



## FOOD AS MEDICINE

Vegan. Organic. Seasonal.



ORDER NOW

[catering@ora.garden](mailto:catering@ora.garden)

[www.ora.garden](http://www.ora.garden)

Jill Hodgson

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GROUPS

RETREATS

EVENTS



## An All-Around OrAganic Menu

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All Organic, Vegan and Gluten Free (with the exception of eggs & ghee) and as fresh & local as possible.

Special requests can be accommodated (i.e. no sugar, ghee or soy) and we are willing to accommodate omnivorous diets for small groups.

Our specialty is creating beautiful, healthy, and delicious food that honors the Earth and our bodies.

**Groups Up To 25**

### ADD ONS

#### Soups

Cream of Mushroom (maitake, shitake, cremini)

Coconut Carrot Herb Bisque

Green Power Soup

Indian Yellow Lentil Dahl

Seasonal Bisque (varies)

\* Option of herbed GF croutons

#### Drinks

Iced Tulsi-Mint Tea

Hibiscus Citrus Cooler

Iced Rooibos with Oat Milk

Ginger & Turmeric Lemon or Lime-aide

64OZ

#### Pickles

Kimchi Carrot

Star Anise & Habanero Beet

Cinnamon Jalapeno

#### Sauces

Habanero Carrot

Poblano Spinach

Creamy Chipotle

Golden Sunshine (Habanero, Manzano,

Pinneapple, Mango)

### GREENS

#### The Garden Greens

Fresh greens with cabbage, carrots, bell pepper, sunflower, hemp, pumpkin seeds, beet and side of kraut

#### Dia Del Fuerte

Fresh greens with fresh corn, black beans, cilantro, bell pepper, tortilla strips, & pumpkin seed in pepita-cilantro cream

#### Kale Salad

Fresh kale, sesame, pumpkin, hemp, sunflower seeds in secret OrA sauce

#### Extras

Add Baked Tofu

Add Quinoa or Rice

#### Dressings

Creamy Balsamic

Orange Tahini

Miso Vinaigrette

Pepita-Cilantro Cream

Secret Sauce (olive oil, nut yeast, Bragg's)

## MAINS

### Curry Bowl

Fresh veggies, baked tofu, and choice of rice or quinoa in a creamy curry dressing, pomegranate molasses drizzle, fennel frond

### Taco Bar

Black bean and sunflower seed tempeh  
AND/OR sweet & savory yams with cabbage slaw, pickled jalapenos, cilantro, sweet peppers, caramelized onion, & hemp crema

### EGG Sandwich

Vegan Egg Salad Sandwich with pickled carrots and sprouts on GF (or not) sourdough

### Custom

**Varies**

You choose from our list of ingredients and create a custom main dish

## SIDES

### Roots

Roasted masala beets with fennel, star anise, cumin, and seasonal citrus

Honey glazed five-spice carrots with pomegranate molasses

Roasted root variety with fresh garden herbs

### Cauliflower Gratin

Cauliflower cooked with leeks and herbs in vegan cream

### Sauteed Greens

Seasonal and mixed, such as collard, swiss chard, kale, parsley and herbs

Hourly Rate: \$35

(plus food cost & shopping time)

Full days/overnights = 12 hours

## STARCHES

### Rice

Herbed broth-ghee enriched rice

White or Brown

Wild rice

Quinoa

### Beans

Slow-cooked stewed white beans

### Mashed

Roasted Garlic Mashed Potatoes or Cauliflower

### Lentils

Tomato, coconut, star anise French Lentils

### Polenta

Creamy Polenta with ghee and seasonal herbs

### GF Sourdough Loaf

## BREAKFAST

### Scramble w/Toast

Local Egg and fresh herb soft scramble with toast

### Huevos Rancheros

Mexican Scramble with Tortillas, Crema, and Pickles

### Root(ed) Hash

Sweet Potato or Root Hash

### Raw Granola

Raw homemade seed, cherry, pistachio sprouted buckwheat granola with plant-based yogurt, fresh fruit platter, and oat milk

### Soaked Oats

Soaked Oats or Chia Pudding with Cinnamon & Maple - choice of toppings

## ADDITIONS

### Toppings\*

Fresh Fruit, Goji Berries, Bee Pollen, Sunflower/Hemp/Pumpkin Seeds, Dried Fig, Golden Raisin, Spirulina, Cocoa Nibs, Coconut shavings

\* For Granola and Soaked Oats

### Fresh Juice

Red, Orange, Yellow, Green, Blue, Purple 16oz

### Drinks

Fresh milks (Oatmeal, dairy, almond), hot teas, coffee 12oz

### Handmade Sides

Sourdough loaf  
Gluten free loaf  
Corn Tortillas



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### On-Site Retreat Chef-Ing

ORA Catering is happy to chef for your multiple day private events. You can pick and choose from the menu for pricing or host can pay for food costs plus \$35/hr. We are happy to work with you to create an appropriate menu for your participants.

Accommodations needs to be provided as well as any out of county travel costs. Please contact Jill directly at [catering@ora.garden](mailto:catering@ora.garden) to collaborate on this - We are also open to trade or partial trade for workshop participation!

