



TEAL GARDEN NUTRITION'S
100% PLANT BASED VEGAN
CATERING



**Shreveport's 100% Plant Based Vegan
Culinary Nutrition Provider**

From baby showers, rehearsal dinners, corporate happy hours, birthdays and more, TGN offers wholesome 100% plant-based foods for you and your guests to feel satisfied and fueled with clean energy.

MENU

Prices shown are a la carte prices.

Catered pricing is \$12 per person. Minimum 6 persons for catered pricing to apply.

Hummus Veggie Platter \$36.00

Our Chef's lemony-garlicky Blackeyed Pea and Garbanzo bean hummus served with veggies and olives

Chili Nacho Platter \$36.00

Our infamous chili stew served with grain nachos, jalapenos, cheez sauce, and sour cream

Vegan Charcuterie Board Platter \$50.00

An assortment of artisan cookies, nut cheeses, simple fruit spreads and cured plant based proteins

Parsley Cream Pasta Platter \$60.00

Parsley, garlic butter mushrooms, chickpeas and jackfruit build this creamy white sauce spaghetti pasta dish

Meatball Marinara Pasta Platter \$60.00

Juicy, plant based meatballs and angel hair pasta in roasted garlic-tomato marinara sauce, served with tossed salad

Southern Mama Breakfast Platter \$55.00

Grits, tofu egg or breakfast skillet, vegan bacon or plant sausage patty, whole wheat toast

Ms. Teal's BBQ Platter \$60.00

Que'd up plant protein, served with black bean quinoa pilaf, roast brussels sprouts, and baked beans



HOW TO ORDER:

- Visit tealgardenn.com/catering
- Add your desired menu item(s) to cart
- Choose your serving method
- Select your delivery preference
- Select your event date and time
- Review your order cart for accuracy.
- Submit your order

A Team Teal member will be in touch with you shortly to confirm details about your order.

BOXED LUNCH OPTIONS

\$12 per person, minimum 6 persons

- TX-style Burger

TGN's Vegan Texan-style burger: thick and juicy plant based patty on an artisan bun topped with vegan mayo, lettuce, tomatoes, pickles, jalapenos, vegan bac'n and cheez sauce.

- Slaw Mama Burger

TGN's Slaw Mama sandwich comes with our BBQ Jackfruit topped with our creamy southern coleslaw, pickles, and vegan bac'n.

- Assorted Chips
- Assorted Fresh Baked Cookie

HAND HELD PLATTER

\$12 per person, minimum 6 persons

A tray full of our infamous sandwiches wrapped and served with your choice of chips

- TX-style Burger
- Slaw Mama Burger
- Chips

DESSERTS \$35.00

Serves up to 16 persons.

- 3-Cookie Platter

fudge cookie, salted caramel chocolate chip, sugar

- Vegan Mousse Parfait Cups

whipped caramel cream mousse, fresh berry fruits, and sweet cake

- 8-Fruit Platter

grapes, mango, raspberries, strawberries, kiwi fruit, cantaloupe and blueberries

Each boxed lunch contains burger, bag of randomly selected vegan-friendly chips, and a dessert.



BEVERAGES

\$4 per person, minimum 6 persons

Beverages are served in a carafe, cups with lids, stirrers and cane sugar packets provided. Carafe serves 6.

- Hot or Iced Tea \$25.00, serves 6

green tea, hibiscus lavender chamomile, or butterfly pea flower blend.

- Infused Water \$22.00, serves 6

watermelon, cucumber, and mint

- Fresh Juices \$22.00, serves 6

fresh squeezed juices from regionally fresh fruits and veggies

- Bottled Water \$1.00 each

chilled and simple



Choose from a thoughtfully curated menu of fresh, made-to-order dishes crafted with high-quality, plant-based ingredients. We take pride in delivering safe, beautifully prepared meals, all personally presented by our skilled team. Let us bring ease and flavor to your event!

Minimum 6 per menu items are required for all cater pricing orders. There are no minimums for a la carte priced items.

To get started call and ask for our Culinary Nutritionist Vegan Chef Linda!

CONTACT US

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Thank you for your interest in TGN's 100% plant based vegan catering service.