



**Vine**  
PLANT-BASED COOKING

**Eat The Vine.**





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## Why Vegan?

Plant-based food is not just a hipster way of living (:D) It's actually such an important act to do for yourself, and the world we live in. Eating vegan means that you care for all living beings, from dogs to cows and songbirds to chickens. It also means that you care about your health. Eating meat is directly linked to high cholesterol, heart disease, bowel & stomach cancer, high blood pressure and more. By not contributing to the meat and dairy industry, you actively engage with bringing global warming to an end by reducing the need for cattle farming and its implications on methane production, water supply and deforestation. Adopting a plant-based diet also saves you money, and opens up a new, vast and exciting culinary world. With an open mind and a little adjustment, your food will be more tasty and interesting than ever before.

## Who is Vine?

Vine Food is a moniker for Dorone Paris' plant-based cooking. Dorone comes from a family of amazing cooks, who spend their quality time together mostly cooking (it's true!). Raised on a Persian-Israeli food culture and living in Ireland, her food fuses the middle-east with western ingredients to form a new cuisine.

# Appetisers



**5 euro per person**

Please choose **3** of the following options  
(minimum order of 10 people)



## **EMPANADAS**

Latin-American "meaty" stuffed pastries

## **STUFFED VINE LEAVES [GF]**

Arabic vine leaves stuffed with rice and herbs

## **KNISHES**

A traditional Jewish shortcrust pastry filled with seasoned potatoes

## **STUFFED COURGETTES [GF]**

Filled with lentils, quinoa, rice and seeds, baked in tangy pomegranate molasses

## **BUREKAS**

Turkish puff pastries filled with potato and mushrooms

## **MINI SEITAN BURGERS**

Meaty patties, served in a mini bun, with tomato, lettuce and homemade vegan mayo





# Salad Bar



**15 euro per person**

Please choose **6** of the following options  
(minimum order of 10 people):

All salads are served with homemade pita and challah bread, gluten free crackers and tahini and mayo dips.



## **WILD RICE AND LENTIL SALAD [GF]**

Black wild rice, green lentils, roast vegetables and coriander put together into an exciting mix of flavours and cultures

## **TABBOULEH**

Traditional middleeastern salad made from parsley, scallions and mint.

## **SWEET BEET & CORIANDER SALAD [GF]**

Freshly cooked beetroots, diced and seasoned with coriander and inspired by the Morrocan Cousine

## **HUMMUS [GF]**

Chiolpea and tahini dip served in a large bowl with olive oil and decorative toppings

## **CABBAGE & SESAME SALAD [GF]**

Asian inspired fresh cabbage salad, topped with roasted sesame seeds





**BABA GANOUSH [GF]**

Smoky roasted aubergine and tahini salad originating in the Middleeast

**RED CABBAGE SALAD IN "MAYO" [GF]**

An exciting purple traditional colslaw - made vegan

**ROASTED SQUASH AND TAHINI SALAD [GF]**

Sweet roasted butternut squash, mixed with Middleeastern Za'atar (wild oregano), tahini and pinenuts

**PERSIAN LENTIL PATTIES [GF]**

Lentils and fresh herbs patties, fried to a perfect texture, colour and flavour. Inspired by Dorone's Persian grandmother

**EMPANADAS**

Latin-American "meaty" stuffed pastries

**STUFFED VINE LEAVES [GF]**

Arabic vine leaves stuffed with rice and herbs



# Main Courses



**10 euro per person**

Please choose **1** of the following options:



## **CHILLI CON "CARNE" [GF]**

Traditional Mexican Chilli made from TVP (textured vegetable protein). Served with plain rice and tortilla chips

## **LENTIL & AUBERGINE CURRY [GF]**

Brown lentils and roasted aubergines in an Indian-style curry. Served with fluffy basmati rice

## **CHICKPEA RATATOUILLE**

Stewed vegetables and chickpea dish traditional to the French cuisine. Served with Mediterranean Orzo Pasta



**13 euro per person**

Please choose **1** of the following options



## **CHANNA MASALA & TARKA DAHL**

Chickpea curry and a red lentil curry traditional to the Indian cuisine. Served with aromatic basmati rice and homemade naan bread (gluten free except for the naan bread)







#### **TOFU & VEGETABLE SATAY [GF]**

Crispy tofu and vegetable stirfry cooked in an Asian peanut and coconut sauce. Served with sticky Jasmine Rice

#### **BEETROOT & AUBERGINE TAGINE**

Beetroot and aubergine slow cooked Moroccan stew. Served with "buttery" couscous



**15 euro per person**

Please choose **1** of the following options:



#### **SEITAN BURGERS**

A meaty burger served in soft buns and with Israeli salad (finely chopped tomatoes, cucumbers, peppers and purple onion), home fries and mayo, ketchup and sour "cream" dips.

#### **MOUSSAKA [GF]**

Roasted aubergines and potatoes, layered with a bean & lentil ragu, traditionally Greek but made vegan to perfection! Served with homemade garlic bread or sesame seed roast potatoes

#### **STUFFED TOMATOES**

Stuffed vine tomatoes, with rice and lentils. A Middle-Eastern dish served with tahini cauliflower bake and fresh challah bread.

# Desserts



**5 euro per person**

Please choose **2** of the following options



## **MINI SCONES**

Traditional scones, made vegan, with homemade mixed berry coolie

## **CHOCOLATE CHIP COOKIES**

In three flavours: classic, double chocolate and cranberry

## **BANANA AND CHOCOLATE CAKE [GF]**

A sticky, chewy banana cake with dark chocolate streaks

## **CARROT & NUT CAKE**

A traditional carrot cake made not just vegan, but better!

## **MINI CHOCOLATE MOUSSE CUPS [GF]**

Creamy plant based mouse with seasonal berries and yogurt

**LOOKING FOR SOMETHING THAT ISN'T ON THE MENU? ANY ALLERGENS YOU'D LIKE TO AVOID? DROP US AN EMAIL AND WE'LL DO OUR BEST TO CATER FOR YOUR NEEDS!**

