



CATERING MENU

All meals are **Vegan** | **Gluten-free** | **Vegetarian** | **Dairy-free** | **Halal**

WANT UPBEET FOR THE WHOLE CREW?

You're in luck! Upbeet Foods offers a one-of-a-kind catering service for businesses and special events. Our weekly catering menu features a delicious selection of nutritious, vegan, and gluten-free meals that are sure to satisfy.

Whether you're looking to boost office morale or impress your party guests, Upbeet can provide you with plant-based alternatives that will turn heads and fill tummies. Our whole, locally-grown ingredients will keep your group satisfied and energized so they can get back to working - or playing - harder than before.

Contact us today to learn more about what Upbeet can do for you and your squad.

PRICING

Our per person pricing starts at \$15 a head and packages can be customized based on your needs! Contact us for more information.



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BRUNCH / PLATTERS

Vegan Pancakes

Sweet AND sustainable! Our fluffy and filling vegan pancakes are topped with fresh berries, maple syrup, and melt-in-your-mouth whip cream. (Not Gluten-Free)

Cold Sandwiches On Local Artisan Sourdough Bread

Take your pick! Our tasty turmeric chickpea sandwich stuffed with fresh sprouts and tomatoes OR our savoury Tofutti cream cheese and veggie sandwich. Both served on local artisan sourdough for a plant-powered lunch! (Not Gluten-Free)

Roasted Cauliflower Poppers with Homemade Beet Ketchup

Let's get it poppin'! These cute and crispy Roasted Cauliflower Poppers are the perfect guilt-free treat. Crafted with pure, plant-based ingredients and paired with our irresistible beet ketchup for dipping.

Almond Butter Tofu Bites with Extra Almond Butter Tofu Sauce

Find out just how tasty tofu can be. Packed with protein and paired with our deliciously decadent creamy almond butter. (Toothpicks provided for this dish)

Falafel Bites served with Homemade Garlic Dill Sauce or Hummus

Chickpeas on chickpeas! Our expertly seasoned falafel bites are a treat from the Middle East, especially when drizzled with our garlic dill dressing.

Homemade Baba Ganoush with Oven Baked Pita Bread

*Everyone's favourite way to do eggplant – minus the egg of course. This totally plant-based baba ganoush is creamy goodness for the ultimate dip lover.
(Pitas are Not Gluten-Free, can be substituted)*

Homemade Hummus with Oven Baked Pita Bread

*Classic homemade hummus – a snack that everyone can enjoy!
(Pitas are Not Gluten-Free, can be substituted)*



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Yam Fries with Homemade Beet Ketchup

Skip the bad adds and dig into our wholesome golden yam fries, paired with beet ketchup for a naturally sweet finish.

Polenta Fries with Homemade Garlic Dill Sauce and Beet Ketchup

This crispy cornmeal creation is both safe and satisfying! Served with our all-time favourite homemade dips.

Broccoli Balls served with Basil Marinara Sauce

Our plant-based spin on meatball marinara! Featuring vitamin-rich broccoli balls and a dash of basil for extra flavour.



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MAINS

Tofu Butter Chicken with Brown Rice and Cucumber Tahini Mint Raita

*Take a trip to India with our sure-to-satisfy tofu butter chicken! Accompanied by an authentically homemade cucumber mint raita and a wholesome brown rice base, this dish is both rich and rewarding. Featuring a beautiful blend of spices, we dare you to find a butter chicken with more finesse & less fat! **(This meal contains nuts)***

Lentil and Eggplant Lasagna

We call this one The Game Changer. One bite of this savoury lentil lasagna will have you wondering why you ever wouldn't eat plant-based! Packed with tasty tofu marinade and antioxidizing eggplant, this dish is brain food at its very best.

Lentil Shepherd's Pie with Mushroom Gravy

Forget everything you knew about Shepherd's Pie. Our vegan take on this classic dish serves up golden russet potatoes and lentils, all drenched in our savoury mushroom gravy. Whether it's the end of a long day or the middle of an even longer one, this beef-free beauty will re-charge your batteries!

