



Cécile's

untamed kitchen

French-inspired, vegetarian and vegan cuisine

MENU CHOICES

We offer a wide variety of choices to make your event SPECIAL.

Our foods are unpretentious, unpredictable, fresh, simple and delicious...using quality ingredients.

We will work with you to determine the right number of choices to serve the size of your group. Choose from these options:

APPETIZERS

Avocado wheel with gomasio

Butternut squash savoury pie with leek & mushrooms

Choice of 2 dips (see **DIPS** list) with raw flax seed crackers or crostinis + selection of raw veggies (e.g. asparagus, kohlrabi, rainbow carrots)

Polenta Bits served with basil pesto

Polenta mini-pizza

Raw Butternut Squash Cold Soup with home-made crackers

Red Lentil Salad with kale & mint

Salad rolls (with collard greens)

Spring rolls (with rice paper)

Steamed Leek Salad with Buckwheat "croûtons"
(twist on a traditional French recipe)

DIPS

Vegan

Black garlic hummus (Edible Earth)

Cashew & horseradish

Chickpea smashed salad

Red lentil & dill

Sundried tomato tapenade

Sunflower seed "pâté"

Tatziki cucumber or radish (seasonal choices)

Vegetarian

Provence-style roasted peppers & feta

Smoky egg salad

Yogurt & fresh herb sauce

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ALL-IN-ONE SALAD

Couscous, green lentil, beet, “chèvre frais” or feta, mint (citrus dressing)

Orzo, chickpea, sundried tomatoes, feta Kalamata olives, basil (balsamic dressing) & baked tofu

Spelt, roasted potatoes, fennel & red onion (or leek), toasted seeds, thyme (mustard dressing)

Squash, lentils, roasted fennel

“**R**atatouille”, cubed polenta, (citrus dressing)

Brown rice, falafel bits,

ALL-IN-ONE DISH

2-spuds Shepherd’s pie with tempeh & leek... served with a 3-colour cabbage salad

Green lentils, fennel & mushrooms stew... served with spelt

Oven-baked veggies Tunisian-style (harissa) & chickpeas... served with couscous & dried currants

Ratatouille... served with polenta or panisse (seasonal) & “parmesan”

Seasonal Vegetables “Tian” (layered veggie dish)... served with baked tempeh

SAUCES

Cashew horseradish

Cécile’s Favourite gravy

Creamy curry, mushroom, pesto

Green kale

Meatless tomato

Miso ginger

Roasted red pepper

Rosé (cream & tomato)

Tahini orange

SALAD

3-colour cabbage

ABC (apple, beet, carrot) & toasted seeds

Kale variations

Raw celeriac

DESSERTS

Vegan

Buckwheat "galette"

Chia seed express raw pudding

"Flan" with Fruit Compote (made with agar-agar & non-dairy milk)

Tapioca Pudding vanilla with a fruit sauce

Tapioca Pudding coco with exotic fruit salad (mango, banana, goji berries)

My favourite: Banana, choco & hemp ice-cream

Sweets... Date bits, halva,

Rice pudding with spices

Tofu chocolate mousse

Pudding polenta orange cranberries

"Crêpes" with chocolate spread, orange sauce, fruit compote, fruit sauce (blueberry ginger or apple rhubarb cinnamon)

COMPOSITION

Chickpea Patties with an orange Tahini Sauce

Fluffy Seasoned Brown Rice

Seasonal Roasted Veggies

or

Seasonal Veggie "Tian" (layered veggie dish)

French Dupuy Lentils

3-Cabbage Salad & Seeds

or

2 Spuds 2 Ways

Local Spelt with Mushrooms, Leek & Fennel

Cécile's Gravy

Tofu burgers

Fluffy brown rice

Cécile's gravy

Sautéed kale

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