



Hen & Hound Catering

HENANDHOUNDCATERING.COM

203-443-7937

HENANDHOUNDCATERING@GMAIL.COM

CARDAMOM

BRUNCH & LUNCH MENU

Please Pick 1 Appetizer (or add an additional Side)

Devilled Eggs- with pickled red onion and sunflower seeds

Chia Pudding- with coconut vanilla base and fresh berries

Vegan Spinach Artichoke Dip- on mini pita bites or sweet potato crisps

Fruit & Grain Parfaits- with yogurt, granola, and berries (non-dairy yogurt available)

Please Pick 1 Salad

Cold Sesame Noodle Salad- with rice noodles, shredded carrots, scallions, and tangy peanut dressing

Greek Pasta Salad - with marinated cucumbers, carrots, olives, and sundried tomatoes

Mexican Street Corn Salad- with roasted corn, jalapenos, and cotija

Seasonal Mixed Green Salad- with sunflower seeds, cherry tomatoes, radishes, blueberries and a lemon herb vinaigrette

Seasonal Quinoa Salad- with Zucchini, Rainbow Peppers, Chickpeas in an herb vinaigrette

Please Select 2 Entrees

Sandwich Platters (interactive station option available)

- ❖ Hummus, roasted red peppers, onion, feta, and tzatziki
- ❖ Buffalo chickpea salad with celery and micro greens on fresh wheat bread
- ❖ BBQ bean burrito with peach salsa, cucumbers, and mixed cheeses
- ❖ Balsamic portabella, red pepper, herbed goat cheese panini on ciabatta

Buddha Bowls- grain base, roasted vegetables, pickled vegetables, seeds, nuts, vegan sriracha mayo

Summer Vegetable Paella- with sprouts and roasted peppers

Breakfast burritos- with egg or tofu scramble, assorted seasonal vegetables, guacamole, seasonal salsa

Frittatas

- ❖ Broccoli, cheddar and caramelized onions
- ❖ Spinach, red pepper and chives
- ❖ Shaved asparagus and goat cheese

Please Select 1 Side

Ginger Bok Choy

Mashed Cauliflower

Vegan Potato Salad

Smokey Sweet Potatoes

Steamed Broccoli & Cauliflower

Starting at \$34/person

Personalized combinations available for all menus: based on allergy and dietary restrictions.

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MINT

APPETIZERS & STATIONS

Please Pick 1 Bruschetta or Flatbread

Seasonal Bruschetta

- ❖ Heirloom Tomatoes & Mozzarella- with a red wine vinaigrette and fresh basil
- ❖ Pear & Goat Cheese- with a honey drizzle
- ❖ Pesto Ricotta- with roasted zucchini and arugula

Flatbreads & Pizzas: Seasonal/a la carte toppings

- ❖ Green Garden- pesto ricotta, roasted zucchini, mushrooms, mozzarella and parmesan
- ❖ Eggplant Parmesan- grilled eggplant, roasted tomato and fresh Romano cheese
- ❖ Margherita- fresh mozzarella, basil, and heirloom tomatoes
- ❖ Greek- spinach, red onion, fresh tomatoes, and artichokes

Please Pick 1 Station

Mezze Platter

- ❖ Hummus, tabbouleh, tzatziki, marinated feta, assorted olives and vegetables

Cheese Board

- ❖ Local cheeses, fruits, fresh bread, roasted nuts, paired preserves, and assorted crackers

Hummus Station

- ❖ Seasonal hummus, classic hummus, toppings, dippers, variety of vegetables, crackers, warm pita, pretzel dippers and seeds, flavored olive oil, and marinated vegetables

The Dips (Please Pick 2)

- ❖ Spinach Artichoke Dip- in Cups/Wonton cups, sweet potato crisps, or pita
- ❖ Green Goddess Dip- with pretzels and crudite
- ❖ Vegan Buffalo Jackfruit Dip- with fresh veggies and bread

Please Pick 3 Small Bites

Mini Lentil Taco Bites- with fresh salsa, guac, and mixed cheese blend

Mini Rainbow Stuffed Peppers - with garlic hummus

Bean Dip Trio pinwheel- with sunflower seeds in spinach wraps

Buffalo Cauliflower Wonton Cups- with vegan Ranch and chives

Stuffed Cremini Mushrooms- with quinoa, garlic, and toasted breadcrumbs

Vegan Spinach Artichoke Dip- on mini pita bites or sweet potato crisps

Heirloom Caprese Skewers- with Pesto & Balsamic Glaze

Antipasto Skewers- with assorted marinated and fresh vegetables, olives, cheese optional

