



consciousfork®
vegan catering kitchen and cafe

CATERING MENU

VEGAN
GLUTEN-FREE
LOCAL



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consciousfork®
nourishing the mind, body & soilSM



We have proudly been serving the greater Warwick area via our cafe, juice cleanses and catering services since 2012. Everything on our menu is 100% vegan (and mostly gluten-free), without the use of any animal products. We believe a plant-based diet can yield huge benefits for the environment, our health and our animal friends. Even our packaging is made from plants!

Our slogan, "*nourishing the mind body, & soil*" kind of says it all, and our focus is to make delicious and nutritious food, using the highest quality clean ingredients. We place a particular emphasis on seasonal vegetables that are grown locally and sustainably, including from our own black dirt farm.

We offer a wide selection of dishes that will satisfy and delight diverse palates. Whether you're having a party, or just want to have tasty nutritious food ready to eat in your home refrigerator, we have your vegan and gluten-free back!

healthy soil = healthy food = healthy people

BREAKFAST & BRUNCH

Fresh Fruit Salad *half tray (serves 6-12)* **\$60**

Seasonal fruit platter assortment; varies depending on season, may include watermelon, pineapple, grapes, blueberries, strawberries, raspberries, cantaloupe, honeydew

Muffin and Scone Platter *(serves 12)* **\$46**

Assorted muffins and fruit scones

Avocado Toast Platter *24 bite size toasts* **\$28**

(available on haus gluten-free bread for \$3)

Assortment of sweet and savory avocado toasts, with fresh fruit, pickled veggies, seeds, and pink sea salt

Tofu Scramble *half tray (serves 6-12)* **\$58**

Tofu scramble with onions, red bell peppers, carrots, herbs and spices

Mini Quiche platter *24 bite size quiches* **\$44**

Assorted tofu cashew quiche in a hash brown crust.

Classic Quiche *(serves 8)* **\$44**

Tofu cashew quiche in a hash brown crust. Choices available: broccoli, caramelized onion, cremini mushroom, curried cauliflower, broccoli rabe

Sunchoke Latkes with Applesauce *24 pieces* **\$47**

Root veggie latke of sunchoke, parsnips, carrots, scallions and herbs with a side of fresh apple sauce



APPETIZERS & FINGER FOODS

Fresh Vegetable Crudités *round platter (serves 6-12)* **\$52**

fresh vegetable crudités of carrots, celery, cucumber, broccoli, zucchini, grape tomatoes and organic tortilla chips served with our haus made hummus for dipping

Bruschetta Crostini *24 pieces* **\$24**

Chopped tomatoes and garlic seasoned with fresh basil, olive oil and pink sea salt on small pieces of our toasted haus sour dough bread

Mini Quiche *24 pieces* **\$44**

Assorted mini tofu cashew quiche in hash brown crusts

Mini Falafel Pitas *24 pieces* **\$60**

Baked falafel in haus made mini pitas with tomato, red onion, lettuce and tahini sauce

Mini Sliders *24 pieces* **\$60**

Potato tempeh burgers topped with braised red cabbage and Dijon vinaigrette

Sunchoke Latkes with Applesauce *24 pieces* **\$60**

Root veggie latke of sunchokes, parsnips, carrots, scallions and herbs with a side of fresh apple sauce

Nori Rolls & Dipping Sauce *25 pieces* **\$40**

Fresh shredded carrots, red cabbage, cucumbers and red bell pepper wrapped in brown rice and nori wrappers with a smig of wasabi and a tamari dipping sauce

Potato Skins *20 pieces* **\$58**

Baked red potato skins topped with mozzarella, cheddar, scallions and sour cream

DIP

per pound

Hummus \$13

Whipped lemony garlic haus hummus

Pico de Gallo \$13

Fresh tomatoes, onion, garlic, cilantro, lemon and sea salt with mild heat

Guacamole \$16

Smashed avocado with tomatoes, onion, garlic, cilantro and lemon with sea salt and a touch of jalapeno

Mini falafel

Tomato Bruschetta

SALADS

Fruit Salad

Seasonal fruit platter assortment; varies depending on season, may include watermelon, pineapple, blueberries, strawberries, raspberries, cantaloupe, honeydew *half tray (serves 6-12)* **\$66**

Tossed Salad

Simple tossed salad of mixed greens, grape tomatoes, cucumber, red onion, julienned carrots and lemon poppy vinaigrette *half tray (serves 6-12)* **\$35**

Caesar Salad

Baked teriyaki tofu, grape tomatoes, red onion, garlic croutons and pumpkin seed parm over mixed greens with Caesar dressing *half tray (serves 6-12)* **\$56**

Avocado Salad

Sliced avocado, cucumbers, grape tomatoes, julienned carrots and avocado citrus dressing over mixed greens *half tray (serves 6-12)* **\$56**

Taco Salad

Salad greens, black beans, pico de gallo, avocado and hot sauce and organic tortilla chips
half tray (serves 6-12) **\$66**

Sunflower Zoodles

Raw zucchini noodles tossed in sunflower seed pesto with red bell pepper, julienned carrots and shredded red cabbage *half tray (serves 6-12)* **\$52**



Pick from our most popular soups.
Minimum of two quarts on any special orders.

