



ORGANIC ROOTS CATERING

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MENU:

French Country:

- ☐ Ratatouille stuffed acorn squash (vegan) (gf)
- ☐ Marinated chicken breast in lemon butter herb au jous (gf)
- ☐ French green beans
- ☐ Herb roasted potatoes
- ☐ Warm dinner rolls

Ratatouille Stuffed Acorn Squash & Trout with Red pepper:

- ☐ Ratatouille stuffed acorn squash (vegan) (gf)
- ☐ Pan seared trout with red pepper, lemon & dill (gf)
 - o **If you prefer we can do Yogurt Marinated Chicken instead
- ☐ Served with:
 - o roasted red potato hash (vegan) (gf)
 - o roasted broccoli, Brussel sprouts and green beans (vegan) (gf)
 - o dinner rolls

Spring Pasta Primavera:

- ☐ Penne pasta primavera with fresh vegetables (cream sauce)
- ☐ Penne pasta with aglio e olio & fresh vegetables
- ☐ Marinated Chicken Breast
- ☐ Marinated Portobello Mushrooms
- ☐ Tossed green salad with red wine vinaigrette
- ☐ Dinner rolls

Chicken & Eggplant Parmesan

- ☐ Chicken parmesan
- ☐ Eggplant parmesan
- ☐ Penne pasta & gf penne
- ☐ House marinara
- ☐ Italian chopped salad
- ☐ Garlic Bread

Surf & Turf Lunch or Dinner

- ☐ Black Angus Steak with Bordelaise Sauce
- ☐ Lightly Breaded Cod with white wine butter sauce (gf)
- ☐ Stuffed Poblano peppers (vegan) (gf)
 - o Herb roasted red potatoes (vegan) (gf)
 - o Green Beans (vegan) (gf)
 - o Dinner Rolls (v)

*continued

Signature Colorado Mexican

- ☐ Chipotle chicken enchiladas with Oaxaca Cotija Cheese (gf)
 - +1 dairy free
- ☐ Vegetarian Enchiladas; Potato, Spinach and Roasted Corn and Oaxaca Cotija cheese blend with chipotle red sauce (gf)
 - will make several vegan entrees without cheese
- ☐ Southwest Caesar Salad (gf) (v)
- ☐ Calabacitas (roasted vegetables) (gf) (vegan)
- ☐ Southwest Rice (gf) (vegan)
- ☐ Chips and Salsa (served with roasted garlic & spicy tomatillo salsa) (gf) (vegan)
- ☐ (sour cream on the side)
- ☐ Served with Mexican Chocolate Brownies as dessert

Southwest Taco Bar (or Taco Salads)

- ☐ Chicken
- ☐ Steak
- ☐ Vegan “beef”
 - White tortilla chips or corn/flour tortillas
 - Spinach, cilantro, and cabbage blend
 - Tomatoes
 - Onions
 - Signature cheese blend (cotija & Oaxaca)—*can be served on the side
 - Roasted vegetables
 - Southwest Rice
 - Colorado Pinto Beans

“Fajita” Bar [served with choice of chicken, steak or vegan]

- ☐ Steak (gf), Chicken (gf), Marinated Mushrooms or Vegan “beef” (vegan) (gf)
 - Peppers & onions
 - Oaxaca & Cotija cheese blend, sour cream, salsa(s)
 - Corn & flour tortillas
- ☐ Served with Southwest rice, Colorado pinto beans, & calabacitas (roasted vegetables & corn) ←vegan & GF

Beef & Mushroom Stroganoff

- ☐ Beef Stroganoff (gf)
- ☐ Mushroom Stroganoff (vegan) (gf)
- ☐ Served with:
 - Jasmine rice (vegan) (gf) & Organic Green Salad

Mediterranean

- ☐ Yogurt Marinated Chicken (gf)
- ☐ Baked Lemon & Caper Cod Filets (gf)
- ☐ Greek Salad with olives, marinated artichokes, roasted peppers, feta, chick peas
- ☐ Quinoa tabouli salad (v) (gf)
- ☐ Tzatziki
- ☐ Organic Hummus
- ☐ Naan Bread

Italian Mediterranean fusion #1

- ☐ Yogurt marinated chicken
- ☐ Marinated portobello mushroom
 - o Italian chopped salad; with marinated artichokes, roasted peppers, red onion, parmesan cheese blend, pepperoncini, carrots, croutons, with house Italian vinaigrette
 - o Hummus
 - o Toasted quinoa pilaf
 - o Pita Bread

Italian Mediterranean fusion #2

- ☐ Chicken Bruschetta (chicken breast) &
- ☐ Marinated Portobello Mushrooms
 - o Italian chopped salad; with marinated artichokes, roasted peppers, red onion, parmesan cheese blend, pepperoncini, carrots, croutons, with house Italian vinaigrette
 - o Hummus
 - o Toasted quinoa pilaf
 - o Assorted sliced Italian breads (or pita bread)

Soup & Salad [two soups]:

- ☐ Vegan Corn Chowder [roasted poblanos, sweet corn, coconut milk, potato & spices] *gluten free
- ☐ Hearty Beef Vegetable Soup [corn, green beans, tomato, cabbage, root vegetables, spices] *dairy free, gluten free
- ☐ Served with classic organic green salad [carrots, onion, celery, crisp greens] served with choice of dressing. Choice of Thyme Vinaigrette or Classic Ranch. Croutons served on the side.
- ☐ Multi-Grain Bread & Country bread

Jerk Chicken & Blackened Tofu

- ☐ Jerk chicken thighs with mango & red pepper (gf)
- ☐ Blackened tofu with mango salsa (vegan) (gf)
- ☐ Served with:
 - o Orange Avocado quinoa salad (vegan) (gf) [Black bean, corn, mixed greens, avocado, cilantro & oranges with creamy avocado orange dressing made with agave] (vegan) (gf)
 - o Fresh fruit (vegan) (gf)