



“YUM”

*From our kitchen to yours.
Luscious, decadent but always healthy too.
Our food is made by hand with love and
mostly organic ingredients.*

EAT WELL BE HAPPY

www.DebrasNaturalGourmet.com

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About Us

Debra's Natural Gourmet is a natural food store and kitchen serving Concord and surrounding communities. Whether your event is large or small, fully or partially catered, let us delight with foods inspired by traditional cuisines the world over!

Want fresh and colorful? Want your guests to exclaim "This is absolutely delicious!"? We use plenty of organic ingredients and lots of love to create our dishes. We're experts in vegetarian fare, everything gluten-free, and also make dishes with antibiotic-free chicken and natural shrimp. We understand dietary needs. This menu showcases some of our favorite dishes, but we are happy to try just about anything! Let us come up with a feast for your next social event, family celebration or business meeting. Stop by anytime, or give us a call today.

Good to know: The quantity of food is generally dictated by the time of day that you're entertaining, the time of year, the age of your crowd (teenage boys eat more than Aunt Millie) and what you've chosen to serve. People will eat their weight in anything with melted cheese! Most people eat about a pound of food if your event is between 4-8 pm. People will eat more if you have lots of choices and they just have to try some of everything. Feel free to talk to us, and we'll be happy to advise quantities.

Build the meal around your main course. Think color, taste, texture. Think variety. Don't choose three rice dishes or a chicken appetizer, chicken salad, and chicken stew.

Food allergies: Before placing your order, please inform us if anyone in your party has a food allergy.

- 48 hours notice to place an order appreciated.
- 48 hours cancellation notice required.
- All prices are subject to change without notice.
- All items are subject to availability.
- Delivery to Timbuktu not guaranteed. We'll do our best to work with you, but there will be a charge for delivery.
- Orders may be charged prior to pick up for your convenience.

APPETIZERS

Dips

Houmous (regular, garlicky or roasted red pepper) . . .	\$ 10. / lb.
Black bean dip	\$ 10. / lb.
Pumpkin seed tomatillo dip	\$ 10. / lb.
Muhammara with walnuts	\$10. / lb.
Wild smoked salmon with capers and dill	\$20. / lb.

Small Bites & Finger Food

Cheesy spinach frittata triangles	\$10. / lb.
Stuffed grape leaves (dolmas)	\$12. / lb.
Roasted eggplant slices with garlic and walnuts . . .	\$16. / lb.
Wild smoked salmon pinwheels with arugula and cream cheese	\$20. / lb.
Black Thai rice nori rolls (with umeboshi plum vinegar, ginger & wasabi)	\$13. / lb.

By the dozen

Minimum order is two dozen per variety; allow 1-3 per person

Shrimp cakes with caper dill remoulade. (Sustainable and preservative-free)	
Small	\$39. /2 dz
Large	\$80. /2 dz
Mushroom or goat cheese and fig phyllo turnovers	
Small	\$40. /2 dz
Large	\$80. /2 dz
Mini organic turkey meatballs.	\$36. /2 dz
Stuffed mushrooms	\$39. /2 dz
	• Stuffed with herbed quinoa and more mushrooms
	• Stuffed with spinach and sheep or goat feta
	• Stuffed with bleu cheese and walnuts
Russian fish cakes with dill and sour cream dipping sauce	
Small	\$39. /2 dz
Large	\$78. /2 dz
Wild rice and potato pancakes with caper dill sauce	
Small	\$32. /2 dz
Large	\$64. /2 dz
Quinoa cakes with yam and spinach, caper dill remoulade	
.	\$39. /2 dz

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APPETIZERS (CONT.)

Two-Bite Skewers

- Cheese tortellini with sun-dried tomatoes** \$34. /2 dz
- Confetti vegetables on a skewer with creamy dill or houmous dip** \$34. /2 dz
- Fresh fruit on a stick with maple yogurt dip** \$34. /2 dz
- Roasted, dressed beets with caper dill remoulade**
(Yes, you can have roasted yams and parsnips too!) \$36. /2 dz
- Seasoned tofu** (blackened, peanut, curried or miso ginger)
. \$34. /2 dz
- Tomatoes with basil and fresh mozzarella with balsamic dip**
. \$34. /2 dz
- Sustainable shrimp with lime, coconut milk & turmeric with tomatoes and red onion** Market.
- Sustainable shrimp or scallop sevice** Market.
- Chicken satay with Thai peanut dipping sauce** . . . \$40. /2 dz
- Lemon, garlic chicken skewers with curry or dill yogurt dip**
. \$40. /2 dz
- Tandoori chicken or tofu skewers with green peppers and sweet potatoes & raita dip** \$40. /2 dz

ENTICING PLATTERS

Medium serves 20 \$ 75.
Large serves 40 \$125.

