



SOULFUL - CATERING -

ALL ITEMS FEATURE LOCAL, BEYOND ORGANIC PRODUCE AND OTHER ORGANIC INGREDIENTS AND ARE AVAILABLE VEGAN AND/OR GLUTEN FREE. WE USE A MINIMUM OF SALT, SUGAR AND FAT, AND ONLY SEA SALT, EVAPORATED CANE AND COCONUT, OLIVE OR GRAPE SEED OILS, REAL BUTTER, OR OUR OWN GHEE. WE PROUDLY MAKE EVERYTHING IN HOUSE FROM SCRATCH AND WILL WORK WITH YOU TO DESIGN A MENU THAT FITS YOUR NEEDS. INSIDE ARE EXAMPLES OF A FEW OF OUR MOST POPULAR MENU ITEMS. OUR FOOD HIGHLIGHTS SEASONAL PRODUCE, HERBS AND THE FINEST SPICES AND IS RICH WITH FLAVOR!

BREAKFAST

YOGURT
\$1.50 PER PERSON

GREEK YOGURT
\$2.00 PER PERSON

HOMEMADE GRANOLA
\$1.50 PER PERSON

SEASONAL ROASTED
VEGETABLE FRITTATA
\$2.50 PER PERSON

FRESH FRUIT OR
SAVORY MUFFINS
\$20 PER DOZEN

SEASONAL FRUIT PLATTER
\$2 - \$3.50 PER PERSON
(DEPENDING ON FRUIT SELECTION)

IRISH OATMEAL WITH
SEASONAL FRUIT SAUCE OR
SAVORY GRITS
\$2.50 PER PERSON



LUNCH & DINNER

\$7.50 - \$15.00 PER PERSON
(DEPENDING ON QUANTITY)

BLACK EYED PEAS, SAUTEED GREENS,
CORN BREAD

CHANA (SPICY PUNJABI GARBANZO
BEAN STEW), BASMATI RICE, RED
PEPPER COLLARD GREENS

DHAAL (INDIAN SPICED LENTILS),
BASMATI RICE, ROASTED CUMIN
CAULIFLOWER

VEGETABLE "CURRY" W/ BASMATI
RICE, GARDEN SALAD
(CHICKEN OR TOFU ADD \$1.50/
PERSON)

VERY VEGGIE PILLAU (FRAGRANT RICE
& FRESH VEGGIES BAKED W/ INDIAN
SPICES), WITH THE OPTION OF BAKED
MASALA PANEER (MILK CURDS)

VEGGIE/TOMATO PASTA: RICH TOMATO
SAUCE WITH VEGETABLES AND HERBS
OVER PASTA

BAKED MUSHROOM /VEGGIE PASTA:
FLAVORFUL MUSHROOM SAUCE BAKED
WITH VEGGIES AND PASTA



ALACARTE&SIDES



AL A CARTE

VEGETABLE WRAPS
\$6.50-\$8.50 EACH

ROASTED VEGETABLE
SANDWICHES
(ADD CHICKEN OR TOFU \$1.50
CENTS PER PERSON)
\$6.75-\$8.75 EACH

SEASONAL VEGETABLE SOUP
\$3-\$4.50 PER PERSON
- TOMATO/BASIL
- CARROT/CORIANDER
- BROCCOLI/POTATO
- SPLIT PEA/SWEET POTATO
- BUTTERNUT SQUASH
- PUMPKIN

(ADDITIONAL TYPES AVAILABLE
UPON REQUEST)

ALOO TIKKI PLATE: POTATO/
SESAME PATTI, CREAMY
GARBANZOS, MINT/TAMARIND
CHUTNEY
\$6 PER PERSON

CRISPY BAKED PAKORAS
(SAVORY GARBANZO BEAN/
VEGETABLE BITES), MINT/APPLE
CHUTNEY
\$3 PER PERSON

SIDE DISHES

MIXED GREENS SALAD
WITH SESAME DRESSING
\$2.50 PER PERSON

SESAME KALE SALAD WITH
SHREDDED CARROTS AND DRIED
CRANBERRIES
\$2.50 PER PERSON

ROASTED ONION &
FRESH HERB FLAT BREAD
\$2 PER PERSON

DESSERTS



DESSERT

COOKIES

\$9 PER DOZEN

- OATMEAL
- WALNUT/RAISIN
- CHOCOLATE ORANGE
- DOUBLE COCONUT
- PISTACHIO CARDAMOM
- CHOCOLATE CHILI
(OTHERS UPON REQUEST)

