



**EMPIRE**

# Vegan & Gluten Free Menu

**Contact us**

**929.895.1520**

**orders@empirecateringnyc.com**



## Healthy And Fresh

All Prices Per Guest  
8 Guest Minimum Per Order



**GLUTEN  
FREE**



[www.empirecateringnyc.com](http://www.empirecateringnyc.com)



# VEGAN & GLUTEN FREE BREAKFAST



**Acerola Bowl Bar \$8.95**

Acerola with Hemp Granola, Banana, Strawberry, Blueberry.

**Choice of Topping:**

Peanut Butter, Almond Butter, Coconut Shredded or Cacao Nibs.

**Açaí Bowl Bar \$8.95**

Açaí with Hemp Granola, Banana, Strawberry, Blueberry.

**Choice of Topping:**

Peanut Butter, Almond Butter, Coconut Shredded or Cacao Nibs.

**Dragon Fruit Bowl Bar \$8.95**

Açaí with Hemp Granola, Banana, Strawberry, Blueberry.

**Choice of Topping:**

Peanut Butter, Almond Butter, Coconut Shredded or Cacao Nibs.

**Mix Berries Bowl \$7.95**

Assortment of Seasonal Mixed Berries.

**Oat Meal Bar \$10.95**

Granola, Cinnamon, Brown Sugar, Seasonal Berries and Golden Raisins.

**Chia Pudding Parfait \$7.50**

With Hemp Granola and Fruit.

**Individual Dairy-Free Yogurt Parfait \$8.50**

Strawberry, Vanilla or Plain with Hemp Granola and Fruit.

**Create Your Own Dairy-Free Yogurt Parfait \$10.50**

A Bountiful Bowl of Dairy-Free Yogurt, Dried Fruits, Granola, Chopped Fruits and Seasonal Berries.

**Exotic Fruit and Berry Platter \$5.95**

**Breakfast Tostadas \$7.95**

Beans, Scrambled Eggs (Just Egg) Jalapeño, Red Salsa.

**Smashed Avocado Toast Bar \$12.95**

Vegan & Gluten Free Bread

**Choose four toppings:**

Mushrooms, Arugula, Basil Pesto, Cherry Tomatoes, Jalapeños, Cucumber, Roasted Peppers, Feta, and Fruits.

**Frittata Egg Muffins \$11.95**

Spinach  
Broccoli  
Tomatoes  
Bell Peppers

**Blueberry Pancakes \$11.95**

**Lemon Poppy Seed Pancakes \$11.95**

**Banana Blueberry Loaf \$7.95**

**Breakfast Bar \$ 7.95**

With Bananas, Oats, and Flaxseed.

**Muffins \$7.50**

Harvest  
Corn  
Banana Walnut  
Blueberry  
Cocoa Bean

**Scones \$ 7.50**

Cranberry Chai  
Blueberry  
Cheddar Kale



# HEALTHY BEVERAGES

## HEALTHY JUICES

### **Green-On \$8.95**

Spinach, Kale, Cucumber, Celery, Green Apple, Lemon.

### **Green Pink \$8.95**

Kale, Watermelon, Green Apple, Lemon.

### **Green Apple \$8.95**

Spinach, Kale, Pineapple, Green Apple, Lemon.

### **Detox \$8.95**

Carrot, Celery, Green Apple, Lemon, Ginger.

### **Hang Over \$8.95**

Carrot, Beet, Celery, Spinach, Lemon, Ginger.

### **Freshly Squeezed Orange Juice \$3.95**

## SMOOTHIES

### **Smoothie \$6.95**

**Add Vegan Protein \$4.00**

#### **Peanut Butter**

Almond Milk, Banana, Peanut Butter and Coconut Milk.

#### **Almond Butter**

Almond Butter, Banana, Almond Milk and Coconut Milk.

#### **Strawberry**

Almond Milk, Strawberry, Raspberry, and Banana.

#### **Green Goddess**

Kale, Spinach, Banana and Orange Juice.

