

minimum of 10 per menu item required for catering orders

# heartBEET

catering

## SHAREABLES

EACH ORDER SERVES 10

### Spinach & Artichoke Dip • 80

Artichoke hearts & spinach served with tortilla chips and organic plantain chips

### Citrus- Marinated “Ceviche” • 100

Marinated organic young coconut, hearts of palm, guacamole, Persian cucumbers, watermelon & daikon radish, pineapple, jalapeños, served with organic plantain chips

### Traditional, Jalapeño or Beet Hummus • 70

Served with pita bread

\*Make it GF SUB Carrots and Persian Cucumbers 8/person

### Homemade Guacamole • 70

Served with tortilla chips

### Cashew Queso • 50

Served with plantain chips

### Mini Black Bean and Beet Bites • 8/person

5 bites per order

Served with vegan chipotle

### Falafel Bites • 8/person

5 balls per order

Served with tahini drizzle



## SALADS & BOWLS

AS A SIDE - EACH ORDER SERVES 10

### Soba Noodle Salad • 55

Chopped kale, red bell pepper, julienned carrots, Persian cucumber, scallions, ginger-sesame-chili dressing, toasted sesame seeds, cilantro

### Turmeric Roasted Organic Quinoa Salad • 45

Chopped kale, zucchini, broccoli, red bell pepper, red onion, cauliflower, tomatoes, tricolor quinoa, lemon zest, roasted garlic vinaigrette

### Israeli Couscous Salad • 50

Mixed greens, carrots, scallions, Persian cucumber, red bell peppers, cilantro, dried cranberries, microgreens

## entrée packages

### Crispy Organic Curry Tofu • /5/person

Served with organic lentil brown rice, walnut coconut curry, ginger-glazed brussels sprouts and pita bread

### Organic Cripsy Tofu Quesadillas • /6/person

House-made avocado tortilla, vegan mozzarella, cashew queso, sun-dried tomatoes, mushrooms, vegan chipotle aioli

### Assorted Taco Tray • /6/person

A variety of tacos with crispy eggplant, falafel, and seitan, purple and Napa cabbage chipotle slaw, guacamole, house-made spicy pickled vegetables on our homemade avocado tortilla served with black beans, cashew queso with tortilla chips (2 tacos per person)



## salad boxed lunches

### Soba Noodle Salad • /6/person

Chopped kale, red bell pepper, julienned carrots, Persian cucumber, scallions, ginger-sesame-chili dressing, toasted sesame seeds, cilantro

### Turmeric Roasted Organic Quinoa Salad • /3/person

Chopped kale, zucchini, broccoli, red bell pepper, red onion, cauliflower, tomatoes, tricolor quinoa, lemon zest, roasted garlic vinaigrette

### Israeli Couscous Salad • /4/person

Mixed greens, carrots, scallions, Persian cucumber, red bell peppers, cilantro, dried cranberries, microgreens

### Falafel Bowl • /5/person

Falafel Balls, beet hummus, turmeric roasted veggie quinoa, a blend of Persian cucumber, cherry tomato, radish, Kalamata olive, red onion, parsley, lemon wedges

### Nutritious Bowl • /6/person

Two black bean & beet patties, organic brown rice, black beans, pico de gallo, avocado relish, seasonal veggies, tahini drizzle

### Roasted Beet Poke Bowl • /4/person

Roasted beets, fire-roasted ginger-chili Brussels sprouts, coconut basmati rice, Persian cucumber, watermelon radish, avocado relish, chipotle-chili drizzle, toasted sesame seeds



NUT-FREE



GLUTEN-FRIENDLY



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sandwich OR wrap BOXED LUNCHES OR ASSORTED TRAY • // /person  
MAKE IT UPBEET – WITH ONE SIDE /4/person WITH TWO SIDES /5/person

## SANDWICH OR WRAP CHOICES

### Philly “Cheesesteak” Sandwich

Herb-sauteed wild mushrooms, caramelized onions, red & green bell pepper, wild mushrooms, cashew queso, cumin-cilantro aioli served on toasted ciabatta

### Organic Crispy Tofu Banh Mi Baguette

Blend of Persian cucumber, red bell pepper, carrots, cilantro in a peanut sesame ginger vinaigrette, topped with cilantro vegan aioli

### Falafel Pita

Lettuce, tomato, onion, jalapeño hummus, tahini drizzle



## FRESH PRESSED JUICES GALLON • 50

### Green No 1

Kale, spinach, cucumber, celery, mint

### Golden Glow

Orange, carrot, anti-inflammatory turmeric, chia seeds

### We’ve got the Beet

Beets, carrots, lemon, ginger

## SIDES

Beet Potato Salad • 5/person

Persian Cucumber Dill Salad • 6/person

Seasonal Fruit • 5/person

Israeli Couscous • 6/person

Carrots, scallions, Persian cucumber, red bell pepper, cilantro, dried cranberries, curry-ginger vinaigrette

House-made Chips with Cajun Seasoning • 5/person



NUT-FREE



GLUTEN-FRIENDLY

## Breakfast

### Tofu Migas Breakfast Buffet • /7/person

Scrambled tofu, blend of Cuban black beans, roasted corn, tomato, scallion, red onion, tortilla chips served with tortillas, herb-roasted new potatoes & seasonal fresh fruit bowl

\*Add homemade guacamole 2/person

### Organic Peanut Butter & Raspberry French Toast • /4/person

House-made raspberry sauce, bananas, berries, powdered sugar, maple syrup

BOOK  
YOUR  
EVENT

In the spirit of neighborhood and community, Heartbeet offers a comfortable place to connect with family and friends over healthy meals. For all types of events from corporate occasions to family celebrations, we welcome you to join us for birthdays, graduations, corporate happy hours, and more. We would be honored to help make your event a very special one.