Pea Pesto Pasta Arugula Salad with Sun-Dried Tomatoes and Pine Nuts

*This cold pasta has us all hot and bothered! Topped with fresh arugula and savoury sun-dried tomatoes, this gluten-free rotini is packed with protein and full of antioxidants. Paired with our perfectly seasoned pea pesto, you'll be sitting pretty in between full and fired up. **(This meal contains nuts)***

Eggplant Parmesan with Basil Marinara Sauce on a Bed of Quinoa

*If you're looking for a craving-kicker, look no further. Our spin on eggplant parmesan uses 10 wholesome ingredients to deliver a crispy and colourful Italian classic. This dish is served with our hearty basil marinara sauce!
(This meal contains nuts)*



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Macaroni and Cashew Cheese

*It's time to rethink comfort food! Our gluten-free take on the classic is everything mac and cheese ought to be - minus the guilt. With our creamy cashew cheese sauce and a sprinkle of black pepper breadcrumbs, this dish is loaded with heart-healthy natural vitamins. **(This meal contains nuts)***

Curried Coconut Tofu Served on a Bed of Quinoa

Curry and coconut: was there ever a more perfect pair? Served on a bed of satisfying quinoa, our tasty tofu is American-Indian fusion at its most nutritious. This dish is designed for a post-workout re-charge!

Lentil Walnut Meatloaf with Balsamic Apple Glaze

*This ain't your mom's meatloaf! Stuffed with locally-grown veggies and topped with a drool-worthy balsamic apple glaze, our walnut and lentil Upbeet-loaf is high in fibre, low in fat, and packed with just as much protein as your mom's. **(This meal contains nuts)***

Spaghetti with Marinara Sauce and Meatless Meatballs

Mama mia! It doesn't get much better than our savoury spin on spaghetti and meatballs. Served over gluten-free noodles, our lentil and flax-based meatballs are packed with protein and omega-3 fatty acids for the perfect vegan pick-me-up. With a side of steamed green asparagus, this dish is sure to be a craving-kicker!

Roasted Pepper, Kale and White Bean Pumpkin Rotini Pasta

Prepare your pasta palette for a major upgrade! Pumpkin makes a welcome appearance in this comforting roasted pepper and white bean pasta. Tossed with iron-enriched ingredients like cremini mushroom and kale and baked until golden brown with guilt-free vegan cheese.

Spanish Quinoa Stuffed Bell Peppers with Salsa

Get stuffed! Our stuffed bell peppers feature zesty salsa and cumin for an explosion of Spanish-inspired flavour. With a healthy dose of black bean and quinoa, this dish has enough protein and fibre to power those post-workout muscles.



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Peanut Glazed Tofu Sauté with Bok Choy

*You'll go pea-nuts for this one! Our flavourful tofu sauté is glazed with real peanut butter and served over whole brown rice and baby bok choy. Boasting all sorts of nutrients, from protein to thiamin and magnesium, this dish is nothing short of a plant-based dream. **(This meal contains nuts)***

Spiced Wild Rice Pilaf with Butternut Squash and Dried Cranberries

'Squash' those cravings! Our spiced wild rice pilaf is perfectly paired with your favourite fall ingredients, from savoury butternut squash to antioxidizing ginger. Ticked with sweet hints of cranberry and apple, this dish is a taste of the harvest that can be enjoyed all year round.

Mediterranean Baked Sweet Potatoes with Garlic Herb Sauce

*Simple, meet sustainable. Our Mediterranean-inspired baked sweet potatoes are authentically spiced and drizzled with a guilt-free garlic herb sauce. This plant-based power lunch is stocked with enough nutrients to keep your Gretian gears going! **(This meal contains nuts)***

Chickpea Scramble, with Kale, Baked Sweet Potatoes and Baba Ganoush

It's a new kind of scramble! Served with nutrient-bursting kale and savoury baked sweet potato, this chickpea-based dish will keep you full (without the fat). Chickpeas - AKA protein powerhouses - take centre stage in this scramble, providing high quality protein for the high energy vegan. Topped off with rich and creamy baba ganoush for a boost of vitamin-packed eggplant. Scratch the typical scramble and check out the chickpea!



