vinaigrette. \$75 / \$150

All dishes can be prepared as vegan; please ask our staff.

Before placing your order, please inform our staff if a person in your party has a food allergy.

SOUPS

Small serves 8-10 / Large serves 18-20

Soups are vegan and made in-house.

Small \$50 / Large \$90

African Peanut Soup

CN GF

Red Lentil Soup

GF

Aztec Black Bean Soup

GF

Fire-Roasted Corn Gazpacho

GF

Vegan Italian Wedding Soup

Saffron Cauliflower Soup

GF

SANDWICHES & WRAPS

Small serves 8-10 / Large serves 18-20

Add side of salad for \$20 (small) or \$35 (large).

Tempeh Reuben

V

Thinly sliced grilled tempeh, grilled onion, tomato, vegan Russian dressing and organic sauerkraut on whole wheat bread.

\$70 / \$140

Zen Veggie Burger

V

Red Lentil deluxe house-made burger with black beans, brown rice, corn, carrots, red peppers, garlic and onions. Served on a sesame bun with tomato and greens, and Thousand Island dressing.

\$70 / \$140

Cajun Tofu Panini

Sundried tomato pesto, fresh basil, Swiss cheese, plum tomato and Cajun tofu on whole wheat bread. Can be prepared vegan.

\$65 / \$130

Sweet Potato Quesadillas

Roasted sweet potatoes, grilled asparagus, roasted plum tomatoes, spinach and jack cheese accompanied with greens and fresh tomato salsa. Can be prepared vegan.

\$70 / \$140

Eggless Salad Wrap

CN V

House-made tofu "egg" salad with tomato, avocado, and greens.

Served in a whole-wheat wrap. \$75 / \$140

Southwestern Wrap

V

Soy chicken, red onion, mango avocado salsa, tomato, romaine lettuce and cilantro chutney. \$70 / \$140

Call (617) 744-0126 or
email chef@wildricecafe.com.

MAINS

Small serves 8-10 / Large serves 18-20

Seitan Marsala

V

Pan seared seitan strips served with sautéed kale, Yukon gold mashed potato with horseradish and seasonal mushrooms.

Topped with Marsala au jus. \$140 / \$260

Tofu Kabobs

GF V

Tandoori-marinated tofu kebobs skewered with pineapple, onions, peppers and mushrooms. Served with Mexican rice, wilted spinach and mango-avocado salsa. \$140 / \$260

Grilled Vegetable Lasagna

GF

Layers of grilled eggplant, sweet potatoes, zucchini, summer squash, spinach, mushrooms, onions, marinara sauce and basil pesto. Topped with mozzarella cheese and baked. Can also be prepared vegan. \$120 / \$210

Tempeh Stir-Fry

CN GF V

Tempeh, Thai chili, onions, peppers, garlic, ginger, scallions, broccoli, cashews and raisins sautéed with organic brown rice and tossed with soy sesame sauce. Topped with bean sprouts. \$90 / \$180

Shepherd's Pie

CN V

Layered mashed Yukon gold potatoes and sweet potatoes, soy sausage, corn kernels, onions, seasonal vegetables and spinach. Baked and served with vegan cashew gravy and maple balsamic reduction. Drizzled with cilantro sunflower pesto. \$120 / \$210

Butternut Squash Polenta

GF V

Grilled polenta, oyster mushroom ragout and warmed sesame asparagus drizzled with cilantro sunflower seed pesto.

\$140 / \$260

DESSERT

All desserts are vegan and made in-house. All our cakes are 10" two-layer cakes.

Carrot Cake \$65

Black Forest Cake \$65

Tiramisu Cake \$65

Cashew Rice Pudding

\$40 (8-10 people) / \$80 (18-20 people)

Chocolate Blueberry (or Strawberry) Cake \$65

Vanilla Coconut Cake \$70

Cheesecake \$60

1 Dozen Cupcakes \$50

1 Dozen Oatmeal Raisin Cookies \$48

1 Dozen Chocolate Chip Cookies \$45

BRUNCH

Small serves 8-10 / Large serves 18-20

Fruit Salad

GF

V

Freshly cut berries, grapes, apple, banana, melon, and pineapple.
\$45 / \$80

Vegan Waffle

GF

V

With soy whipped cream and fresh seasonal berries. \$65 / \$120

Vegan French Toast

V

Served with banana and walnut compote and raspberry sauce.
\$65 / \$120

Vegan Gluten-Free Pancakes

Made with sweet potatoes and dates. Served with a fresh fruit compote and maple blueberry sauce. \$70 / \$130

Swiss Bircher Muesli

A blend of hearty whole grains, toasted seeds, and dried fruits. Served with almond milk and topped with fresh organic fruit.
\$65 / \$120

Tofu Tostada

GF

V

Crispy organic homemade corn tortilla, tofu, black beans, finely chopped cabbage, Romaine lettuce, roasted corn, queso fresco, and tomatillo salsa. Can be prepared vegan. \$70 / \$130

Tofu Scrambled

V

Seasoned scrambled tofu with seasonal vegetables, served with home fries and toast. \$60 / \$110

CATERING FROM WILD RICE

Wild Rice proudly offers catered vegetarian and vegan dishes using organic (when available) fresh local produce.

Our friendly staff promptly delivers our delicious food to your location for any occasion.

We guarantee our savory and well-flavored dishes will satisfy at your event—yes, even meat lovers!

For information on scheduling and pricing your catered event, please call (617) 744-0126 or email chef@wildricecafe.com.