

## PLATTERS

**Sandwich/Wrap Platter:** Platter includes tortilla chips and pickles.

All of our natural deli meats are nitrite/nitrate free.

**Chose from any 3:**

- |                             |                       |         |
|-----------------------------|-----------------------|---------|
| ⇒ Apple Turkey              | ⇒ Sweet Little Piggy  |         |
| ⇒ Hummus Veggie ▼           | ⇒ Tuscan Chicken      |         |
| ⇒ Beauty and the Beef       | ⇒ Black Bean & Rice ▼ |         |
| ⇒ Pilgrim's Pride           | ⇒ LE Signature Vegan  |         |
| <b>Small (serves 10-15)</b> |                       | \$49.95 |
| <b>Large (serves 25-30)</b> |                       | \$79.95 |

**Cheese Platter:**

- Chose from any 3:**
- |                             |               |
|-----------------------------|---------------|
| ⇒ Provolone                 |               |
| ⇒ Organic Mild Cheddar      | ⇒ Pepper Jack |
| ⇒ Mozzarella- Part Skim     | ⇒ Muenster    |
| ⇒ Swiss Lace                | ⇒ Havarti     |
| <b>Small (serves 10-15)</b> | \$42.95       |
| <b>Large (serves 25-30)</b> | \$69.95       |

**Vegetables and Dip:** Sweet Red Peppers, Green Bell Peppers, Carrots, Broccoli, Cauliflower, Mushrooms, and Celery. ▼

*Organic produce used when available.*

**Dips: Choose one for Small and Two for Large**

- |                             |                        |         |
|-----------------------------|------------------------|---------|
| ⇒ Hummus                    | ⇒ LE Tofu Garlic       |         |
| ⇒ Baba Ganoush              | ⇒ LE Spicy Peanut Tofu |         |
| <b>Small (serves 10-15)</b> |                        | \$35.95 |
| <b>Large (serves 25-30)</b> |                        | \$65.95 |

**Mixed Fruit Platter:** Fruit selection based on season & availability ▼

- |                |                |              |
|----------------|----------------|--------------|
| • Red Grapes   | • Blueberries  | • Pineapple  |
| • Strawberries | • Oranges      | • Grapefruit |
| • Melon        | • Green Grapes | • Kiwi       |

**Dried: Choose 3**

- |                             |                   |         |
|-----------------------------|-------------------|---------|
| ⇒ Coconut Dates             | ⇒ Dried Figs      |         |
| ⇒ Dried Papaya              | ⇒ Dried Pineapple |         |
| <b>Small (serves 10-15)</b> |                   | \$35.95 |
| <b>Large (serves 25-30)</b> |                   | \$65.95 |

**Smoked Salmon Platter:** Wild Alaskan Sockeye Salmon—Naturally smoked and nitrite/nitrate free. Capers, dill, red onions, tomatoes, cucumbers and cream cheese.

- |                             |         |
|-----------------------------|---------|
| <b>Small (serves 10-15)</b> | \$59.95 |
| <b>Large (serves 25-30)</b> | \$89.95 |

## PLATTERS (CONTINUE)

**Meat Platter:** Oven Roasted Chicken, Maple Ham, and Roast Beef

- |                             |         |
|-----------------------------|---------|
| <b>Small (serves 10-15)</b> | \$49.95 |
| <b>Large (serves 25-30)</b> | \$79.95 |

**Middle East Platter:** Tabouli, Grape leaves, Hummus, LE Pita Bread ▼

- |                             |         |
|-----------------------------|---------|
| <b>Small (serves 5-8)</b>   | \$39.95 |
| <b>Large (serves 10-15)</b> | \$59.95 |

## DESSERTS

**Living Earth Carrot Cake:** In store baked cake made with organic carrots, walnuts, raisins, pineapple and whole-wheat flour frosted with Living Earth cream cheese topping.

