

## BREAKFAST

### OATMEAL STATION

Hot oatmeal prepared with fresh almond milk and cinnamon

Toppings - roasted apples, roasted pears, walnuts, and dark chocolate chips

Sweeteners - maple syrup, agave, or honey

### YOGURT STATION

Plain almond yogurt or coconut yogurt with local fresh fruit

Sweeteners - maple syrup, agave, or honey

Toppings - walnuts or granola

Available in small and large platters.



### FRUIT PLATTER

A combination of local fruits that will energize your day!

Available in small or large platter.

### DOMINICAN BREAKFAST

Our traditional Dominican breakfast features root vegetables and different food combinations. We have replaced the traditional animal based proteins with plant-based proteins but the flavors remain just as delicious!

choose 1 vegetable · 1 protein

#### VEGETABLES

Mashed Green or Yellow Plantains  
Boiled Green or Yellow Plantains  
Boiled Yucca (Cassave)  
Boiled Batata (Sweet Potato)  
Mashed Potatoes  
Roasted Potatoes

#### PROTEINS

Hard Boiled Eggs   
Scrambled Eggs   
Scrambled Vegan Eggs  
Sautéed Mushrooms,  
Onions & Cilantro  
Grilled or Stewed Plant-Based Sausage

### VEGAN TRES GOLDES (THE 3 PUNCHES)

Cashew cheese, plant-based tofu, scrambled tofu or vegan egg

## LUNCH / DINNER

Available in small and large platters.

choose 1 grain · 1 protein · 1 vegetable

#### GRAINS

Bulgar Wheat  
White Rice  
Brown Rice   
Farro Herb Pilaf

#### PROTEINS

Pigeon Peas  
Black Beans  
Red Beans  
Chickpeas

#### VEGETABLES

Cauliflower Al Ajillo  
Stewed or Grilled Eggplants  
Roasted Squash  
Baked Sweet Plantains  
Coconut Fried Plantains

### SWEET PLANTAIN PASTELÓN

Sweet plantain casserole with stew or sautéed local vegetables

### PASTELÓN DE SQUASH

Summer squash casserole with local vegetables in season

### LASAGNA A LA PRIMAVERA

Choose stewed or sautéed vegetables or grounded tofu

### STUFFED TAYOTA

Choose from stew or sautéed vegetables or soy chorizo

### COCONUT BULGAR WHEAT & STEW PIGEON PEAS

## SALADS

### PAPAS BEET THE SYSTEM

Potatoes, beets, carrots, oregano, onions with our apple cider vinaigrette

### SPRING REMEZCLA

Kale, shredded carrot, beets, roasted chickpeas with citrus garlic vinaigrette

### CARIBBEAN POWER SALAD

Spinach, parsnips, onions, coco sweet plantains, and chimichurri dressing

## SIDES

### SAZÓN BULGAR WHEAT

Bulgar wheat prepared in our sazón sofrito seasoning.

**BROWN RICE**

### SAZÓN SOFRITO BEANS

Choose from black, kidney, or chickpeas

**AREPITAS DE MAÍZ**

Golden Corn Meal Patties with Chives

### AVOCADO CREMA

Creamy avocado sauce

### CHIMICHURRI A LA ARGENTINA

A cilantro-based sauce

### KATCHUMAYO

## DRINKS

(prices per person)

### FRESHLY MADE SEASONAL JUICES

FRESHLY BREWED ORGANIC COFFEE  
regular or decaf

ASSORTED TEAS  
inquire about flavors

AVENA CALIENTE  
Hot oatmeal

JUGO DE AVENA  
Dominican oats and citrus juice

## DULCES

Ask us about our desserts!

CATERING MENU  
SPRING 2017

\*WE WILL ADD PRICES  
TO MENU SOON\*

Email [ORDER@WOKEFOODS.COM](mailto:ORDER@WOKEFOODS.COM)  
or call 707-800-WOKE  
[www.wokefoods.com/catering](http://www.wokefoods.com/catering)

¡TOMAMOS ORDENES EN  
ESPAÑOL!

Gluten free  
 Vegetarian  
\*\*All dishes can be made vegan.

