



THE CHICKPEA CATERING EXPERIENCE

DELICIOUS PLANT BASED COMFORT FOOD WITH A MEDITERRANEAN TWIST



MAINS

FALAFEL & EGGPLANT PLATTER (GF)

Mounds of falafel made from our special mix of chickpeas, parsley, onions, garlic & secret spices along with lots of crunchy, flawlessly fried slices of eggplant.

KASUM PLATTER (GF)

Crispy fried cauliflower with sautéed turmeric-covered mushrooms & onions in a lemon-garlic sauce.

SHAWARMA PLATTER (GF)

Thinly sliced tempeh & sautéed onions, marinated in an exotic spice blend that includes hints of curry, sumac & coriander.

SHNITZELONIM PLATTER (GF)

Crispy smoked tofu coated with a unique mix of toscana spices & crunchy gluten-free crumbs.

CHICKEBAB (GF)

Baharat & sumac spices, savory plant-based ground meat, parsley & mint shaped into bite-sized patties.

HATZIL BALADI PLATTER (GF)

Flame-charred eggplant garnished with olive oil, lemon-garlic sauce, classic tahini, spicy schug, tomatoes, mint, parsley & chopped red onions.

CAULIFLOWER OF LIFE PLATTER (GF)

Oven-roasted cauliflower, drizzled with olive oil & garnished with olive oil, lemon-garlic sauce, classic tahini, spicy schug, tomatoes, mint, parsley & chopped red onions.

SAUCES

House-made, gluten-free,
tahini & aquafaba based

Classic – Basil – Tzatziki – Spicy
Chipotle – Sweet Chilli – Amba Mango



SALATIM

All salads are gluten-free except
for the Cabbage Salad

RED BEET SALAD

Superfood done in a super unique way.

LABANEH

A creamy, decadent home-made “cheese”, drizzled with Israeli spices.

TANGY MOROCCAN CARROTS

Carrots spiked with lemon, garlic, cumin, paprika & parsley.

PICKLED VEGGIES

A tangy combo of turnips, cauliflower, crunchy carrots, celery & cabbage.

MARINATED CUCUMBERS

Cucumbers, dill & red onions marinated in our special vinaigrette.

CABBAGE SALAD

Shredded white cabbage dressed with soy sauce & roasted sesame seeds.

BABA GANOUSH

Smoky eggplant blended with tahini, olive oil, lemon juice & Mediterranean spices.

HATZILIM

Sliced eggplant sautéed with paprika, cumin, garlic & a squeeze of lemon.



DESSERTS

LUMBERJACK BAKLAVA

Layers of light, flaky pastry filled with finely chopped nuts, drizzled with Canadian maple syrup & sprinkled with cinnamon.

FAIRY BAKLAVA

Layers of light, flaky pastry filled with finely chopped nuts, drizzled with orange blossom & rose water syrup & fairy dusted with cardamom.



Every catering order no matter how big or small includes the following:

HUMMUS

Our legendary organic hummus, sprinkled with olive oil, zataar, paprika & lemon garlic schug, garnished with warm chickpeas & parsley.

HOUSE SALAD

Fresh greens, julienned carrots, chopped red cabbage, tiny cubes of cucumber & tomatoes tossed in our special mint vinaigrette dressing, then topped with shredded pickled turnips & a pile of crispy chickpeas.



CHICKPEA FRIES

Crispy, deliciously addictive Chickpea fries that are gluten-free, packed with protein & drizzled with sweet chili & mango sauce.

PITA BREAD

Fresh and flavourful, it's the perfect accessory for your meal. Use it for dipping or stuff it with your favourite Chickpea mains and salads.

PACKAGING / PRESENTATION:

Food comes in stainless steel chafing dishes. We can supply compostable plates, cutlery & napkins for \$1.25/person.

DELIVERY & SET UP FEE:

Minimum: \$129 in the Lower Mainland.

SERVING STAFF

\$25/hour for each staff person, minimum of 3 hours.

READY TO ORDER?

Contact catering@ilovechickpea



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