

Call us to discuss your
menu or event:
504-875-4132

carmò a tropical cafe

vegan/vegetarian catering Menu

Entrees

Prices (depending on volume)

1/2 Hotel Pans \$45 - \$60

Full Pans \$85 - \$110

African Yam with Smoked Young Jackfruit

Spicy smoked young Jackfruit with roasted tomato chili sauce served over mashed African yams

Vegan Chicken Casamance

(A traditional Senegalese dish)

Vegan chicken with cassava, onions and chilies stewed in a zesty lemon ginger sauce, over long grain rice and garnished with spiced peanuts. Served with house-made hot sauce.

Kushari

The national dish of Egypt. It's a mixture of rice, brown lentils, pasta, chickpeas topped with a spicy tomato pepper sauce and fried onions. Optionally topped with vegan kafta (meatballs).

Mole Enchiladas

Potatoes, peas and onions, smothered in our house made mole enchilada sauce and topped with cotija and chihuahua cheeses (or Daiya and house-made vegan cheeses). Served with "drunk 'n' broke" beans and rice.

Mofongo Relleno

A mix of plantains and cassava stuffed with spiced peas, black beans, onions and peppers, then smothered in a rich sofrito sauce.

Sultan's Delight

Smoked eggplant and tofu with mushrooms, peas and peppers served over apricot rice, topped with Mint, crispy shallots, toasted almonds and tangy pomegranate sauce

Dudhi Kofta

Fried Dumplings of peanuts and bottle gourd topped with a rich curry sauce and served with basmati rice.

Feijoada (Brazil's National Dish)

Stewed black beans with vegan smoked meats served over rice and accompanied by collard greens, toasted manioc meal, vinaigrette (salsa fresca) and our very own hot sauce

Chana Veggie Curry

Rich stewed chickpeas, potatoes, peas, onions and chilies over basmati rice

Mughlai Curry

A very special Indian "Mughal dynasty" dish with potatoes, lentils, eggplant, green beans and peppers served with saffron rice.

Pepper Roasted Seitan with Timbale Sauce

House-made seitan with onions, chiles, palm hearts and tomatoes. Served over cassava-potato mash

Moqueca

Young coconut meat, tofu, green beans, potatoes, peppers, onions, tomatoes and mushrooms stewed with coconut milk and dende (red palm oil). Served with brown or white rice and cassava grits.

Black Bean Bolo

Black bean casserole smothered with smoked tofu gravy

salads

Prices (depending on volume)

1/2 Hotel Pans \$35 - \$45

Full Pans \$65 - \$85

Moroccan Couscous & Chickpea Salad

Tender couscous and chickpeas with zucchini, peppers, carrots, onions and raisins, topped with fresh mint and toasted almonds

Carmo Salad

Rice, pineapple, avocado, nuts, raisins, cucumber, smoked vegan ham with citrus mango vinaigrette

Esmeralda Salad

Quinoa, black beans, corn, peppers & cilantro. Tossed with a coconut chili lime vinaigrette, topped with toasted pumpkin seeds & cotija or vegan cheese.

Fazenda salad

black-eyed peas, vegan smoked sausage, carrots, sweet corn, chili peppers, red onions and roasted pumpkin seeds, tossed with citrus chili cilantro vinaigrette.

Jaciara's Salpicao

Tender couscous and chickpeas with zucchini, peppers, carrots, onions and Smoked vegan chicken, sausage and ham with raisins, green peas, peppers, cucumbers, cheese, shoestring potatoes tossed with our own special dressing.

Broken Noodle Salad

Rice noodles with tofu, peanuts, bean sprouts, cucumber, peas, mushrooms, cabbage, cilantro, peppers & scallions all tossed with citrus ginger chili vinaigrette.

Taco Salad

Mixed organic lettuce with pinto beans, walnut meat, tomatoes, red onions, tortilla chips and jack or Daiya cheese. Tossed with coriander chili vinaigrette.

