

Terra Cuisine



Personal Chef Service

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Vegetarian Menu

We also offer our clients monthly seasonal specials! Suggested sides are paired with the entree; however, you can substitute another side if you like. Menu is subject to availability. Substitutions may be necessary depending on the stock in the market. *Meat substitutes, chicken, pork, or beef can be added to most vegetarian entrees.*

Stir-Fries

(all stir-fries are served with rice or noodles)

Veggie Chow Mein

Red bell pepper, bok choy, water chestnuts, and celery over steamed chow mein noodles

Bean and Pepper Citrus Szechuan

A citrus based sauce combined with peppers, onions, bamboo shoots and green beans

Sweet and Sour Tofu and Vegetables

Broccoli, peppers and carrots tossed with a sweet and sour sauce over a bed of rice

Kung Pao Stir-fry

A spicy sauce accompanied by baby corn, sugar snap peas and red bell peppers.

3-Pepper Hunan

A combination of red, green and yellow peppers with bamboo shoots and celery

Broccoli, Cashew Teriyaki

A sweet and tangy teriyaki sauce served with tender broccoli florets, bell peppers and cashews

Soups/Stews

Vegetarian Chili (Salad)

Warm vegetarian chili made with three beans and veggies

Loaded Baked Potato Soup

Classic baked potato soup

Barley Soup w/ wild mushrooms

Mushroom Bourguignon (parslied egg noodles)

A hearty stew that is much like a traditional beef stew just without the meat

Pasta

Crespelle w/ ricotta & marinara (steamed broccoli)

Italian crepes stuffed with ricotta and cheese mixture and topped with fresh tomato sauce

Linguine and "Meat" balls w/ Red Sauce (steamed broccoli)

"Meat" balls made from white beans, red sauce topped, served with Linguine

Spinach-Sundried Tomato Cannelloni

Sundried tomato and spinach stuffed pasta with ricotta and smoked mozzarella cheeses

Tagliatelle with Mushroom Ragu

Meaty portabella mushrooms simmered in a tomato sauce

Three Cheese Manicotti

Manicotti pasta shells stuffed with spinach, ricotta, parmesan and mozzarella cheeses

Pasta Giardino

Bowtie pasta tossed with an array of fresh vegetables with a light herbed wine broth

Red Pepper Pesto Pasta

Steamed broccoli and cauliflower with roasted red pepper pesto

Tortellini Primavera

Cheese tortellini and steamed vegetables served with a light cheese broth

Ziti with roasted vegetables

A roasted tomato sauce served over an assortment of roasted veggies and pasta

Spaghetti with Buttery Tomato Sauce & Spinach

A bright and fresh flavored sauce with fresh wilted spinach

Eggplant Parmesan

Thick slices of eggplant smothered in sauce and topped with fresh mozzarella cheese

Rigatoni with Eggplant and sundried tomato pesto

Roasted eggplant and pasta noodles tossed in a vibrant pesto

Stuffed Baked Potatoes

Wild Mushroom Ragu

Sautéed wild mushroom mix and mushroom broth

The Sunday Dinner

Roasted carrots, onions and peas with brown gravy

Curry

(all curries are served with rice)

Marrakesh Vegetable Curry

Eggplant, squash, sweet potatoes, bell peppers, and spinach with a mild curry sauce

Red Curry Noodles

Chinese cabbage cooked in a spicy, tart and slightly sweet sauce along with crisp vegetables

Vegetable Jalfrezi

Cauliflower and assorted vegetables simmered in a red curry sauce

Eggplant and Potato Vindaloo

A spicy curry sweetened a bit with honey and balsamic vinegar

Sweet Potato Green Curry

Chunks of sweet potatoes cooked in a fragrant sauce, finished with a handful of crisp snow peas

South Indian Vegetable Curry

A rich, flavorful curry with chickpeas, tomatoes, carrots, cauliflower, sweet potatoes and spinach

Coconut-Ginger Curry

Sautéed broccoli, carrots and mushrooms in a silky coconut-ginger sauce

Other Entrees

Carrot Osso Bucco (celery root puree)

Large carrots and mushrooms roasted in a velvety porcini sauce

Southwestern Stuffed Peppers (buttered sweet peas)

Bell Peppers stuffed with taco-seasoned soy crumbles topped with salsa

Five Spice Tofu w/ barley & kale (roasted carrots & scallions)

Grain salad made with barley, kale, firm tofu with an Asian spiced dressing

Black Beans and Rice (roasted brussel sprouts)

Southern comfort food at its best! Long cooked black beans served over rice.

Black Bean Enchiladas with Roasted Red Pepper Sauce (spanish rice)

A combination of black beans, corn, spinach and feta cheese make up these delicious enchiladas

Mediterranean Cabbage Rolls (green beans and red pepper sauté)

Cabbage leaves filled with couscous, kalamata olives and feta simmered in tomato sauce

Cassoulet (steamed carrots)

White beans braised with leeks and topped with garlicky breadcrumbs

Polenta Gratin with Spinach and Wild Mushrooms (steamed broccoli)

Creamy spinach and mushrooms topped with polenta rounds, baked until brown and bubbly

Carrot, Parsnip and Lentil Casserole (bread)

Vegetables and legumes slow cooked in broth, top with mashed potatoes and baked