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VEGGIE D'LIGHT CATERING MENU

Catering For a Healthier You

Veggie D'Light was founded with a vision to provide nutrition for the soul.

Meaning, food should not only make you happy, but put a smile on your face.

We provide Vegan Caribbean take-out and catering for a healthier you right here in Toronto.

Rest assured all our food is 100 per cent plant-based, GMO-free, with all organic vegetables.

WOULD YOU LIKE A SUGGESTED MENU?

Submit a catering request with us for an event proposal with menu curated especially for you

*Appetizers, Finger Food**

*Please note, items containing gluten are indicated with .

Marinated Organic Vegetable Rolls

\$6.25/per roll (4-5 small pieces)

Rice paper cold rolls with marinated, shredded vegetables and steamed collard greens with our signature Moringa sauce. Cut into bite-size “sushi-style” pieces for your enjoyment.

Organic Sprouted Tofu Rolls

\$7.25/per roll (3-4 large pieces)

Grilled organic sprouted tofu layered with a sweet Thai chill sauce. Served as a rice paper cold roll with whole grain vermicelli and fresh lettuce. Cut into bite-size pieces for your enjoyment.

Moringa Loaf

\$4.95/serving (4-5 pieces)

Split pea, organic flax, blue cornmeal and Moringa, seasoned with garlic, thyme, onions, cranberry & dates, all blended together and baked. Served on a bed of fresh greens, roasted.

Sizzling Curry Samosas

\$5.25/per two samosas

Vegan curry samosas filled with Yukon gold potatoes and our signature 12-blend Caribbean curry (mild spice, very flavorful), baked in a crispy homemade shell of goodness with a little coconut oil.

Jerk Samosas

\$5.25/per two samosas

Rice & Bean samosas with a hint of Jamaican jerk seasoning, these basmati brown rice & bean filled shells will tickle your palette for a highly nutritious and delicious homemade, baked snack.

Jerk Seitan Kebabs, Vegetables

\$5.95/per kebab

Made with seitan, a wheat protein 72% in protein content, and Jamaican Jerk flavour, this one is spicy! Paired with organic, and delicious, grilled vegetables.

Organic Fruit Platter

Sml (serves 10-15) \$46.95

Med (serves 20-35) \$82.95

Lrg (serves 40-55) \$107.95

Fresh, juicy organic fruit, GMO-free and ready to cherish, seasonal variety.

Organic Veggie Platter + Hummus

Sml (serves 10-15) \$46.95

Med (serves 20-35) \$82.95

Lrg (serves 40-55) \$107.95

Fresh organic vegetables served with our 12- blend Caribbean curry hummus, made with coconut yogurt.

Coconut Fried “Bammys”

\$8.95/serving (9-12 pieces)

Cassava root flour cold-soaked in coconut milk and delicately fried for a crunchy, nutritious snack. Perfect to mix & match with the rest of your order.

Did you know?
Our food is nut and
seed free.
- Veggie D'Light

*Veggie D'Light Salads**

*all Veggie D'Light Salads can be customized upon request

Green Queen Mango Salad

Green mangoes with organic spinach, apples and beets, steamed, with a decadent cranberry dressing.

Bad Bean Salad

Kidney beans & roasted chickpeas are sprinkled with fresh herbs & topped with a smooth coconut dressing along with light assortment of fresh, mixed greens.

Iron Clad Quinoa

Quinoa tangoes with green lentils, to the beat of sautéed onions and garlic spices, with a traditional vinaigrette dressing and a few crisp veggies.

Moringa Salad

Organic baby arugula, broccoli sprouts and pea shoots with crispy roasted Moringa Loaf and our signature Moringa sauce.

The Zion Train

All aboard with carefully selected grilled vegetables like zucchini and bell peppers with Jerusalem artichokes in a creamy ginger coconut dressing.

Red Zone Salad

Organic romaine lettuce with tomatoes, red peppers, red onions & radishes, drizzled in a sundried tomato dressing.

Mushroom Masterpiece

Slightly steamed shiitake mushrooms mixed with Enoki mushrooms, and dressed up with red & green sweet peppers..... brushed in a secret noir dressing.

Veggies in Summer

Steamed green beans, broccoli, and baby arugula with deliciously seasoned Organic Sprouted Tofu grilled to perfection.

Salad Pricing

Served in portable trays, for your convenience.

- Sml (serves 10-15) - \$56.95
- Med (serves 20-35) \$92.95
- Lrg (serves 40-55) \$162.95

Rest assured, our food is completely vegan, GMO-free, delicious, and nutritious... with all organic vegetables

“Great tasting, freshly cooked vegan food and very friendly service.”
- Chris D.

*Veggie D'Light Soups**

*all soups are made with Jamaican yams, pumpkin, and creamy coconut milk

Green Beans & Gungo Peas

Gungo peas, otherwise known as “pigeon peas”, dazzle your palette in this savoury, vegetable soup with a hint of tomato and Jamaican yams.

The Wedding Soup

White kidney beans with a little dill, basil, and sage, and of course creamy coconut milk. Here comes the soup.....

Black Eyed Peas

With beautiful black eyed peas, carrots, potatoes, and other organic root vegetables, this soup will have you singing for more.

Lime Leaf, Lemongrass & Lentils

Green lentils dance with fresh lime leaves and calming, tangy lemongrass in this classic Veggie D'Light soup to soothe the soul.

