

BUSINESS LUNCHEONS, BREAKFASTS, AND BRUNCHES

LITE BREAKFAST MENU

\$10

Tea Bread Assortment

Selection including banana, pineapple walnut & sweet potato

Fresh Fruit Skewers

A portable fruit salad of seasonal melons, strawberries and grapes

Coffee & Tea

Or

Fresh squeezed orange juice & cranberry juice



BRUNCH MENU

\$12

Fresh Fruit Parfait

Granola, fruit puree & soy yogurt layered with fresh market fruit

Tofu Breakfast Sandwich

Soft scrambled tofu, served on a baguette with caramelized onions, matchstick potatoes and chipotle-nayonnaise

OR

GVC Brunch Burrito

Scrambled tofu and spicy Brazilian black beans paired perfectly with our avocado corn salsa and wrapped in a tortilla shell

Fresh squeezed Orange Juice

Bottled Water

Call 301-949-7602 or e-mail: catering@gailsvegetarian.com to order ("Minimum 12 servings", "Delivery Charges Apply")

ASIAN LUNCH MENU

\$14

Vietnamese Spring Rolls

Korean BBQ Tofu
Szechwan Sesame Noodles
Garlic Seared Broccoli Spears

Assorted Fruit Spritzers

SANDWICH LUNCH MENU

\$16

Choose 2 specialty sandwiches and 1 side dish

Seitan Fajita

House made grilled Seitan wrapped in flatbread with grilled market vegetables & roasted garlic aioli

No-Meatloaf Sandwich

Our vegetarian loaf served simply with organic ketchup on ciabatta

Pressed Veggie Hoagie

Baby spinach & arugula, thinly sliced cucumbers, crisp red pepper, and black olives pressed into a crusty French baguette

Grilled Lemon Herb Tofu

Firm tofu grilled to perfection and basted with a zesty lemon herb sauce. Served with, baby spinach & arugula on a French roll.

BBQ Seitan

Grilled on an open flame and basted with our smoky-sweet barbeque sauce. Perfect with our romaine salad.

SIDES

Oven Roasted Garlic Fries

Steak cut potatoes seasoned with garlic and onion & served with organic ketchup

Crisp Romaine Salad

Hearts of Romaine, cucumber, herbed croutons, creamy garlic dressing

GVC Potato Salad

Fingerling potatoes, radish, celery, creamy shallot emulsion

Assorted Fruit Spritzers

Cookie Plate

Selection includes triple chocolate, chocolate chip, oatmeal raisin, & lemon cornmeal sugar cookies.

SPECIALLY SANDWICH LUNCH MENU

\$21

Choose any 3 Sandwiches and 2 side dishes

SANDWICHES

Olive & Artichoke Tapenade with pressed cucumber

Curried no-chicken salad with grapes and watercress

Eggless salad with watermelon radishes and black olive-mayonnaise

Vegetable walnut pate with planked carrots and tender lamb's lettuce

PB&J: Roasted plantains and crunchy butter, served with a fresh strawberry chipotle jam

Cilantro Hummus with cucumber, carrots and sprouts

SIDES

Chopped Salad

Romaine, avocado, cucumber, cherry tomatoes, grilled corn & grilled tofu

Picnic Coleslaw

Shredded green cabbage, parsley and paper thin onions in a sweet vinaigrette

Cucumber Salad

English cucumbers, shallots, toasted sesame seeds

GVC Potato Salad

fingerling potatoes, radish, celery, creamy shallot emulsion

Assorted fruit spritzers

Sweets & Treats Table

Chef's selection of cookies, desserts, fresh fruits and pastries.



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