#### **Coco Pineapple**

Pineapple, Mango, Banana, and Coconut Water.

#### **Berries**

Raspberry, Blueberries, Strawberry, Almond Milk or Coconut Water.

#### **Blueberry**

Blueberry, Banana, Blue Spirulina and Almond Milk.

#### **Acerola**

Acerola, Mango, Pineapple, Blue Agave and Coconut Water.

#### **Açaí**

Açaí, Mix Berries, Banana and Almond Milk.

#### **Bodybuilder**

Chocolate Vegan Protein, Banana, Peanut Butter and Almond Milk.

#### **Pitaya**

Pitaya, Strawberry, Blueberry, Coconut Water and Blue Agave.

#### **Mangonada**

Fresh Mango, Frozen Mango, Mango Nectar, Chamoy, Tajín, Lime and Blue Agave.





# VEGAN & GLUTEN FREE SANDWICHES & WRAPS

## SANDWICHES & WRAPS \$13.50

### **Napa Valley Pita**

Carrots, Cucumber, Tomato, Sprouts, Avocado, Bell Pepper, Spinach with Spicy Tahini Spread.

### **Falafel Wrap**

Falafel, Smashed Avocado, Tomato, Pickled Peppers, and Sunflower Seeds with Tahini Dressing.

### **Smashed Chickpeas**

Smashed Chickpeas, Avocado, Sprouts on a Spinach Wraps.

### **Grilled Mushrooms Eggplant**

with Plum Tomato, Spinach, and Hummus.

### **CauliFlower Wrap**

Crispy Cauliflower, Buffalo Sauce, Shredded Carrots, Sliced Celery, Romaine, Tofu Crema in a Wrap.

### **Melange Veggie**

Melange of Vegetables with Vegan Mozzarella, Sun-dried Tomato and Pesto Sauce.

### **Portobello Mushrooms**

Avocado, Kale and Oven-dried Tomatoes.

### **Roasted Veggie**

Roasted Vegetables, Plum Tomatoes, and Fresh Basil.

### **Empire's Garden**

Avocado, Cucumbers, Carrots, Sun Dried Tomatoes, Plum Tomatoes, Purple Cabbage with Hummus.

### **Eggplant Milanese**

Breaded Eggplant, Vegan Mozzarella and Fire Roasted Tomatoes.

### **Garden Veggie**

Avocado, Cucumbers, Carrots, Sun Dried Tomatoes, Sprouts, Plum Tomatoes and Baby Greens with Hummus.

### **Tofu Eggless Salad Sandwich**

Tofu, Celery, Carrots, Sprouts and Vegan Mayo.

### **Pesto & Veggie Wrap**

Vegetables with Pesto Sauce.

### **Caesar Wrap**

Romaine, Kale, Crispy Chicky, Avocado, Cherry Tomatoes, Vegan Caesar Dressing, Almond Toast.

### **Lentil Wrap**

With Spinach and Hummus.

### **Vegan Chickpea Tuna**

Celery, Chickpeas, Capers, Vegan Mayo, Garlic, Lemon, and Parsley.





## PLANT BASED MEAT SANDWICHES & WRAPS \$14.95

10 Guest Minimum Per Order.

### Phillycheese Steak

Peppers, Beyond Meat and Vegan American Cheese.

### Chopped Cheese

Vegan Ground Meat, Lettuce, Tomato, and Vegan Cheese.

### BLT

Bacon Beyond Meat, Lettuce, Tomato, and Avocado.

### BBQ Pulled Oyster

BBQ Oyster Mushroom, Coleslaw with Vegan Mayo.

### Classic Chicky Sandwich

Crispy Chicken Tempe, Lettuce, Tomato, Pickles, Vegan Dijon Mustard.

### Crispy Chicky Sandwich

Crispy Chicken Tempe with Coleslaw and Vegan Mayo.

### Mushrooms Sandwich

Lettuce, Tomatoes, Avocado, Mushrooms, Tofu, Vegan Sauce on a Multigrain Bread.