Adzuki Rouge

Adzuki Beans take your tastebuds on a deep, rich journey with thyme, onions, pimento and vegetables.

Soup Pricing

Served in portable containers, for your convenience.

- Sml (serves 10-15) - \$52.95
- Med (serves 20-35) \$128.95
- Lrg (serves 40-55) \$209.95

*Lasagnas & Casseroles**

*pick and choose your format and protein, all ingredients are gluten free

Veggie D'Light Lasagnas

Creamy and nutritious vegan lasagna packed with your choice of protein, steel cut oats and vegetables, layered with organic, gluten free pasta. Enjoy the perfect balance of cream and crunch and be nourished.

Veggie D'Light Casseroles

Nutritious and kid-friendly quinoa pasta noodles are baked into a creamy tray of goodness with nutritious steel cut oats, vegetables, and your choice of protein. A favourite with the whole family.

FYI...

A half pan tray is roughly 12" x 10".

A full pan tray is 12" x 20".

Choose Your Lasagna or Casserole Protein!

White Lima Beans, Black Eyed Peas, Curry Chickpeas, Adzuki Beans, Gungo Peas

Lasagna Pricing

Served in portable trays, for your convenience.

- Half pan tray (serves 10-15) - \$60.00
- Full pan tray (serves 20-30) - \$110.95

Casserole Pricing

Served in portable trays, for your convenience.

- Half pan tray (serves 10-15) - \$60.00
- Full pan tray (serves 20-30) - \$110.95

*Vegan Caribbean Meals**

*order trays of the following menu items to build yourself a classic Veggie D'Light meal!

Brown Basmati Rice with Organic Flax and Quinoa

Half pan tray (serves 10-25) - \$42.95

Full pan tray (serves 30-45) - \$75.95

...It's not just rice. This non-GMO, organic, brown basmati rice is cooked with organic flax seeds, black wild rice, and organic quinoa, to perfectly balance out you, as well as your meal.

Caribbean Curry Supreme

Half pan tray (serves 10-25) - \$52.95

Full pan tray (serves 30-45) - \$110.95

Simmered 12-blend Caribbean curry with organic Yukon gold potatoes, heirloom carrots, and GMO-free chickpeas, we call it our curry sensation! Also available with white kidney beans.

Moringa Loaf

Half pan tray (serves 10-25) - \$52.95

Full pan tray (serves 30-45) - \$110.95

Split peas, organic flax, organic blue cornmeal and Moringa, seasoned with garlic, thyme, and onions, blended with cranberries & dates, baked into a delicious, gluten free vegan roast.

Jerk Seitan

Half pan tray (serves 10-25) - \$52.95

Full pan tray (serves 30-45) - \$110.95

Made with seitan, a wheat protein 72% in protein content, seasoned with Jamaican spices, it's a real vegan jerk!

"It is so
good I want to
hang around until I'm
hungry again and eat
more!!"
- Garth K.

Grilled Organic Sprouted Tofu

Half pan tray (serves 10-25) - \$52.95
Full pan tray (serves 30-45) - \$110.95

Tender strips of organic non-GMO tofu seasoned and grilled, then layered with our sweet Thai chill sauce.

Fresh Organic Vegetables

Half pan tray (serves 10-25) - \$42.95
Full pan tray (serves 30-45) - \$90.95

Veggies may include organic baby arugula, broccoli sprouts, pea shoots, enoki mushrooms, zucchini or omit and add as you desire.

Steamed Organic Vegetables

Half pan tray (serves 10-25) - \$52.95
Full pan tray (serves 25-35) - \$110.95

Veggies may include heirloom carrots, green savoy cabbage, purple cabbage, broccoli, green beans, okra, or omit and add as you desire.

*Gluten Free Desserts**

*we use only a little coconut sugar or dried fruits to naturally sweeten our Veggie D'Light desserts

Jamaican Black Cake

Whole grain, gluten free cake with Jamaican yams and sweet potato, burnt coconut sugar, cloves, and soaked fruits.

Oatmeal Cookies

Made with organic, gluten free steel cut oats, quinoa, Jamaican yams, and naturally sweetened with dates and cranberries. Can make with chocolate chips for those chocolate lovers.

Vegan Chocolate Brownies

Organic, dark Jamaican chocolate, a blend of gluten free grains, and a hint of Blue Mountain coffee, naturally sweetened with dates.

Sweet Potato Pudding Cake

Jamaican sweet potato and yams with tiff flower, vanilla, cinnamon, and tropical orange zest.

Desserts Pricing

- 10 or more - \$3.75 each
- 20 or more - \$3.25 each
- 50 or more - \$2.50 each

Thank you and have a beautiful day, or night!



Our Catering Policies

We promise to do our utmost to make your event a memorable, stress-free, and delicious day.

By placing your order with us, you agree to the following policies.

A 50% confirmation deposit is required to confirm your Veggie D'Light catering food order.

This 50% confirmation deposit is fully refundable up to 2 weeks prior to your event date, should you require to cancel for any reason, after which point it is non-refundable.

The remaining balance is due the date of your catering food order.

Please feel free to complete the full payment all at once if you prefer, whatever works best for you.

The same confirmation deposit policy applies in any case.

Again, we do our utmost to help make your event a memorable and stress-free day.... full of nutritious and nourishing foods!

All cards, cash, and cheque are acceptable forms of payment.

Thank you so much for choosing us to Cater for a Healthier You!

– Veggie D'Light