Please Pick 1 Soup- Or add another Small Bite

5 Bean and Charred Pepper Chili

Roasted Corn Chowder

Ginger Miso

Starting at \$32/person

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GINGER

DINNER PACKAGE

Please Pick 2 Appetizer Options

- Mini Rainbow Stuffed Peppers - with roasted garlic hummus
- Bean Dip Trio pinwheel- with sunflower seeds in spinach wraps
- Mini Lentil Tacos- with fresh salsa, guac, and mixed cheese blend
- Vegan Spinach Artichoke Dip- on mini pita bites or sweet potato crisps
- Antipasto Skewers- with assorted marinated and fresh vegetables, olives, cheese optional

Please Pick 1 Salad

- Greek Pasta Salad- with marinated cucumbers, carrots, olives, and sundried tomatoes
- Seasonal Quinoa Bake/Salad
- Seasonal Mixed Green Salad

Please Pick 2 Entrees

- Vegetable Lasagna- with eggplant, zucchini, portabella, lentil noodles and fresh basil ricotta
- Stuffed Rainbow Bell Peppers- with a quinoa, kale, and marinated tomato filling
- Stuffed Portobella Mushrooms- with a creamy vegetable filling and toasted almond topping
- Black Bean and Zucchini Enchiladas- with a charred poblano salsa
- Red Curry vegetables- with brown rice and fresh herbs
- Black Bean Sliders- with sweet Chili Slaw, Pickled Red Onion, and Vegan Mayo
- Broccoli & Caramelized Onion Mac & Cheese

Please Pick 1 Side

- Ginger Bok Choy
- Mashed Cauliflower
- Vegan Potato Salad
- Smokey Sweet Potatoes
- Steamed Broccoli & Cauliflower

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TARRAGON

DINNER PACKAGE

Please Pick 2 Appetizer Options

- Black Bean Sliders- with sweet Chili Slaw, Pickled Red Onion, and Vegan Mayo
- Stuffed Cremini Mushrooms- with quinoa, garlic, and toasted breadcrumbs
- Vegan Spinach Artichoke Dip- on mini pita bites or sweet potato crisps
- Bean Dip Trio pinwheel- with sunflower seeds in spinach wraps
- Buffalo Cauliflower Wonton Cups- with vegan Ranch and chives
- Mini Lentil Taco Bites- with fresh salsa, guac, and mixed cheese blend
- Heirloom Caprese Skewers- with Pesto & Balsamic Glaze
- Mac & Cheese Bites- with jalapeno & crispy shallots
- Mini Rainbow Stuffed Peppers - with garlic hummus

Please Pick 1 Station

Mezze Platter

- ❖ Hummus, tabbouleh, roasted eggplant dip, marinated feta, assorted olives and vegetables

The Dips (Please Pick 2)

- ❖ Spinach Artichoke Dip- in Cups/Wonton cups, sweet potato crisps, or pita
- ❖ 8 Layer Southwest Dip- with fresh tortilla chips
- ❖ Vegan Buffalo Jackfruit Dip- with fresh veggies and bread

Please Pick 2 Entree Options

- Vegetable Lasagna- with eggplant, zucchini, portabella, lentil noodles and fresh basil ricotta
- Butternut Squash White Lasagna- with a sage cream sauce
- Whole Roasted Cauliflower "Pot Roast" style- with a medley of roasted root vegetables mushroom gravy
- Stuffed Rainbow Bell Peppers- with a quinoa, kale, and marinated tomato filling
- Stuffed Portobella Mushrooms- with a creamy vegetable filling and toasted almond topping
- Stuffed Seasonal Squash- with a smooth farrow and cranberry stuffing
- Black Bean and Sweet Potato Enchiladas- with a charred poblano salsa
- Crispy Chickpea and Cauliflower Tacos- with pineapple mango salsa, and garlic lime avocado crema
- Eggplant Parmesan Napoleons- with herbed ricotta and heirloom tomatoes
- Red Curry vegetables- over brown rice with fresh herbs
- Wild Mushroom Mac & Cheese (Beer Cheese Optional)
- Butternut Squash Risotto - with roasted squash, turmeric, and pepitas
- Wild Mushroom Risotto- with fried shallot topping

Interactive Options (Additional \$3pp)

- Pad Thai- butternut, zucchini, or rice noodles with selection of vegetables
- Buddha Bowls- Grain base, roasted vegetables, pickled vegetables, seeds, nuts, selection of sauces
- Mac & Cheese- Chives, BBQ mushrooms, buffalo cauliflower, toasted breadcrumbs, vegetables

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Please Pick 2 Sides

5 Bean and Charred Pepper Chili

Butternut Squash Bisque

Roasted Corn Chowder

Broccoli Cheddar Soup

Ginger Miso Soup

Garlicy Greens

Root Vegetable Gratin

Roasted Sweet Potatoes

Cauliflower and Parsnip mash

Steamed Broccoli & Cauliflower

Twice Baked Baby Red Bliss Potatoes

Braised Carrots, Parsnips, and Turnip

Starting at \$36/person

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