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Tofu Vegetable Scramble with Seasoned Mini Potatoes, Black Beans and Sriracha Sauce

No eggs necessary! This nourishing and nutritious tofu scramble is overflowing with vitamin-rich bell peppers and green onion for strong, healthy bones and bellies. Paired with our low-salt lemon garlic potatoes and seasoned to perfection with turmeric and thyme, our vegan take on this breakfast classic will exceed your expectations (sorry - we had to).

Hearty Sweet Potato Black Bean Chili on a Bed of Brown Rice

Give that grumbling belly a break! Our hearty vegan chili is so filling, you'll wonder how it could only be plant-based. Featuring black bean, sweet potato, and whole brown rice, this friendly, fibre-packed chili is exactly what your meat-free body needs. Hints of smoky spices and ground chipotle will keep you feeling warm and weightless on a cold, winter day.

Rainbow Carrot Noodle Pad Thai with Spicy Sweet Almond Lime Sauce

*This rainbow pad thai is a pot of gold! Our take on the Thai tradition uses zucchini and carrot noodles to control your carb count, plus a collection of multi-coloured veggies! Topped off with a sweet and spicy almond lime sauce and a sprinkle of hemp seeds for extra protein power.
(This meal contains nuts)*

Zucchini Pasta with Lentil Bolognese

Bring on the zoodles! Swap that high-carb penne for our nutritious and guilt-free zucchini pasta. Paired with protein-rich lentil bolognese, this meal is as hearty as it is healthy. Try this dish for your post-workout energy re-boot!



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SALAD MAINS

Asian Inspired Quinoa and Edamame Salad with Spicy-Sour-Sweet Dressing

*This salad's got soul! Featuring fresh edamame, crispy broccoli, and our peanut butter-infused sweet and spicy dressing, this dish is as flavourful as it is filling. And with its hearty quinoa base, you'll get all the protein and iron you need in one savoury salad! **(This meal contains nuts)***

Curry Roasted Vegetable Lentil Kale Salad with Green Curry Dressing

Get curried away with this Indian-infused salad! Loaded with nutritious veggies - roasted and seasoned to perfection - this meal is a super serving of your daily vitamins. Paired with zero fat kale and green lentils, then topped with a gluten-free green curry dressing, your friends will be green with envy wishing they could dig into this fresh and flavourful dish. Go ahead - make 'em jealous (and feel good doing it).

Grilled Corn and Zucchini Quinoa Salad with Sun-Dried Tomato Vinaigrette

This dish is your weight-loss warrior! With low-calorie, high-protein ingredients like grilled zucchini, chickpeas, and quinoa, this salad is your summer bod's best friend and your hunger's worst enemy. Topped with grilled corn and our sun-dried tomato vinaigrette for an extra tasty finish.

Spicy Mexican Quinoa Salad with Orange Lime Dressing

Bet you Mexi-can't have just one bite! Head south of the border with this quinoa-based salad, featuring savoury, Mexican-inspired ingredients like corn, black bean, and avocado. Top it off with our creamy orange lime dressing for an extra boost of Spanish satisfaction!



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Nicoise Chickpea Smash Salad with Sweet Mustard Dressing

This dish puts the "nice" in nicoise. Our savoury chickpea smash replaces tuna in this fabulously fresh salad. Tossed with crisp green beans and a sweet Dijon dressing, this dish is your scrumptious source of mid-day motivation!

Greek Inspired Quinoa Vegetable Bowl with Tzatziki Dressing

OPA! Our Greek Power Bowl is just that - power and punch in one plant-based bowl. Featuring fresh, tender-crisp veggies and kale on a bed of hearty quinoa, this dish will fill you up without any fuss. Top it off with our deliciously dairy-free tzatziki dressing and your taste buds will be off to Santorini in one bite!