Potato Leek

Comforting combo of red skinned potatoes and leeks, thickened only with potatoes

Lemon Lentil Spinach

Thick and earthy lentil soup, loaded with garlic and spinach

Curried Red Lentil

Classic curry lentil soup with onions, carrots, garlic and cilantro

French Onion

Classic caramelized onions in a hearty broth

Split Pea

Spoon standing-ly thick, full of carrots, onions, celery and parsley

Hot and Sour

Veggies and tofu in a spicy sour broth

Tomato Basil

Country classic tomato soup with fresh basil

Spicy Cabbage

Smooth and chunky with a hint of heat

Butternut Squash Apple Chowder (seasonal)

Roasted butternut squash and apples with potatoes, onions and spices

Three Bean Chili

Hearty chili of black, kidney, and pinto beans

SOUP
\$15 / Quart



Our **MAIN DISHES** are perfect for buffet lunches/dinners where a healthier appetite will be in store. All of our main dishes are served in standard half tray size, serving 6-12 people depending on how much other food is offered at your event.

Tex Mex Tray *half tray (serves 6-12)* **\$55**

Black beans, avocado, daiya cheddar, pico de gallo and hot sauce over brown rice

Unfried Rice Tray *half tray (serves 6-12)* **\$56**

Brown rice tossed with baked teriyaki tofu, roasted broccoli, sesame carrots, caramelized onions and ginger tamari sauce

Mediterranean Tray *half tray (serves 6-12)* **\$66**

Baked falafel, quinoa tabbouleh and hummus over salad greens with tahini sauce

Far East Tray *half tray (serves 6-12)* **\$60**

5 spiced kale, sesame carrots, baked teriyaki tofu, with brown rice

Shepherds Pie *half tray (serves 6-12)* **\$56**

Veggie lentil stew with garlicky mashed potatoes

Daal *half tray (serves 6-12)* **\$56**

Veggie spiced red lentil stew over basmati rice

Grilled Cheese Platter *half tray (serves 6-12)* **\$45**

An assortment of grilled cheese sandwiches, including: cheddar, spinach/tomato, mozzarella/pesto, caramelized onion split into halves and ready to enjoy at any temperature.

Macaroni & Cheese *half tray (serves 6-12)* **\$ 68**

Gluten-free rice pasta in a haus cashew and potato cheese with broccoli, carrots and peas



Five Spice Kale

Sesame Carrots

Roasted Broccoli

Roasted Sweet Potatoes

Mashed Potatoes

Roasted Squash

Braised Red Cabbage

Pink Sauerkraut

Roasted Beets

Roasted Potatoes

Items below are \$20 per quart and \$58 per tray

Caramelized Onions

Sautéed Cremini Mushrooms

Teriyaki Baked Tofu

PREPARED VEGGIES

\$15 / Quart

\$45/ Half Tray



COOKIES AND TREATS

Apple Berry Cobbler *half tray (serves 12)* **\$40**

Apples and berries with a crunchy oat and nut topping

Rice Crispy Treats (12 large pieces or 24 small pieces) **\$28**

Vegan marshmallows and rice crispies, classic but vegan
(contain gluten)

Chocolate Chip Cookies (dozen) **\$28**

Linzer Tarts (dozen) **\$28**

Heart shaped linzer tarts with raspberry jam

Gingersnaps (dozen) **\$28**

Soft spicy ginger cookie with a hint of sweetness

Chocolate Covered Strawberries (dozen) **\$28**

Muffin and Scone Platter (dozen) **\$47**

Assorted muffins and fruit scones

Coconut Macaroons

Assortment of our signature coconut macaroons : chocolate, blondie, mint chip, coffee, and strawberry

16x macaroons **\$36**

60x macaroons **\$120**

100x macaroons **\$190**



BREAD



Haus Sourdough \$7 per loaf
Gluten-free loaf \$13 per loaf

(Yes we also ship the GF bread)

BEVERAGES

COLD DRINKS

SERVED IN HALF GALLON GLASS
MASON JARS

Lemonade (lemon agave, lavender
lemonade, half n half) \$23

Iced Tea (english breakfast, peppermint,
hibiscus) \$23

Fresh-pressed Juices: (Orange, Apple,
Carrot, Green, Root) \$35

Policies

A minimum of 72-hours notice is recommended for all catering orders. Shorter notice orders are available on a limited basis. Menu and prices are subject to change. Prices do not include tax. Paper goods are supplied for an additional charge.

Credit card information is required at time of order and full payment is charged before the event. Credit card or cash payment is welcomed. Delivery available (fees may apply).

Our menu offers a 100% vegan menu and nearly all items are naturally gluten-free. But please note we do use gluten, nuts, soy and other allergens in our kitchen, so please alert our catering manager to any particular food allergies in your party.

To order call (845) 988-5253 or email us at consciousfork@gmail.com