- |                                 |         |
|---------------------------------|---------|
| <b>Square (serves 10-12)</b>    | \$39.95 |
| <b>1/2 sheet (serves 20-24)</b> | \$69.95 |

**Chocolate Cake:** This moist dairy-free chocolate delight is made with pure cocoa and sweetened with organic sugar. ▼

- |                                 |         |
|---------------------------------|---------|
| <b>Square (serves 10-12)</b>    | \$39.95 |
| <b>1/2 sheet (serves 20-24)</b> | \$69.95 |

**Old Fashioned New York Cheese Cake (serves 10-12)** \$39.95

**Apple Crumb Pie: Round (serves 8-10) ▼** \$24.95

**Cookie Platter:** Chocolate Chip, Oatmeal and Peanut Butter

- |                             |         |
|-----------------------------|---------|
| <b>Small (serves 10-15)</b> | \$19.95 |
| <b>Large (serves 25-30)</b> | \$35.95 |

**Muffin Platter:** Choose from blueberry, tutti-frutti or apple crumb or a combination of two.

- |                             |         |
|-----------------------------|---------|
| <b>Small (serves 10-15)</b> | \$29.95 |
| <b>Large (serves 25-30)</b> | \$49.95 |

**Middle Eastern Platter:** Walnut/Pistachio Baklava, Chocolate Logs and Bird's Nests

- |                             |         |
|-----------------------------|---------|
| <b>Small (serves 10-15)</b> | \$19.95 |
| <b>Large (serves 25-30)</b> | \$35.95 |

**Mixed Dessert Platter:** Carrot cake, Dairy free chocolate cake, cookies and Baklava

- |                             |         |
|-----------------------------|---------|
| <b>Small (serves 10-15)</b> | \$24.95 |
| <b>Large (serves 25-30)</b> | \$45.95 |

"It's all about what you eat"

# Living Earth



## CATERING MENU

All Organic products are used when possible.  
Pricing also available for larger special functions.



▼ Vegan Alternatives



**Phone: 508-753-1896**  
**Fax: 508-754-4840**  
**232 Chandler St**  
**Worcester MA 01609**  
**E-mail: info@lefoods.com**  
**www.lefoods.com**


**Advanced notice required**

## APPETIZERS

**Soup (Quart):** Choice of soup of the day (Serves 3-4)


- ⇒ Meat, Fish, or Chicken \$9.95
- ⇒ Tofu  or Dairy \$8.95
- ⇒ Vegetable \$7.95

**High Rollers:** Vegan Chicken Rolls, served with Asian dipping sauce. (Serves 7-10) 


**Sesame Nuggets:** Crunchy, golden sesame-soy nuggets, served with Asian dipping sauce (Thai chili and/or Teriyaki) (Serves 7-10) 

**Artichoke Dip:** A creamy mixture of spinach and artichokes; Served with Living Earth Pita Chips (Serves 7-10)


## SIDES (SERVES 10-12)

**Pasta:** Organic semolina pasta cooked al-dente and served with our homemade marinara sauce or butter and parmesan cheese. 

**Brown Rice:** Steamed organic short grain brown rice  \$29.95


**Vegetable Medley:** Roasted veggies with herbs, olive oil, salt and pepper 

**Roasted Garlic Mashed Potatoes:** Organic potatoes with butter, cream, garlic, salt and pepper \$39.95

**Vegan Mashed Potatoes:** Organic potatoes with Earth  Balance & soy milk, seasoned with garlic, salt & pepper \$39.95

## ENTREES (SERVES 10-12)

**Pasta:** Organic Semolina pasta cooked al-dente and served with our homemade marinara sauce and choice of meatballs. 12 meatballs.