Antipasto: A colorful display of olives, marinated mushrooms, artichoke hearts, roasted peppers, hard-boiled eggs, tuna and cheese with seasonal veggies

Cheese: A variety of local and artisanal cheeses with crackers

Crudites: A vibrant selection of fresh vegetables with herb or curry dip

Mexican Platter: Roasted pumpkin seed tomatillo dip, black bean dip, assorted organic veggies, pepperjack cheese and organic tortilla chips

Middle Eastern: Your Mediterranean favorites like houmous, stuffed grape leaves, tabouli, assorted olives, fresh vegetables & pita bread for dipping

SANDWICHES

All are made on whole grain breads.

Priced per person with a 10 person minimum.

- Cajun blackened tofu wrap** \$ 8.
- Houmous wrap** \$ 8.
- Roasted portabello mushroom wrap** \$ 8.
- Egg salad on cranberry bread with aioli** \$ 8.
- Smoked turkey with pesto on Ezekiel bread** \$ 8.
- Straight-up chicken salad wrap** \$ 8.
- TLT** (tempeh, lettuce and tomato with garlic Veganaise)
. \$ 8.
- Tuna wrap with lots of veggies** \$ 8.
- Dijon chicken wrap** \$ 8.
- Out-of-the-Park barbecue chicken wrap** \$ 8.
- Smoked salmon with a caper lemon cream cheese spread and arugula** \$ 8.
- Happy Vegan** (smoked tempeh, avocado on cranberry bread)
. \$8.

Yes, we do bagged lunches for large gatherings with a sandwich, chips, piece of fresh fruit and/or a cookie. Salad, if you like too. It's all up to you!

SALADS

Serve as a side dish or as a whole meal!

- Beautiful cabbage with olive oil & lemon** \$10. / lb.
- Blue lentil potato salad and lightly steamed broccoli** \$10. / lb.
- Chicken curry salad with grapes** \$10. / lb.
- Couscous with chickpeas, kalamata olives & feta** . \$10. / lb.
- Debra's famous tuna salad with veggies** \$12. / lb.
- Eggless egg salad with tofu** (tastes like the real thing)
. \$ 9. / lb.
- Egg salad with homemade aioli** (the real thing) . . . \$ 9. / lb.
- Garden peas, artichoke hearts, chickpeas & cheddar**
. \$10. / lb.
- Ginger miso slaw with red & green cabbage** \$10. / lb.
- Golden beets, tarragon, feta & walnuts** \$11. / lb.
- Glowing salad** (apples, carrots, beets, pineapple & mango juice)
. \$10. / lb.
- Greek shrimp with orzo, dill & feta** \$12. / lb.

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SALADS (CONT.)

Green potato salad with spinach	\$10. / lb.
Gujarati cucumber, cilantro & peanut	\$ 9. / lb.
Israeli salad with diced tomatoes & cucumbers	\$ 9. / lb.
Kelp Noodles with lime, cucumber, shredded greens and red onion	\$10. / lb.
Lentil bulgar salad with basil, dill and feta	\$10. / lb.
Miso ginger slaw	\$10. / lb.
Oven-roasted potato salad with feta, peas and vinaigrette	\$10. / lb.
Quinoa tabouli with hemp seeds	\$ 10. / lb.
Quinoa with pistachios & apricots	\$10. / lb.
Raw kale with pumpkinseed oil & avocado	\$16. / lb.
Russian potato salad with beets and pickles	\$10. / lb.
Salad Niçoise with potato, tuna & olives	\$11. / lb.
Shrimp, cabbage and walnuts	\$13. / lb.
Southwestern bean & corn salad	\$ 9. / lb.
Spinach salad with lentils & feta	\$10. / lb.
Straight-up chicken with sour cream and Vegenaïse	\$10. / lb.
Sweet Peppers, shiitake mushrooms and giant bean salad	\$14. / lb.
Tortellini primavera with season vegetables	\$10. / lb.
Yucatan shrimp with black beans and corn.	\$12. / lb.
Arugula with shaved parmesan & lemon vinaigrette Bowl to serve 20	\$60.
Mesclun salad with figs, goat cheese & Debra's vinaigrette Bowl to serve 20	\$60.

HOMEMADE SOUPS

Homemade? Absolutely! We make them from scratch all the time, everytime. As a starter, or a great luncheon with bread & a green salad. All our soups, with the exception of chicken, are vegetarian, and most are also vegan.

