NATURAL
EDGE OF THE WOODS MARKET
A VEGETARIAN MARKET EST. 1978

CATERING MENU

Serving the community for over 45 years. Edge of the Woods catering service features creatively prepared vegetarian dishes using locally produced foods. All items from salad dressings to bakery goods are handcrafted fresh in our kitchen. Ask about our custom Bakery platters & specialty cakes!

Kosher Pas Yisroel & Cholov Yisroel under the supervision of Vaad Hakashrus of Fairfield County

★ Hot & Cold Salad Bar ★ Natural Bakery & Deli ★ Sandwich & Juice Bar ★ In-Store Dining Area

Entrees

Small serves 10-15 / Large serves 25-30

Shepherd's Pie — $60.00 / $110.00
Lentil, carrot, diced tomatoes, leeks, and mashed potatoes on top **(Vegan/GF)**

Vegetable Lasagna — $60.00 / $110.00
Noodles, cheese, zucchini, eggplant, peppers, squash, spinach, artichoke, tomato sauce **(Vegan opt.)**

Butternut Squash Lasagna NEW — $60.00 / $110.00
Tender squash, pasta, seasonings & house white sauce

Eggplant Parmesan — $55.00 / $110.00
Breaded eggplant, rich tomato sauce, melted cheese and breadcrumbs

Vegetable Pot Pie — $55.00 / $110.00
Carrots, celery, peas, potato and white sauce crust

BBQ Tempeh — $60.00 / $110.00
Tempeh, cabbage, kale, barbecue glaze, and veganaise **(Vegan/GF)**

Curry Vegetables — $50.00 / $100.00
Carrots, peppers, cabbage, snap peas, coconut milk (opt. Tofu, Seitan, Tempeh) **(Vegan)**

Mac & Cheese — $50.00 / $100.00
Noodles, Cheese and Milk **(with Vegan option)**

Vegetarian Chili — $50.00 / $100.00
Beans, peppers, tomato and onion **(Vegan/Gluten Free)**

Eggplant Delight — $50.00 / $100.00
Eggplant, peppers, tomato and onion **(Vegan/Gluten Free)**

Roasted Zucchini — $50.00 / $100.00
Green squash, tahini sauce, sunflower seeds and dill **(Vegan/GF)**

Barley & Mushroom Tofu — $50.00 / $100.00
Onions, sesame oil, gluten free tamari and smoked tofu

Tofu Teriyaki — $50.00 / $100.00
Carrots, snap peas, and cabbage **(Vegan/Gluten Free)**

Rice with Vegetables — $35.00 / $65.00
Carrots, peas and corn or cranberries **(Vegan/Gluten Free)**

Penne Pasta with Tofu — $50.00 / $100.00
Carrots, peppers and greens **(Vegan)**

Ratatouille — $50.00 / $100.00
Zucchini, eggplant, onions, peppers and tomato **(Vegan/GF)**

Plaki (Baked Beans) — $45.00 / $95.00
Beans, carrots, onions, tomato, celery and dill **(Vegan/GF)**

Red Lentil Bulgur — $50.00 / $100.00
Onions, tomato, scallion and parsley **(Vegan)**

Butternut Squash — $45.00 / $95.00
Brown rice, squash and kale **(Vegan/Gluten Free)**

Quiche 9" — $20.00
Spinach, broccoli, zucchini, cheese and eggs

Soups

$10.00 / Quart — All Vegan and Gluten Free

Red Lentil: Carrots, sweet potato, cumin, onions, olive oil

Tomato: Tomato, peppers, carrots, black & brown rice, parsley, onions, garlic

Butternut Squash: Onions, butternut squash, coconut milk, cinnamon, salt, black pepper

Cream Broccoli: Broccoli, potato, leeks, almond milk, salt, black pepper

Veggie: Carrots, celery, butternut squash, sweet potato, zucchini, noodles, onions, leeks

White Bean: Dill, cilantro, white beans, carrots, tomato, celery, hot & sweet peppers

Coconut: Coconut milk, carrots, peppers, corn, cilantro, chili peppers, celery, onions

Cauliflower/Leek: Cauliflower, leeks, potato, almond milk, salt, black pepper

Red Lentil/Cauliflower/Millet: Red lentil, cauliflower, millet, sweet potato, ginger, chili

Sweet Potato Lentil: Lentils, sweet potato, celery, onions, black pepper, salt, olive oil

Salads

Small serves 10-15 / Large serves 25-30

Tabouli — $50.00 / $95.00
Bulgur, parsley, scallion, red onion, tomato, mint, lemon juice, olive oil **(Vegan)**

French Couscous — $50.00 / $95.00
Tomato, chick peas, red onions, parsley, scallion, cucumber, lemon juice **(Vegan)**

Pear Feta Salad — $55.00 / $95.00
Pear, feta cheese, parsley, golden raisins, pecans, olive oil, lemon juice **(Gluten Free)**

Calicous — $45.00 / $85.00
Cauliflower, couscous, tofu, red onions, lemon juice, green peas, veganaise **(Vegan)**

Spinach Salad — $45.00 / $85.00
Spinach, bell pepper, onions, cashews, cranberries, balsamic, tempeh bacon **(Vegan/GF)**

Beet Salad — $45.00 / $85.00
Beets, salt, oregano, lemon juice **(Vegan/Gluten Free)**

Ginger Cabbage — $45.00 / $85.00
Red cabbage, lacinato kale, napa cabbage, bok choy, ginger, tamari, carrots **(Vegan/GF)**

Tofu Salad — $50.00 / $95.00
Tofu, onions, celery, wheat free tamari, turmeric, black pepper **(Vegan/GF)**

Kale/Apple Salad — $45.00 / $85.00
Lacinato kale, apple, poppy seed dressing **(Vegan/Gluten Free)**

Avocado/Tomato Salad — $50.00 / $95.00
Tomato, avocado, onions, lemon juice, salt, peppers, olive oil **(Vegan/GF)**

Caribbean Coleslaw — $45.00 / $85.00
Kale, pineapple, carrots, bell peppers, cashews, cranberries, olive oil **(Vegan/GF)**

Medley Salad — $45.00 / $85.00
Cucumber, tomato, onions, green & kalamata olives, bell peppers, parsley **(Vegan/GF)**

French Lentil Salad — $45.00 / $85.00
Cucumber, colorful peppers, scallion, red onion, cilantro, lemon juice **(Vegan/GF)**

Three Bean Salad — $45.00 / $85.00
Colorful peppers, red onions, scallions, parsley, lemon juice, olive oil **(Vegan/GF)**

Potato Salad — $45.00 / $85.00
Potato, celery, veganaise, dill, mustard, parsley, jalapeno **(Vegan/GF)**

Spicy Potato Salad — $45.00 / $85.00
Sweet potato, celery, onions, cilantro, chipotle sauce, cumin, veganaise **(Vegan/GF)**

Waldorf Salad — $45.00 / $85.00
Apples, raisins, celery, walnuts, veganaise **(Vegan/Gluten Free)**

Fruit Salad — $50.00 / $95.00
Fresh seasonal fruit and berries **(Vegan/Gluten Free)**

Lemon Curry Tofu — $30.00 / dozen
Tofu, canola oil, tamari, lemon, curry powder **(Vegan)** Served Hot or Cold

Sesame Ginger Tofu — $25.00 / dozen
Tofu, ginger, hot pepper, sesame oil, sesame seeds **(Vegan/GF)**

379 Whalley Avenue, New Haven (plenty of free parking) • 203-787-1055 • www.eotwm.com
Please call or stop by and ask the Chef to discuss any catering questions you may have.