



Mary Ellen's Personal Touch Catering, Inc.  
Phone 770-316-6071

## Mary Ellen's Special Diet Menu (Gluten Free, Vegan & Vegetarian)

### SANDWICHES

**Eggplant Parmesan-** Eggplant dusted with season panko bread crumbs, parmesan cheese, oven baked, topped with spicy marinara sauce and mozzarella cheese placed on ciabatta bread.  
**(Vegan) \$10.75 per person**

**Southwestern Black Bean Sandwich-**Roasted black bean burger, placed on a wheat hamburger bun with lettuce, tomato salsa, w/cilantro vegan mayonnaise.  
**(Vegan) \$12.25 per person**

**Fish Tacos-**Served with broccoli coleslaw, and lime cream sauce, gluten free mayonnaise, yogurt lime, southwestern flavored tuna, avocados, placed on gluten free corn tortilla  
**(Gluten Free) \$11.25 per person**

**Rotel Black Bean and Feta Quesadillas –** Kernel corn, tomato, red onions, cilantro, fresh lime juice, serrano chile, black beans, served with gluten free corn tortilla. **(Vegan or Gluten Free) \$7.50 per person**

**Grilled Eggplant and Roast Peppers-** Eggplant grilled w/ beefsteak tomatoes, roasted red peppers, smoke gouda cheese, basil pesto, placed on sliced wheat bread.  
**(Vegetarian or Vegan) \$7.50 per person**

**Smoked Avocado Bean Wrap—**Mesquite avocado, black beans, pinto beans, cilantro, tomatoes, dice peppers, yellow rice, w/southwestern vegan mayo  
**(Vegan) \$7.50 per person**

**Veggie Pita Pizza –** Tossed roasted red peppers, zucchini, butternut squash, red onions, placed on grill pita bread brushed with pesto cream cheese spread and topped with three shredded cheese medley. **(Vegan) \$6.50 per person**

**Chickpea Pita—**Stuffed with hummus, sliced beets, and red onions **(Gluten Free or Vegan) \$6.50 per person**

**Polenta Pizza w/tomatoes, julienne leeks and fresh herbs. (Gluten Free) \$6.25 per person**

**Parmesan Cup—**Filled with edamame, avocado and hummus **(Gluten Free or Vegan) \$7.95 per person**

*(MENU PRICES AND SALES TAXES ARE SUBJECT TO CHANGE WITHOUT NOTICE.)*  
PLEASE ADD THE CUSTOMARY 19% SERVICE CHARGE AND THE 7% SALES TAX



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## **SALADS**

### **Quinoa Salad**

Quinoa, spinach, mango, avocado and tomatoes. (Gluten Free or Vegan) **\$8.50 per person**

### **Rainbow Arugula Salad**

Arugula, romaine lettuce, red cabbage, cucumber, carrots, red and yellow grape tomatoes, yellow bell peppers and avocado basil dressing **(Gluten Free, Vegan or Vegetarian) \$8.50 per person**

### **Sweet Potato Kale Salad**

Served with sweet potatoes, kale, raisins and a raspberry vinaigrette **(Gluten Free or Vegan) \$10.25 per person**

### **Mixed Greens with Garden Julienne Vegetables**

Mixed baby lettuce and boston bibb lettuce, julienne vegetables w/ Vidalia vinaigrette. **(Vegan or Vegetarian) \$6.50 per person**

### **Orzo Primavera**

Orzo, broccoli, kale, carrots, roasted red peppers, red onions, cannellini beans, & pesto vinaigrette **(Vegetarian) \$6.50 per person**

### **Mesclun Mix**

Apples, pomegranate and goat cheese w/pomegranate vinaigrette **(Vegan) \$6.50 per person**

### **Kale Caesar Salad**

Shredded parmesan, garlic ciabatta croutons, banana peppers and creamy Caesar dressing **(Vegetarian) \$11.25 per person**

### **Roasted Butternut Squash Garlic Spinach Salad**

Mesquite roasted butternut squash, pecans, spinach, roasted red peppers, and green goddess dressing **(Vegan, Vegetarian or Gluten Free) \$11.25 per person**

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## **Bowls and Entrée Selections**

### **Quinoa Bourbon Roasted Vegetable Bowl**

Spaghetti squash, zucchini, broccoli, carrots, roasted pepper medley, fresh herb, served with red quinoa and brown rice **(Vegan or Vegetarian) \$6.50 per person**

### **White Bean Kale Sage Soup Bowl**

Shredded Kale, carrots, potatoes, white beans, and sage green onions  
**(Vegan or Vegetarian) \$6.00 per person**

### **Fried Green Tomatoes**

Golden crusted tomatoes served with spicy edamame hummus  
**(Vegan or Vegetarian) \$8.50 per person**

### **Mexican Bean & Cheese Bowl**

sautéed green peppers, garlic, tomatoes, chiles, chili beans, cilantro, place on a bed of brown rice, topped with Coby Monterey jack cheese and fried wheat tortilla  
**(Vegetarian) \$6.00 per person**

### **Pesto Polenta with Mushroom Tomato Ragout**

Polenta blended with pesto cut into cakes and sautéed topped with mushroom tomato ragout  
**(Vegan, Gluten Free or Vegetarian) \$8.25 per person**

### **Grilled Smoked Chipotle Chicken**

Marinated chicken breast, grilled topped with corn & tomato relish  
**(Gluten Free) \$10.25 per person**

### **Braised Chicken Thighs**

Herb crusted chicken thighs, serve with roasted carrots, potatoes, onions, thyme  
**(Gluten Free) \$8.50 per person**

### **Crispy Trout**

Rainbow Trout topped with green onions, tomatoes, and mushrooms  
**(Gluten Free) \$11.50 per person**

### **Chili Lime Grilled Salmon**

Salmon crusted in a chili lime rub, grilled placed on a bed of caramelized red onion and topped with a mesquite marinara. **(Gluten Free) \$11.50 per person**

### **Vegetable Meat Loaf**

Bell peppers (green & red), mushrooms, asparagus, red onions, basil, walnuts, oven baked and topped with a mesquite marinara **(Gluten Free or Vegetarian) \$14.50 per person**

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