

ORGANIC PLANET CATERING MENU



ORGANIC PLANET WORKER CO-OP

worker@organicplanet.coop

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877 Westminster Avenue

Winnipeg, MB

R3G 1B3

//cakes	40
ICED CAKES (8-10 pieces)	
chocolate	
mocha fudge	
carrot	
lemon poppyseed	

SLAB (20-40 pieces)	80
vanilla or chocolate	

sorry we do not write on cakes

'CHEESE'CAKES (8-10 pieces)	45
espresso	
blueberry	
chocolate	
oreo	

//baked goods (dozen)

brownies GF	38
date/fruit square	44
nanaimo GF	48
cookies	19
muffins	26
bliss balls GF	14
sweet potato cinnamon buns GF	34
cupcakes/minis GF	33/22

LENTILS & VEG

- seasonal vegetables in a chunky, savoury herbed lentil soup

CURRIED SQUASH

- velvety roasted squash with quinoa and greens, ginger and chili

RENEGADE

- chickpeas, yams and bell peppers in a sweet paprika broth

CREAM OF MUSHROOM

- coconut cream, balsamic and thyme make this soup sing

BEET BORSCHT

- the traditional beet & cabbage soup with tomatoes and dill

ROASTED RED PEPPER & TOMATO

- a hint of coconut cream and cayenne balance this tangy, warming soup

POTATO LEEK

-a hearty classic

SMOKEY LENTIL

- thick with carrots and sweet potatoes, robust flavor

WILD RICE MUSHROOM & SQUASH

- classic Manitoban fare, showcasing three of our most flavourful local offerings in a hearty medley

CHEEZY BROCCOLI

- non dairy cream and nutritional yeast give this creamy green soup its cheddar flavour

ROSEMARY RED LENTIL

- aromatic and wholesome

MISO

- with tofu, green onions and seaweed

//sandwich platters

35/65/95

(10/20/30 servings) wraps add 5 gluten free add 8

pick any three of the following:

WITH TOFU/TEMPEH

Tofu Lettuce Tomato

prairie baked tofu

tempeh reuben

southwestern tempeh wrap

chick'un caesar wrap

ginger tofu wrap

WITHOUT TOFU

veggies & hummus (add hot sauce – optional)

bean and rice burrito

cheese & veg (choose between dairy / daiya)

avocado & sprouts

not-a-tuna salad

//salads

GREENS

35

dark leafy caesar **GF** (make it chick'un caesar, + 5)

- kale & carrots in a creamy tahini and garlic dressing

living stirfry **GF**

- loaded with fresh veggies in a sesame soy dressing

coleslaw **GF**

- creamy & tangy, shredded cabbage and seasonal veg

spring greens salad **GF**

- with seasonal fruit, seeds& nuts and housemade balsamic

apple & beet **GF**

- with cabbage and seeds in a bright, maple vinaigrette

//salads cont'd

GRAINS

40

quinoa yam **GF**

- our most popular salad, in a maple cumin dressing
tabbouleh

-pearled grains with veggies in a lemony mint
dressing

curried quinoa + cashew

- apples, celery and raisins provide bursts of flavor
in this crunchy, nutritious salad

fiesta **GF**

- brown rice and black beans with peppers and corn
in a cumin vinaigrette

chickpea green bean **GF**

- loaded with veggies, in a sweet balsamic dressing

PASTA

45

geek salad **GF**

-balsamic vinaigrette over brown rice penne, greek
veggies & herbed tofu

roasted beet & kale

-the "tahini jewel"

szechuan noodle

-soba noodles,carrots peppers & kale in zesty
dressing topped with sesame seeds

thai coconut noodle

not-a-tuna

-chickpeas not fishies! creamy with pickles

//platters

CHIPS + SALSA GF	20
PATE + CRACKERS GF	45
	(GF +3)
FRUIT GF (10/20/30 servings)	50/70/90
HUMMUS + VEG GF	40/60/80
CHEESE + CRACKERS (dairy or not)	45/65/85
PIZZA PILLOWS / MINI FRITTATAS / CURRY	
TURNOVERS (doz) GF	25
DAINTIES, ASSORTED (100pc)	125

//meals – take home & heat up

nellie frittata GF	40
mac & chi GF	40
veg burgers (/doz) GF	25

prices do not include GST, PST or delivery

//about our kitchen

We use local organic ingredients wherever possible. We are vegan* & peanut free. We are proud to offer many gluten-free options (marked **GF**) but are not a gluten-free facility. We are also able to meet a wide variety of other special dietary requirements, including: sugar-free, raw, soy-free and candida diet-friendly. Do enquire, we love a challenge! Please provide at least 3 days notice to ensure availability. Large orders will require a 50% deposit.

*Excepting dairy products for coffees. We can also provide dairy cheeses upon request.