



# Susan Plunkett's Fabulous Foods, LLC.

Rochester's Favorite Caterer for Weddings, Special Occasions  
Bar & Bat Mitzvahs, Corporate Catering and Much More!



## Vegetarian & Gluten Free Menus

We started cooking vegetarian food back in the 70's at our first Jazzberrys location. No one has more experience creating so many delicious vegetarian and vegan meals. Now everyone's hopping on the plant-based bandwagon because it's a healthy diet for so many reasons. Many people are also choosing to go gluten-free in their diets for a variety of reasons, not just because they have Celiac Disease. People who choose to eat gluten-free tell us they feel better and less bloated.

Bear in mind any sandwich on our menus can be made with gluten-free bread. Anything we fry can be coated with rice or besan flour. We can also substitute rice, barley or buckwheat for any grain. Anything we sauté in a flour and egg mixture can be sautéed with cornstarch or other flours.



Here are a few new vegan, vegetarian and gluten-free additions to our menus:

- Stuffed Peppers with Spinach, Basmati, Carrots & Mushrooms & Tomato Wine Sauce (*topped with Yeast Flakes for vegan and Shredded Mozzarella for gluten-free*)
- Thai Red & White Cabbage Salad with Sautéed Tempeh & Cilantro Dressing (*vegan & gluten-free*)
- Mexican Enchiladas with Sautéed Zucchini, Onion & Red Peppers with Salsa Verde (*vegan*). *We can use corn tortillas for vegan and gluten-free*
- Indonesian Coconut Rice (*vegan and gluten-free*)
- Thai Red Coconut Curry, Sweet Potatoes, Peas, Carrots & Green Beans (*vegan & gluten-free*)
- Thai Peanut Sauce with Red & White Cabbage with Marinated Tofu, Sesame Seeds, Carrots and Sliced Snow Peas (*vegan & gluten-free*)
- Crispy Rice Vermicelli Noodles with Cashew Tofu and Matchstick Vegetables Sesame Noodles with Crispy Tofu, Persian Cucumbers & Shredded Carrots & Green Onion with Soy-Ginger Garlic Sauce (*vegan*)
- Wraps & Edamame or Sweet Potato Hummus (*vegan & gluten-free*)
- Indian Pakora with Tamarind and Mint Chutney (*vegan & gluten-free*)
- Basmati Rice Pilaf (*vegan & gluten-free*)
- Chick Peas, Peas & Potatoes with Tomato Curry (*vegan & gluten-free*)
- Japanese Tempura Made with Rice and Cornstarch Flour (*vegan & gluten-free*)

Got a special dietary request? Just let us know. Chances are you won't notice our substitutions in the taste of the food.

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Rochester's Premiere Caterer for Weddings, Bar Mitzvahs and Corporate Events  
Contact Us Today For Events Your Guests will Rave About for Years!

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