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soups

1 Gallon - \$50-65

Cambodian Sour Soup

with fresh pineapple, tomatoes, onions, peppers, celery, scallions, sweet basil, garlic, tamarind & vegan chicken (optional)

Callaloo

A Trini-style version of this deeply savory and satisfying soup made with water spinach, kale & collard greens stewed with okra and peanut cassava dumplings. Topped with vegan smoked sausage.

Paella Soup

Hearty vegetable broth with arborio rice, red and green wpeppers, carrots, onion, celery, long beans, tomatoes, sweet corn, green peas

Tico Tico Coconut Bean Soup

Sweet potatoes, cabbage, black-eyed peas and peppers in a rich, spicy coconut broth

Mafe

Yams, chickpeas, black-eyed peas, collards, onions, peppers and yuca in a in a creamy rich peanut base.

Mulligatawny Soup

A healthy, refreshing and delicious blend of vegetables, fruit and spices. Topped with basmati rice and smoked young jackfruit.

Jook (a.k.a. Congee (Rice Porridge))

Rice porridge with roasted chicken savory donuts and greens. Served with light soy sauce, fresh ginger and chili sauce.

Smoked Eggplant Curry Soup

Moroccan Lentil Soup

Matzo Ball Soup

Vegan Gumbo (Caribbean/West African-influenced)

Market Gazpacho

Peruvian Gazpacho

Winter Melon, Grape, Almond Gazpacho

sides

Pikliz (Hatian Coleslaw)

Caribbean Sweet Potato Salad

Hot German Potato Salad

Stewed white beans, collard greens & sweet Potatoes

Drunk 'n' Broke

("Drunken" refried beans with broken Spanish rice)

Rice 'n' Peas (Spiced Rice with black-eyed peas)

Grilled Chinese Broccoli Salad

vegan sweets

Caribbean Banana Cake

Gateau de Sirop (Cane Syrup Cake)

Zucchini Chocolate Chip Cake

Avocado Dark Chocolate

Tira Misu

Passionfruit Mousse

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vegan sample hors d'oeuvres & Reception Menu Items

Guo Tie

Fennel, Organic Tofu & Wild Mushroom Potstickers
pan-fried and served with ginger fennel dipping sauce

Santiago Sliders

With smoked "pulled" young jackfruit,
Haitian slaw and half-sour pickles

Kofta Potato Kebabs

Seasoned vegan meat and potato skewered grilled
and served with creamy cucumber sauce

Huitlacoche Tamalii

Tamales' ancestor, stuffed with chiles huitlacoche (corn truffle)

Acarajé

Black-eyed pea fritters stuffed with vatapa a spicy paste made
from shrimp, ground cashews, peanuts peppers, red palm oil and
other ingredients. Topped with salsa fresca and served
with house-made Brazilian hot sauce

Island Inari

Fried seasoned bean curd pocket stuffed with smoked vegan ham,
pineapple, peppers and onions, served over rice and drizzled with
ginger pineapple teriyaki sauce

Vegan Charcuterie

house made vegan boudin, andouille
and linguica, pate and relishes

Muffaletta

A tropical version of the New Orleans favorite, house-made
Sicilian sesame bread topped with provolone, swiss, roasted
peppers, palm hearts and olive salad

Pao de Queijo

Brazilian cheese bread

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Raw Vegan Menu Items

Hemp Burger

A hefty hemp patty with red onions, lettuce, tomato, raw pickles, catchup and mustard on a raw sesame bun. Served with crispy raw sweet potato chips

Raw King Sandwich

Raw sesame bun with avocado, tomatoes, red onion, lettuce, sprouts, raw cheese and house-made mustard

Young Coconut & Mango Salad

Fresh mango and young coconut meat tossed with mug bean sprouts, peanuts, cilantro, mint, jalapenos, scallions, lime

Raw Carmo

Local organic greens, pineapple, peppers, avocado, raw cashews and almonds, raisins and cucumber with citrus mango vinaigrette.

Tostadas Crudas

Raw corn tortilla topped with walnut meat, re-dehydrated beans, avocado, lettuce and salsa fresca

Raw Hummus

Zucchini hummus served with raw pita, cucumbers, carrots and red peppers