

**Salads continued**

Small / Large

- Tabouli** . . . . . **\$40.00 / \$75.00**  
Bulgur, parsley, scallion, red onion, tomato, mint, lemon juice, salt, olive oil (Vegan)
- French Couscous** . . . . . **\$40.00 / \$75.00**  
Tomato, chick peas, red onions, parsley, scallion, cucumber, lemon juice, salt, olive oil (Vegan)
- Calicous** . . . . . **\$45.00 / \$85.00**  
Cauliflower, couscous, tofu, red onions, lemon juice, green peas, salt, pepper, veganise (Vegan)
- Spinach Salad** . . . . . **\$40.00 / \$75.00**  
Spinach, bell pepper, onions, cashew nuts, dried cranberries, balsamic vinegar, olive oil, tempeh bacon (Vegan/Gluten Free)
- Beet Salad** . . . . . **\$35.00 / \$65.00**  
Beets, salt, oregano, lemon juice (Vegan/Gluten Free)
- Broccoli Salad** . . . . . **\$45.00 / \$75.00**  
Broccoli, onions, apples, raisins, veganise, lemon juice, salt & pepper (Vegan/Gluten Free)
- Pear Feta Salad** . . . . . **\$45.00 / \$75.00**  
Pear, feta cheese, parsley, golden raisins, pecans, olive oil, lemon juice (Gluten Free)
- Sesame Ginger Tofu** . . . . . **\$22.00/dozen**  
Tofu, ginger, hot pepper, sesame oil, sesame seeds (Vegan/GF) Serve hot or cold
- Lemon Curry Tofu** . . . . . **\$22.00/dozen**  
Tofu, canola oil, tamari, lemon, curry powder (Vegan) Served Hot or Cold
- Egg Salad** . . . . . **\$15.00/Quart**  
Eggs, onions, celery, salt, peppers, mayonnaise (Gluten Free)
- Hummus** . . . . . **\$15.00/Quart**  
Chickpeas, tahini, salt, cumin, garlic, olive oil, lemon juice (Vegan/Gluten Free)
- Guacamole** . . . . . **\$25.00/Quart**  
Avocado, tomato, cilantro, lemon juice, jalapeno, salt (Vegan/Gluten Free)



**Soups:**

**\$10.00/Quart** – All Vegan and Gluten Free

- Split Pea** – Carrots, sweet potato, celery, onions, black pepper, salt, olive oil
- Red Lentil** – Red lentil, carrots, sweet potato, cumin, onions
- White Bean** – Dill, cilantro, white beans, carrots, tomato, celery, hot peppers, sweet peppers, salt, olive oil
- Tomato** – Tomato, peppers, carrots, black rice, brown rice, parsley, onions, garlic, salt, olive oil
- Coconut** – Coconut milk, carrots, peppers, corn, cilantro, chili peppers, celery, onions, salt
- Butternut Squash** – Onions, butternut squash, coconut milk, cinnamon, salt, black pepper
- Cauliflower/Leek** – Cauliflower, leeks, potato, almond milk, salt, black pepper
- Cream Broccoli** – Broccoli, potato, leeks, almond milk, salt, black pepper
- Red Lentil/Cauliflower/Millet** – Red lentil, cauliflower, millet, sweet potato, ginger, celery, onions, salt, chili peppers
- Veggie** – Carrots celery, butternut squash, sweet potato, zucchini, noodles, onions, leeks, salt, black pepper



**CATERING MENU**

*Serving the community for over 40 years.*

Edge of the Woods catering service features creatively prepared vegetarian dishes using locally produced foods. All items from salad dressings to bakery goods are created in our kitchen using fresh ingredients.

Whether it's a wedding, office party, book club, anniversary or business meeting, we at Edge of the Woods will make that special difference. Also ask about our Bakery's custom made platters and specialty cakes. Please call (203) 787-1055 or stop by and ask the Chef to discuss any questions you may have.

*Kosher Pas Yisroel & Cholov Yisroel under the supervision of Vaad Hakashrus of Fairfield County*

