



# 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, classic tahini & spicy schug, garnished with tomatoes, mint, parsley & chopped red onions.

## 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 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.

### CLASSIC TAHINI SAUCE



### PACKAGING / PRESENTATION:

Food comes in stainless steel chafing dishes ("Elegant Style"), or bio-degradable containers ("Casual Style"). We can supply compostable plates, cutlery & napkins for \$1.50/person.

### MIN. DELIVERY & SET UP FEE:

Elegant: \$300 / Casual: \$35 in the Lower Mainland.

### SERVING STAFF

\$35/hour for each staff, minimum of 3 hours.

### READY TO ORDER?

Contact [catering@ilovechickpea.ca](mailto:catering@ilovechickpea.ca)



**ILOVECHICKPEA.CA**  
**CATERING@ILOVECHICKPEA.CA**  
**f t i @ILOVECHICKPEA**  
**4298 MAIN STREET**