Minimum 4 quarts. \$13. qt

- Bean & barley with pesto
- Carrot dill
- Carrot parsnip
- Catalan tomato with roasted red peppers & herbs
- Cold, spicy gazpacho
- Cuban black bean

- Curried sweet potato with coconut, cilantro & lime
- Garlicky split pea (the best vegetarian split pea ever)
- Immune boosting soup with medicinal mushrooms
- Mom's chicken barley
- Pea, red lentil and barley
- Peasant potato (old-fashioned, like vichyssoise)
- Quinoa corn chowder (dairy or no dairy)
- Red beet borscht with lots of veggies
- Red lentil with a touch of ginger
- Spicy curried zucchini
- Szechwan carrot with toasted sesame oil
- White bean & kale
- Yellow split pea and yam curry

Bread basket

Lovely whole grain breads & crackers with organic butter.
Enough for a crowd. \$50.

ENTREES

Poultry

Free-range. Raised without hormones or antibiotics.

- Chicken curry with roasted potatoes or chickpeas. \$13. /lb.
- Chicken Creole with thyme, onions, peppers & tomatoes \$13. /lb.
- Chicken tandoori with coriander, curry & couscous \$13. /lb.
- Out-of-the-Park BBQ chicken & beautiful cabbage salad \$13. /lb.
- Spanish chicken paella with saffron \$13. /lb.
- Turkey chili with yams, mushrooms, brown rice, kidney beans and smoky paprika \$14. qt

Seafood

- Hunan scallops with cellophane noodles (seasonal) Market.
- Shrimp curry with potatoes and coriander \$16. /lb.
- Shrimp with garlic & olive oil over pasta \$16. /lb.

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Seafood (cont.)

Shrimp escabeche	\$16. /lb.
Shrimp & fennel giambotta with artichoke hearts	\$16. /lb.
Wild salmon with wild rice & herbed vegetables	Market.

Vegetarian and vegan

Cheesy chili bean burritos	\$ 7. ea
Barley millet pilaf with shiitake mushrooms	\$12. /lb.
Bulgur & amaranth with dates, olive & tomatoes . .	\$12. /lb.
Hearty party with roasted yams & black beans . . .	\$10. /lb.
Kitchari with yams, kale & coconut	\$13. qt
Kugel (gluten-free sweet noodle or savory potato)	\$8./lb.
Luscious four-cheese lasagna (always gluten-free) . .	\$12. /lb.
Half sheet pan serves 10	\$ 60.
Whole sheet pan serves 20	\$120.
Moroccan Charmoula with potatoes, peppers & tempeh	\$12. /lb.
Moroccan stew with tomatoes & yams	\$12. /lb.
Pad Thai with seasonal veggies & peanuts	\$10. /lb.
Polenta with black beans, kale & cheese	\$ 9. /lb.
Quinoa with wild mushrooms	\$ 10. /lb.
Risi e bisi with black rice & artichoke hearts	\$ 8. /lb.
Tamale pie with textured vegetable protein	\$ 9. /lb.
Vegan lasagna (changes with the season but always gluten-free)	\$ 9. /lb.
Vegetable paella with basmati rice & saffron	\$ 9. /lb.
Vegetarian three bean chili (the best you'll ever eat!)	\$13. qt
Yummy edamame, mushrooms, brown rice & truffle oil	\$ 9. /lb.

DESSERTS

We make luscious, decadent desserts which can be vegan, dairy-free or gluten-free (we really mean this, anything we make can be made gluten-free.) All of our desserts are naturally sweetened, and we never, never use white flour. We also can make plates with mini size offerings of about anything, so talk to us!

Cookies & muffins

Anywhere from \$2.75 to \$4 per person. (Priced by size & variety.)

We love, for instance, to do finger-size bites of different cookies (and cakes). The rule of thumb is three small bites per person. The charge for this is \$4 per person.

We bake wonderful cookies such as linzer tortes and the ultimate chocolate chip cookie. There are muffins like banana-nut, pumpkin maple with toasted pepitas and blueberry. We make vegan maple cupcakes with maple frosting. Macaroons of every kind. We make the best raw macaroons ever...

Pies

Request whole wheat or gluten-free crust. .

Crimson: cranberries and blueberries with orange	\$30.
Down-home sweet potato pie with crystallized ginger	\$26.
Pecan pie sweetened with maple syrup	\$26.
Wild Maine blueberry sweetened with maple syrup	\$30.

Specialty desserts

Prices vary according to selection & size

Chocolate ginger bark with pistachios and dried cherries	\$13. /lb.
Chocolate mousse	\$13. /lb.
Chocolate tortes with ganache (all kinds!) Pecan chocolate torte (so special, we have to mention separately)	
6"	\$35.
9"	\$45.
Cobblers (seasonal with fruits like apple, pear, cranberry, peach)	\$10. / lb.
Delicious, delectable cranberry oat crunch	\$18. /lb.
Flourless coconut ghee bars (priced per person)	\$4.
Maple almond frangipane	
4" tart	\$6.
9" tart	\$22.
Coconut manna mousse bite platter	\$24. / 2 dz

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