Creamy Kale and Chickpea Salad with Beets, Dukkah and Tahini Dressing

*As one of the world's most nutritious ingredients, kale takes on a starring role in this kale and chickpea salad! Bursting with fiber-rich beets and delicious dukkah, this dish has enough protein to power your fabulous vegan lifestyle. Topped with our tahini dressing for a creamy kick of calcium. **(This meal contains nuts)***

Thai Carrot Mango Salad with Curried Cashews and Sweet Tangy Dressing

*Get 'carrot' away by this Thai-inspired carrot and kale salad! Full of cancer-fighting antioxidants and immune-boosting vitamins, you can feel good about indulging in this sweet and savoury dish. Featuring curried cashews and hints of mint and mango for a punch of flavour! **(This meal contains nuts)***

Vegan Caesar Salad Topped with Crunchy Chickpea Croutons, Nut and Seed Parmesan Cheese and Garlic Potatoes

*All hail! This vegan spin on a classic salad uses crispy chickpea croutons and savoury garlic potatoes. To top it off, our homemade nut and seed parmesan will have you believing it's the real thing (minus all the fat). This might just be the best vegan caesar salad on the market. **(This meal contains nuts)***



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SIDES

Steamed Seasonal Vegetables

A vibrant blend of well-seasoned steamed asparagus, carrots, green beans, corn, and peas!

Chickpea Vegetable Salad

This filling mixed vegetable chickpea salad is high in protein and makes for a satisfying side dish!

Herb and Garlic Roasted Bell Peppers

Roasted to perfection, these flavourful bell peppers pair well with any entrée.

Lemon Garlic Mini Potatoes

We know you'll fall in love with our expertly seasoned lemon garlic mini potatoes!

Yam Fries

There's nothing like the crispy satisfaction of sweet potato fries! Savoury, sweet, and good for you to boot.

Corn and Zucchini Sauté

Buttery, nutritious, and delicious! Our zucchini and corn sauté is what your plate has been missing.

Corn and Carrot Sauté

Our deliciously colourful corn and carrot sauté is sure to brighten up your bowl!

Couscous Black Bean Vegetable Salad

-This item is not Gluten-Free-

We're crazy for couscous! Featuring vitamin-packed seasonal veggies & beans for extra protein, this simple & satisfying salad makes for a perfect meal on-the-go.



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DESSERTS

Very Berry Chocolate or Peanut Butter Cup Chia Seed Pudding

Skip the dairy and indulge in this family-friendly dessert! Chalk full of protein, fibre & omega-3 fatty acids, this chocolatey chia seed pudding is packed with enough fuel for your busy life. Topped off with fresh berries and coconut flakes, our pretty little pudding is ideal for a fun breakfast, a mid-day pick-me-up, or a post-dinner delight.

Assorted Chocolate Chip Cookies

Protein Balls

IT IS ADVISABLE TO SEEK PROFESSIONAL [MEDICAL] ADVICE PRIOR TO INITIATING ANY NEW REGIMEN. UPBEET FOODS IS NOT A MEDICAL ORGANIZATION AND UPBEET FOODS NOR IT'S EMPLOYEES AND/OR STAFF CAN GIVE ANY MEDICAL ADVICE OR DIAGNOSIS. ANY/ALL INFORMATION GARNERED FROM UPBEET FOODS SHALL NOT BE INTERPRETED AS A SUBSTITUTE FOR A MEDICAL ADVICE OR A DOCTOR'S CONSULTATION, EVALUATION, OR TREATMENT.

GLUTEN-FREE DISCLAIMER: PLEASE KEEP IN MIND THAT ANY ITEMS PREPARED WITHOUT GLUTEN PRODUCTS ARE MADE IN A FACILITY THAT HANDLES MANY OTHER WHEAT PRODUCTS. DURING NORMAL KITCHEN OPERATIONS, THERE IS A POSSIBILITY FOR FOOD ITEMS TO COME INTO CONTACT WITH WHEAT GLUTEN/PROTEINS. HOWEVER UNLIKELY, WE ARE UNABLE TO GUARANTEE THAT ANY MENU ITEM IS COMPLETELY GLUTEN-FREE.

OUR KITCHEN FACILITY USES PEANUTS, TREE NUTS, SESAME AND SOY. WHILE WE TAKE STEPS TO MINIMIZE THE RISK OF CROSS-CONTAMINATION, WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE SAFE TO CONSUME FOR PEOPLE WITH PEANUT, TREE NUT, SESAME OR SOY ALLERGIES.