

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 (V)

Scrambled Eggs (V)

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 (GF)

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 (V)

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 (GF)

SAZÓN SOFRITO BEANS

Choose from black, kidney, or chickpeas

AREPITAS DE MAÍZ (V)

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
or call 707-800-WOKE
www.wokefoods.com/catering

¡TOMAMOS ORDENES EN
ESPAÑOL!

GF Gluten free
V Vegetarian

**All dishes can be made vegan.