### Rainbow Veggie Slaw Wrap

Smashed Chickpeas, Lettuce, Carrots, Radish, Shredded Zucchini or Yellow Squash.

### Pita Falafel Sandwich

With Vegan Tahini Sauce.

### Lobster Roll \$18

*Celery, Hearts of Palm, Vegan Mayo, Old Bay Seasonal.*





# ENTREES

8 Guest Minimum Per Order. All Price Per Guest.  
Each Is Served with a Bread Basket and 2 Sides From Page 6.

## SALMON \$24.95

### Firecracker Salmon

Salmon, Spicy Sweet Sauce, Sriracha & Brown Sugar.

### Pineapple Salmon

Salmon with Pineapple Sauce.

### Grilled Salmon

With Mango Salsa.

### Jerk Salmon

Served with Pineapple Salsa.

## VEGETABLES \$18.95

### Ratatouille Casserole

Roasted Vegetables Dish Made with Tomatoes, Eggplant, and Zucchini.

### Vegetables Paella

Zucchini, Peas, Carrots, Celery, Oven Dried Tomatoes.

### Harvest Vegetable Napoleon

Cauliflower, Sweet Potatoes, Beets, Celery, Roasted Peppers with a Horseradish Vinaigrette.

### Asian Veggie Stir Fry

Wok Seared Tofu Over Jasmine Rice.

### Eggplant Parmesan

with Bread Crumbs, Vegan Parmesan, Brown Rice, Flour Dairy Free Milk, Marinara, Dairy Free Mozzarella and Seasonings.

### Orange Cauliflower

Cauliflower, Orange, Maple Syrup, Soy Sauces, Bread Crumbs, Sesame Seeds and Scallions.

### Oven-Roasted Baby Potatoes

With Spinach, Roasted Garlic, Grape Tomatoes and Tahini Dressing.

### Mediterranean Roasted Veggies

Roasted Squash, Peppers & Eggplant with Herbs & Spices

### Golden Tofu Cakes

Tofu Extra Firm, Mashed Potato, Carrots, Bread Crumbs, Garlic Salt and Peppers.

### Pan Fried Sesame Garlic Tofu

with Seasonal Vegetables.

### Mediterranean Quesadillas

Corn Tortillas are Stuffed with Feta Tofu, Spinach, and Tomatoes.

### Portobello Mushrooms

Roasted Portobello Mushroom Stuffed with Quinoa & Diced Vegetables.

### Grilled Cabbage Wraps

Mushrooms, Cabbage Leaves, Kale Stems, Carrots, Glutinous Rice and Seasonings.

### Mushroom Bolognese

With Julienne Vegetables.

### Portobello Vegan Fajitas

Portobello Mushrooms, Peppers, and Asparagus with Corn Tortilla.

### Greek Mushrooms Balls

Mushrooms, Rice, Garlic, Flour, and Pepper.

### Pesto Pasta

Pasta with Pesto Sauce and Cherry Tomatoes.

### Mac Pasta

Pasta with Sweet Potatoes Sauce and Mushroom

## VEGAN PLANTAIN LASAGNA (PASTELON) \$20.95

### Sweet Plantains

Layered with Vegan Ground Meat, Sweet Peppers and Vegan Mozzarella Cheese.





## SIDES

**Mediterranean Hummus \$10.95**

Accompanied By Pita Chips.

**Vegetables Skewers \$4.50**

**Crudite Platter \$9.95**

Fresh from the Garden Vegetables in the Raw, Baby Zucchini, Asparagus, Cherry Tomatoes, Baby Carrots, Broccoli, Celery, Bell Peppers and Hummus.