APPLE/PEAR & BERRY CRUMBLE
\$2.50 PER PERSON

DARK CHOCOLATE CAKE
\$3.00 PER PERSON

KHEER: BASMATI RICE PUDDING
WITH CARDAMOM AND
PISTACHIO
\$3.00 PER PERSON

VERY BANANA BREAD
\$2 PER PERSON

APPLE BREAD
\$2 PER PERSON

BEVERAGES

BEVERAGES

GINGER LEMONADE

\$35 PITCHER

(SERVES APPROXIMATELY 30)

WATERMELON/STRAWBERRY/MINT

COOLER

\$35 PITCHER

(SERVES APPROXIMATELY 30)

HERB/FRUIT ICED TEAS, VARIOUS

SEASONAL VARIETIES

\$30 PITCHER

(SERVES APPROXIMATELY 30)

CHAI

\$25/30

SMALL OR LARGE THERMOS

(11 OR 14 8OZ CUPS)

MADE WITH CSU'S OWN CHAI

MASALA AND BLACK TEA.

PREPARED WITH DAIRY

OR SOY MILK AND SUGAR)

FAIR TRADE COFFEE

\$20/25

SMALL OR LARGE THERMOS

(11 OR 14 8OZ CUPS)

(SERVED BLACK W/ OPTIONAL

DAIRY OR NON-DAIRY CREAMER

& SUGAR UPON REQUEST

FOR AN ADDITIONAL FEE)



POLICIES

PRICES

LISTED PRICES ARE FOR FOOD ONLY, THEY DO NOT INCLUDE SERVICE/SERVING WARE, LINENS, DELIVERY, SET-UP OR SERVICE OF ANY KIND. THESE SERVICES AND/OR SUPPLIES ARE AVAILABLE FOR AN ADDITIONAL FEE. DISCUSS THESE ADDITIONAL NEEDS WITH THE CATERING MANAGER WHEN PLACING ORDER.

DEPOSIT

A 25% DEPOSIT IS REQUIRED WHEN YOU PLACE YOUR ORDER. PAYMENT IN FULL IS DUE 10-BUSINESS DAYS PRIOR TO EVENT.

ORDER CHANGES

TO ENSURE PROPER LABOR COVERAGE AND FOOD SUPPLIES. A GUARANTEED FINAL GUEST COUNT IS REQUIRED 10-BUSINESS DAYS PRIOR TO EVENT. ONCE A GUARANTEED COUNT IS GIVEN THE NUMBERS CANNOT BE REDUCED. THE COUNT CAN BE INCREASED UP TO 48 HOURS BEFORE THE EVENT. ANY ADDITIONAL GUESTS MUST BE PAID FOR PRIOR TO THE EVENT.

RUSH ORDERS (10-BUSINESS DAYS OR LESS LEAD TIME) MAY INCURE A RUSH FEE. RUSH ORDERS MUST BE PAID IN FULL AT TIME OF ORDER.

CANCELLATIONS

CANCELATIONS MADE LESS THEN 10-BUSINESS DAYS IN ADVANCE WILL FORFEIT THEIR 25% DEPOSIT. CANCELLATIONS LESS THEN 48-HOURS IN ADVANCE WILL ONLY RECEIVE A 50% REFUND.

CANCELLED RUSH ORDERS WILL ONLY RECEIVE A 50% REFUND.

ORDERS WILL ONLY BE CONSIDERED CANCELLED BY SPEAKING DIRECTLY TO THE CATERING MANAGER.

TAX FEE

A LOS ANGELES SALES TAX OF 9.5% WILL BE ADDED TO ALL ORDERS.

PICK UP SITE

ORDERS CAN BE PICKED-UP AT THE VILLAGE MARKET PLACE AT NO CHARGE. DELIVERY IS AVAILABLE FOR AN ADDITIONAL FEE. DELIVERY FEE STARTS AT \$20 AND GOES UP DEPENDING ON TRAVEL DISTANCE AND TIME. DELIVERY DOES NOT INCLUDE SET-UP, SERVING OR BREAKDOWN.

SET UP & SERVERS

SET-UP, SERVING AND BREAKDOWN CAN BE PROVIDED FOR AN ADDITIONAL FEE, STARTING AT \$30/HR. FOR 1 SERVER. THE VMP WILL DETERMINE HOW MANY SERVERS ARE NEEDED BASED ON YOUR EVENT SIZE AND MENU.

TO PLACE AN ORDER

CONTACT CATERING

MANAGER

HEATHER FENNEY AT

VMP@CSUINC.ORG

OR CALL 213-746-1216