



# Backyard Bliss Summer Wedding

## Menu - Upbeet Foods

Price: C\$45.00

THIS SUMMER TIME MENU IS SURE TO IMPRESS ALL OF YOUR GUESTS. OUR SEASONAL FARE IS COMING IN HOT TO BRING THE BLISS (BACKYARD NOT INCLUDED).

### HORS D'OEUVRES

Choose 3

Let's get it poppin'! These **Roasted Cauliflower Bites with Beet Ketchup (GF)** are the perfect guilt-free treat. Crafted with pure, plant-based ingredients and paired with our irresistible beet ketchup for dipping.

This crispy cornmeal **Polenta Fries with Homemade Garlic Dill Sauce and Beet Ketchup (GF)** are served with our homemade dips.

A little spicy and a little tangy, our **Buffalo Cauliflower Bites with Vegan Cucumber Ranch (GF, this item contains nuts)** are served with our cashew cucumber ranch to dip.

Chickpeas on chickpeas, our **Falafel Bites with Homemade Garlic Dill Sauce Hummus (GF)** are a staple of the Middle East, especially when drizzled with our garlic dill dressing.

Find out why our **Almond Tofu Bites with Extra Almond Butter Tofu Sauce (GF, this item contains nuts)** are so popular. Topped with our creamy almond butter. (Toothpicks provided for this dish)

### SALADS

Choose 2

For a spicy and healthy option, our **Spicy Mexican Quinoa Salad with Orange Lime Dressing (GF)** is a perfect choice.

**Vegan Caesar Salad Topped with Crunchy Chickpea Croutons, Nut Seed Parmesan Cheese and Garlic Potatoes (GF, This item contains nuts)**

All hail! This vegan spin on a classic salad uses crispy chickpea croutons and savoury garlic potatoes. To top it

off, our homemade nut and seed parmesan will have you believing it's the real thing (minus all the fat). This might just be the best vegan caesar salad on the market.

**Thai Carrot Mango Salad with Curried Cashews and Sweet Tangy Dressing (GF, this item contains nuts)**  
Get 'carrot' away by this Thai-inspired carrot and kale salad! Full of cancer-fighting antioxidants and immune-boosting vitamins, you can feel good about indulging in this sweet and savoury dish. Featuring curried cashews and hints of mint and mango for a punch of flavour!

**Grilled Corn and Zucchini Quinoa Salad with Sun-Dried Tomato Vinaigrette (GF)**  
This dish is a healthy and delicious way to power up your diet! With protein-rich chickpeas, and quinoa, this salad is your summer bod's best friend and your hunger's worst enemy. Topped with grilled corn and our sun-dried tomato vinaigrette for an extra tasty finish.

**Mixed Green Salad with Sundried Tomatoes & Coconut Yogurt Dressing (GF, This item contains nuts)**  
Your search for the perfect green salad ends here. This meal is a mouthful of vitamin boosters, from cucumber and radish to detoxifying lemon. Seasoned with sun dried tomatoes, tastefully topped with chives and mixed seeds and finally drizzled with coconut yogurt dressing to boot!

**Nicoise Chickpea Smash Salad with Sweet Mustard Dressing**  
This dish puts the "nice" in Nicoise! Our chickpea smash is a deliciously fresh salad. Tossed with crisp green beans and a sweet Dijon dressing, this dish is your scrumptious source of mid-day motivation!

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## MAINS

Choose 3

**Pulled Jackfruit Sandwiches**  
(This Item is Not Gluten-Free, Can be substituted with Gluten-Free Bread. Additional 0.50 per person)  
Pulled jackfruit is IN! Our spin on a pulled pork sammy is cruelty-free and crazy tasty.

**Spanish Quinoa Stuffed Bell Peppers (GF)**  
Get stuffed! Our stuffed bell peppers feature a tasty base of rice and peppers for an explosion of Spanish-inspired flavour. With a healthy dose of black bean and quinoa, this dish has enough protein and fibre to power those post-workout muscles.

**Lentil and Eggplant Lasagna (GF)**  
We call this one The Game Changer. Our lentil and eggplant lasagna will have you wondering why you ever wouldn't eat plant-based! Packed with tasty tofu marinade and antioxidizing eggplant, this dish is brain food at its very best.