**Baby Bok Choy**

With Soy Sauce and Garlic

Crispy Cauliflower

Quinoa & Stuffed Vegetables

Beans, Vegetables Quinoa

Glazed Mushrooms with Sesame Seeds

Lemon Grilled Asparagus

Grilled Sesame Tofu

Sweet Potatoes

Charred Brussels Sprouts

Roasted Butternut Squash

Sautéed Green Beans

Honey Roasted Carrots

Charred Broccoli with Caramelized Onions

Roasted Seasonal Vegetables

Cabbage and Carrot Slaw

Chickpea Mash

Cauliflower Rice

Baby Roasted Seasonal Vegetables

Spiced Cauliflower With Caramelized Shallots

Sautéed Julienned Vegetables, Carrots, Squash, & Zucchini

Crispy Breaded Tofu Strips

Garlic Butter Roasted Mushrooms




## TUREEN SOUPS

**SOUPS \$7.95**

- Tomato
- Mushroom
- Vegetable
- Squash
- Split Pea
- Lentil
- French Onion
- Italian Wedding
- Minestrone

# SALADS

**SALADS \$7.95**  
**(Add Tofu \$2.00)**  
**(Add Salmon \$2.00)**



## CHICKPEAS SALAD

Chickpeas, Peas, Carrots, Cucumber, Avocado, Cherry Tomatoes, Sweet Potato, Over Bed of Kale and Quinoa.



## TOMATO BASIL SALAD

Plum Tomato, Cucumber and Basil.



## SUMMER SALAD

Radish Watermelon, Corn, Cucumber, Cherry Tomatoes, Over Bed of Arugula.



## MANGO SALAD

Mango, Strawberry, Pomegranate, and Parsley.



## TOFU SALAD

Grilled Tofu, Chickpeas, Blood Orange, Carrots, Cucumber, Red Cabbage, Sweet Potato, Dragon Fruit, Quinoa Over Bed of Mix Greens.



## SALMON SALAD

Grilled Salmón, Asparagus, Avocado with Flax seeds Over Bed of Mix Greens.





### **POMEGRANATE SALAD**

Pomegranate, Chickpeas, Avocado, Pumpkin Seeds, Quinoa, Over of Bed of Mix Greens.



### **SWEET POTATO SALAD**

Sweet Potato, Chickpeas, Cherry Tomatoes, Quinoa, Avocado Over Bed of Mix Greens.



### **CAESAR SALAD**

Mushrooms, Cherry Tomatoes, Croutons, Avocado, Almond Toast, Over Bed of Kale and Romaine.



### **BUFFALO CAULIFLOWER SALAD**

Cauliflower, Tofu, Carrots, Red Cabbage, Cucumber, Celery, Cilantro, Tofu Crema, Over Bed of Chopped Romaine.



### **CHICKPEAS SALAD**

Chickpeas, Cucumber, Red Peppers, Kalamata Olives, Crumbled Tofu and Cilantro.



### **RAINBOW SALAD**

Bell Peppers, Carrots, Cucumber, Cherry Tomatoes, Scallions, Hummus with Balsamic Glazed and Chopped Romaine.



## VEGAN & GLUTEN FREE DESSERT

### **Cookies \$6.75**

Oatmeal Raisin  
Chocolate Chips  
Almond  
Oatmeal  
Espresso Fudge  
Apple Oatmeal  
Cranberry Lemon

### **Whoopie Cookie \$6.75**

With Vanilla Extract Vegan  
Butter Cream.

#### **Flavors:**

Red Velvet  
Oatmeal Cream  
Pumpkin Spicy  
Seasonal\*

### **Brownies \$6.95**

Chocolate Chunk  
Walnut  
German  
Cheesecake

### **Bars \$6.95**

Raspberry Hazelnut  
Apricot Almond  
Orange Date  
Grassroot

### **Empire Dessert Platter \$8.95**

Assorted Cookies, Brownies and Bars.

Banana Blueberry Loaf \$7.95

Individual Red Velvet Bundt Cake \$7.95

### **VEGAN & GLUTEN FREE CAKES**

**10" \$105**

- Red Velvet
- Banana Walnut
- Chocolate Fudge
- Carrot Cake
- Oreo Cheesecake
- Pumpkin Cheesecake
- Plain Cheesecake