**Hot & Cold Salad Bar • Sandwich & Juice Bar  
Bakery • Deli • In-store Dining Area**



379 Whalley Avenue, New Haven (plenty of free parking)

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# Entrees

Small serves 10-15 Large serves 25-30

Small / Large

- Shepherd's Pie** . . . . . **\$40.00 / \$75.00**  
Lentil, carrot, diced tomatoes, leeks, diced tomato and mashed potatoes on top (Vegan/Gluten Free)
- Zucchini Parmesan** . . . . . **\$40.00 / \$75.00**  
Zucchini, tomato sauce, cheese, bread crumbs
- Barley & Mushroom Tofu** . . . . . **\$45.00 / \$85.00**  
Onions, sesame oil, gluten free tamari and smoked tofu
- Tofu Pesto with Peas** . . . . . **\$40.00 / \$75.00**  
Tofu, walnuts and basil (Vegan/Gluten Free)
- Tofu Teriyaki** . . . . . **\$40.00 / \$75.00**  
Carrots, snap peas, and cabbage (Vegan/Gluten Free)
- Rice with Vegetables** . . . . . **\$27.00 / \$50.00**  
Carrots, peas and corn or cranberries (Vegan/Gluten Free)
- Mac & Cheese** . . . . . **\$35.00 / \$65.00**  
Noodles, Cheese and Milk (with Vegan option)
- BBQ Tempeh** . . . . . **\$35.00 / \$70.00**  
Tempeh, cabbage, kale, and veganise (Vegan/Gluten Free)
- Penne Pasta with Tofu** . . . . . **\$35.00 / \$60.00**  
Carrots, peppers and greens (Vegan)
- Quiche 9"** . . . . . **\$15.00**  
Spinach, broccoli, zucchini, cheese and eggs
- Ratatouille** . . . . . **\$35.00 / \$65.00**  
Zucchini, eggplant, onions, peppers and tomato (Vegan/Gluten Free)
- Plaki (Baked Beans)** . . . . . **\$35.00 / \$60.00**  
Beans, carrots, onions, tomato, celery and dill (Vegan/Gluten Free)
- Vegetable Lasagna** . . . . . **\$45.00 / \$85.00**  
Noodles, cheese, zucchini, eggplant, peppers, butternut squash, spinach, artichoke and tomato sauce (with Vegan option)
- Curry Vegetables** . . . . . **\$40.00 / \$75.00**  
(With option of Tofu, Seitan or Tempeh) Carrots, peppers, cabbage, snap peas and coconut milk (Vegan)
- Red lentil Bulgur** . . . . . **\$35.00 / \$65.00**  
Onions, tomato, scallion and parsley (Vegan)
- Eggplant Parmesan** . . . . . **\$40.00 / \$75.00**  
Cheese, tomato sauce, vegetable and bread crumbs
- Vegetable Pot Pie** . . . . . **\$45.00 / \$95.00**  
Carrots, celery, peas, potato and white sauce (Flour and Milk)
- Butternut Squash** . . . . . **\$35.00 / \$60.00**  
Brown rice, squash and kale (Vegan/Gluten Free)
- Vegetarian Chili** . . . . . **\$35.00 / \$60.00**  
Beans, peppers, tomato and onion (Vegan/Gluten Free)

## Entrees continued

Small / Large

- Eggplant Delight** . . . . . **\$40.00 / \$75.00**  
Eggplant, peppers, tomato and onion (Vegan/Gluten Free)
- Quinoa with Vegetables & Green Lentils** . . . . . **\$35.00 / \$65.00**  
Carrots, peppers, peas, parsnip and cilantro (Vegan/Gluten Free)
- Udon Pasta** . . . . . **\$35.00 / \$65.00**  
Whole wheat noodles, carrots, peppers, peas, greens, sesame oil, ginger and cashew (Vegan)
- Roasted Zucchini** . . . . . **\$35.00 / \$60.00**  
Green squash, tahini sauce, sunflower seeds and dill (Vegan/Gluten Free)
- Stuffed Artichoke** . . . . . **\$22.00/dozen**  
Artichoke filled with vegetables, onions, salt (Vegan/Gluten Free)



# Salads

Small serves 10-15 Large serves 25-30

Small / Large

- Ginger Cabbage** . . . . . **\$40.00 / \$70.00**  
Red cabbage, lacinato kale, napa cabbage, bok choy, ginger, hot pepper, sesame oil, tamari, carrots (Vegan/Gluten Free)
- Tofu Salad** . . . . . **\$40.00 / \$70.00**  
Tofu, onions, celery, wheat free tamari, turmeric, black pepper (Vegan/Gluten Free)
- Kale/Apple Salad** . . . . . **\$35.00 / \$65.00**  
Lacinato kale, apple, poppy seed dressing (Vegan/Gluten Free)
- Avocado/Tomato Salad** . . . . . **\$50.00 / \$95.00**  
Tomato, avocado, onions, lemon juice, salt, peppers, olive oil (Vegan/Gluten Free)
- Caribbean Coleslaw** . . . . . **\$45.00 / \$85.00**  
Kale, pineapple, carrots, bell peppers, onions, cashews, dried cranberries, salt, olive oil, lemon juice (Vegan/gluten free)
- Medley Salad** . . . . . **\$40.00 / \$70.00**  
Cucumber, tomato, onions, green olives, kalamata olives, bell peppers, olive oil, lemon juice, parsley (Vegan/Gluten Free)
- Potato Salad** . . . . . **\$40.00 / \$70.00**  
Potato, celery, veganise, dill, mustard, parsley, jalapeno, salt & pepper (Vegan/Gluten Free)
- Spicy Potato Salad** . . . . . **\$40.00 / \$70.00**  
Sweet potato, celery, onions, cilantro, chipotle sauce, cumin, salt, veganise (Vegan/Gluten Free)
- Waldorf Salad** . . . . . **\$40.00 / \$75.00**  
Apples, raisins, celery, walnuts, veganise (Vegan/Gluten Free)
- Fruit Salad** . . . . . **\$45.00 / \$85.00**  
Fresh fruit in season
- French Lentil Salad** . . . . . **\$40.00 / \$70.00**  
Cucumber, colorful peppers, scallion, red onion, cilantro, lemon juice, salt, black peppers, olive oil (Vegan/Gluten Free)
- Three Bean Salad** . . . . . **\$40.00 / \$75.00**  
Colorful peppers, red onions, scallions, parsley, lemon juice, salt, olive oil (Vegan/Gluten Free)