**Eggplant Parmesan with Basil Marinara Sauce on a Bed of Quinoa (GF, this item contains nuts)**  
Eggplant Parmesan is a craving-satisfying Italian classic. Our spin on Eggplant Parmesan uses our house-made ingredients to deliver a crispy and colourful Italian classic. This dish is served with our hearty basil marinara sauce!

**Pea Pesto Pasta Arugula Salad with Sun-Dried Tomatoes and Pine Nuts (GF, this item contains nuts)** This cold pasta has us all hot and bothered! Topped with fresh arugula and savoury sun-dried tomatoes, this gluten-free rotini is packed with protein and full of antioxidants. Paired with our perfectly seasoned pea pesto, you'll be sitting pretty in between full and fired up.

**Rainbow Carrot Noodle Pad Thai with Spicy Sweet Almond Lime Sauce (GF, this item contains nuts)** This rainbow pad thai is a pot of gold! Our take on the Thai tradition uses zucchini and carrot noodles to control your carb count, plus a collection of multi-coloured veggies! Topped off with a sweet and spicy almond lime sauce and a sprinkle of hemp seeds for extra protein power.

Mama mia! It doesn't get any better than this **Spaghetti with Marinara Sauce and Meatless Meatballs (GF)**. Served over gluten-free noodles, our lentil and flax-based meatballs are packed with protein and omega-3 fatty acids for the perfect vegan pick-me-up. With a side of steamed green asparagus, this dish is sure to be a craving-kicker!

Bring on the zoodles! Swap the spaghetti for **Zucchini Pasta with Lentil Bolognese (GF)**. Paired with protein-rich lentil bolognese, this meal is as hearty as it is healthy. Try this dish for your post-workout energy re-boot!

**Tofu Butter Chicken with Brown Rice and Cucumber Tahini Mint Raita (GF, This item contains nuts)** Paired with a side of steamed green asparagus, this dish is both rich and rewarding. Featuring a beautiful blend of spices, we dare you to find a butter chicken with more finesse & less fat!

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## SIDES

Choose 2

An expert selection of seasonal vegetables, skewered and grilled to perfection. **Grilled Vegetable Skewers (GF)**

A vibrant blend of well-seasoned steamed asparagus, carrots, green beans, corn, and peas! **Steamed Seasonal Vegetables (GF)**

Roasted to perfection, these **Herb and Garlic Roasted Bell Peppers (GF)** serve perfectly with any entrée.

We know you'll fall in love with our expertly seasoned **Lemon Garlic Mini Potatoes (GF)** on garlic mini potatoes!

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## ADDONS

**Cookies: assorted Oatmeal Raisin, Rich Double Chocolate or Classic Chocolate Chip Cookies**

**Cupcakes: Assorted Vanilla Bean, Chocolate, Lavender or Mint Cupcakes**

**Double Chocolate Cake** (\$5.00 Per Slice (Gluten-Free))

\*Nut-Free, Gluten Free, and Full Slab cakes available in different sizes upon request. Will be quoted separately.

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## STAFFING

\$28 Per Hour/Per Staff Member (Minimum, Travel Time Additional)

\$35 Per Hour/Per Staff Member (Minimum, Travel Time Additional)

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## RENTALS & DISHES

- Chafing Dishes (including Hot & Cold) \$28 Each
  - Dinner Plate or Side/Dessert Plate: \$0.50 Each
    - Fork, Knife or Spoon: \$0.50 Each
  - Coffee Cup and Saucer: \$1.00 Each
    - Water or Beer Glass: \$0.50 Each
    - Wine Glass: \$0.50 Each
  - White Cloth Napkin: \$0.75 Each
  - Standard Regular Tablecloth: \$12.00 Each
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## TASTINGS

Scheduled menu tastings are available for all Upbeet weddings. Once a deposit has been secured, complimentary tastings are provided for couples with a minimum spend of \$2,000. If your order is below the minimum spend, you may arrange a menu tasting at your expense.

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\$45 Per Person  
+ Applicable Taxes. Minimum 50 guests.

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