- ⇒ Bison Meat Balls \$69.95
- ⇒ Turkey Meat Balls \$59.95
- ⇒ Beef Meat Balls \$59.95
- ⇒ Vegan Meat Balls  \$49.95


**Eggplant Parmesan:** Parmesan crusted organic eggplant fillets baked with mozzarella cheese over penne with our homemade marinara sauce. \$54.95

**Chicken Parmesan:** Parmesan crusted all natural chicken breast cutlets baked with mozzarella cheese with our homemade marinara sauce. \$64.95


## ENTREES (SERVES 10-12)

**Broccoli Alfredo:** Stir fried organic broccoli tossed with parmesan cream sauce and organic semolina pasta. \$35.95

- ⇒ With Chicken \$59.95
- ⇒ With Shrimp \$69.95


**Tofu Lasagna:** Layers of egg-less pasta, tofu, roasted vegetables, soy cheese and marinara sauce baked to perfection.  \$69.95

**Meat/Chicken Lasagna:** Your choice of natural ground beef or roasted organic chicken lasagna layered with three cheeses and our homemade marinara sauce. \$75.95

**Meatloaf:** All natural old fashioned all beef meatloaf or Vegan meatloaf served with mash potatoes and homemade gravy. 

**Walnut Crusted Chicken:** All natural chicken breasts crusted with crushed walnuts and smothered with our maple mustard sauce. \$59.95


**Chicken Celestial:** Sautéed all natural chicken breasts topped with roasted red peppers, artichokes, Feta, black olives tomatoes and garlic. \$64.95

**Vegan Pad Thai:** Crisp vegetables and marinated tofu stir fried with rice noodles, peanuts and tangy sweet Vegan Pad Thai sauce.  \$49.95

**Panko Crusted Haddock:** Fresh Atlantic haddock encrusted with lemon-infused Panko bread crumbs. \$69.95

**Quiche: Serves 12** \$39.95

- ⇒ Organic Vegetables
- ⇒ Ham
- ⇒ Spinach
- ⇒ Turkey Bacon
- ⇒ Broccoli

**Seitan:** 

- ⇒ Cacciatore: Peppers, onions, and tomatoes \$69.95
- ⇒ Teriyaki Sauce \$69.95

**Stir-fry Tofu/Tempeh with assorted Organic Vegetables**  \$69.95

- ⇒ Sweet & Sour: Sweet chili sauce, pineapple and organic veggies
- ⇒ Marsala: Organic flour, marsala wine
- ⇒ Picatta: Organic onions, capers, lemon juice and white wine
- ⇒ Panko Crusted: Hoison sauce, sweet chili sauce & Panko crust


## SALADS

Sm. \$15.95 4-6 people  
Med. \$29.95 8-12 people  
Lrg. \$49.95 15-20 people

**Green Garden:** Creative mix of fresh lettuce, cucumbers, tomato, carrots, sprouts, peppers and onions complimented by our unique Al's dressing. 


**Caesar:** Chipped romaine, homemade croutons and shredded parmesan cheese with a classic creamy Caesar dressing.


Sm. \$19.95 4-6 people  
Med. \$34.95 8-12 people  
Lrg. \$59.95 15-20 people

**Living Salad:** Crisp, colorful assortment of fresh greens, cabbage, broccoli, and carrots in our unique Living cashew garlic dressing. 


**Greek Salad:** Crisp fresh mix lettuces, cucumbers, tomato, carrots, sprouts, onions, Feta cheese and Kalamata olives, complimented by our Greek dressing.

**Super Spinach:** Fresh Spinach, olives, naturally smoked nitrite and nitrate-free bacon or fakin' bacon, tomatoes and Feta cheese, complimented by our unique Al's dressing.

**Orzo Broccoli:** Orzo pasta, broccoli, tomatoes, black olives, scallions, parsley, canola oil, red wine vinegar and spices. 

**Hopping John Salad:** Black eye peas, jasmine rice, organic scallions, peppers, onions and spices. 

**Black Bean Salad:** Organic brown rice, black beans, tomatoes, onions, peppers and spices. 

**Multi-Bean Salad Medley:** Combination of Black, Kidney, Garbanzo beans, parsley, peppers, onions and spices. 

Sm. \$24.95 4-6 people  
Md. \$39.95 8-12 people  
Lg. \$59.95 15-20 people

**Tabouli:** Mary's recipe combines a Mediterranean blend of burgher wheat, parsley, mint, tomato and onion enhanced with our lemon garlic dressing. Served with Syrian bread. 