



## MEATLESS OPTIONS

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### STUFFED MUSHROOMS

Seasoned with fresh garlic, herbs & spices. Topped with cream cheese, parmesan & breadcrumbs. Served Warm

### CORN AND BLACK BEAN CROSTINI

Flavorful corn & black beans salsa atop baguette bread, lightly toasted with salt and extra virgin olive oil

### CUCUMBER AND HUMMUS

Sliced cucumbers, lightly salted & topped with hummus & garnish

### CRUDITÉS

Fresh assorted vegetables, with hummus, pita bread & a choice of: Ranch, Blue Cheese or French Onion dressing

### TRI-COLOR PASTA BOWL

Tri-Color spiral pasta, seasoned, tomatoes, onions, black olives and mozzarella & zesty Italian dressing

### CORN FRITTERS

Sweet corn, lightly battered and fried into a mini patty

### SEASONAL FRUIT TRAY

Fresh, assorted seasonal fruit, skewered

### VEGETABLE SPRING ROLLS

Seasoned cabbage and carrot mixture, fried in a spring roll paper, served with sweet and sour dipping sauce



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### **CALLALOO SPRING ROLLS**

An island-play on the traditional egg roll. Here we have a well-seasoned callaloo mixture, fried in egg roll paper and served with a mild jerk BBQ

### **CRACKER AND CHEESE PLATTER**

Assorted cheese & crackers, with dried fruit & grapes

### **MANGO SALSA CUPS**

Fresh sweet and zesty mango salsa in a baked mini tortilla shell

### **MINI QUICHE**

#### **Spinach & Cheese**

Oven baked egg cups in a light, flaky crust, diced with spinach, & cheddar cheese

**OR**

#### **Spinach, Cheese & Mushroom**

Oven baked eggs cups in a light, flaky crust with diced spinach, cheese & mushrooms (can also be prepared with just egg whites)

### **SPINACH & WONTON CRIPS**

Baked cheesy spinach and chip dip served in a crispy wonton cup

### **VEGETABLE LASAGNA CUPS**

Diced eggplant, zucchini, onions, tomatoes & squash, seasoned and baked lasagna style & encased in a crispy wonton cup

### **GRILLED VEGETABLE ROLLS**

Grilled zucchini, mushrooms and squash wrapped, with a balsamic vinaigrette glaze

### **SPINACH BALLS**

Spinach "meatballs". Seasoned & bake with assorted cheese and light breadcrumbs