



Special Holiday Catering Menu starting December 5, 2018

Minimum of 8 people per order

V - Vegan, Veg - contains dairy (can be made vegan)

Menu is meat and egg-free. Everything can be made gluten-free.

Buffet or Plated service available (contact Karuna for quote)

Delivery \$15-\$30 (depending on distance from Inner Loop)

Entrees \$10/person

Vegan chorizo and black bean tacos V/
Veg/GF

Spinach Koftas (vegetable balls) in
Tomato Sauce - V/Veg/GF

Chana Masala (garbanzo beans) with
Basmati Rice - V/GF

Greens in Coconut-Cashew Sauce with
Brown Rice -V/GF

Butternut Crusted Vegetable Pizza
with/without cheese- V/Veg/GF

Greek Moussaka - Veg

Roasted Vegetable Lasagna - Veg

Matar Paneer (peas and fresh cheese)
with Basmati rice-Veg/GF

Cauliflower, Potato and Paneer Curry
with Basmati rice-Veg/GF

Lentil Shepherd's Pie - V/GF

Starters and Sides \$6/person

All items are GF

Butternut Soup - Veg

Cream of Cauliflower Soup - Veg

Herbed Mashed Potatoes - Veg

Roasted Brussels Sprouts - V

Creamy Spinach and Kale - V

Cinnamon Sweet Potatoes - V

Grilled Asparagus - V

Seasoned Butternut Squash - V

Indian Cauliflower and Peas - V

Indian Lentil Dal (all varieties) - V

Lentil-Barley Soup - V

Brown Rice Pilaf - V

Quinoa Vegetable Pilaf - V

Pakorras (Vegetable Fritters) - V

Salads \$7/person

All items are GF

Walnut and Arugula Salad -Veg

Mediterranean Quinoa Salad - Veg

Kale Waldorf Salad - V

Persian Cucumber Potato Salad -V

Cucumber-Avocado Salad - V

Desserts \$6/person

Carrot Cake - Veg

Baklava - Veg

Blueberry Bars - V/GF

Halava (Semolina Pudding) - Veg

Chana Burfi (Chickpea Fudge)
- V/GF

Chocolate Zucchini Bread - V

Decadent Baked Apples - V

Contact Karuna Diedericks to place your order: 281-546-9698 or
karuna@findyournaturalbalance.com