



2021

“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](http://www.DebrasNaturalGourmet.com)

98 Commonwealth Avenue  
West Concord, MA 01742

978.371.7573

*Food allergies: Before placing your order, please inform your server if a person in your party has a food allergy.*

## 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.

- 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.

Name \_\_\_\_\_

Address \_\_\_\_\_

City & Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Event Date & Time \_\_\_\_\_

Location \_\_\_\_\_

Address \_\_\_\_\_

City & Zip \_\_\_\_\_

Event Contact \_\_\_\_\_

Telephone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## APPETIZERS

### Dips

- Houmous** (regular, garlicky or roasted red pepper) . . \$14. / lb.  
**Black bean dip** . . . . . \$14. / lb.  
**Pumpkin seed tomatillo dip** . . . . . \$14. / lb.  
**Muhammara with walnuts** . . . . . \$18. / lb.  
**Wild smoked salmon with capers and dill** . . . . . \$20. / lb.

### Small Bites & Finger Food

- Cheesy spinach frittata triangles** . . . . . \$18. / lb.  
**Stuffed grape leaves (dolmas)** . . . . . \$16. / lb.  
**Roasted eggplant slices with garlic and walnuts** . . \$18. / lb.  
**Wild smoked salmon pinwheels with arugula and cream cheese** . . . . . \$20. / lb.

### By the dozen

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

- Black Thai rice nori rolls** (with umeboshi plum vinegar, ginger & wasabi) . . . . . \$40. / 12 dz  
**Shrimp cakes with caper dill remoulade.** (Sustainable and preservative-free) . . . . . \$50. / 12 dz  
**Mushroom or goat cheese and fig phyllo turnovers** . . . . . \$50. / 12 dz  
**Mini organic turkey meatballs** . . . . . \$40. / 12 dz  
**Stuffed mushrooms** . . . . . \$50. / 12 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** . . . . . \$50. / 12 dz  
**Quinoa cakes with yam and spinach, caper dill remoulade** . . . . . \$48. / 12 dz

### Two-Bite Skewers

- Cheese tortellini with sun-dried tomatoes** . . . . . \$40. / 12 dz  
**Confetti vegetables on a skewer with creamy dill or houmous dip** . . . . . \$40. / 12 dz  
**Fresh fruit on a stick with maple yogurt dip** . . . . . \$50. / 12 dz  
**Roasted, dressed beets with caper dill remoulade**  
(Yes, you can have roasted yams and parsnips too!) . . . . . \$48. / 12 dz  
**Seasoned tofu** (blackened, peanut, curried or miso ginger) . . . . . \$48. / 12 dz  
**Tomatoes with basil and fresh mozzarella with balsamic dip** . . . . . \$50. / 12 dz  
**Sustainable shrimp with lime, coconut milk & turmeric with tomatoes and red onion** . . . . . Market.  
**Chicken satay with Thai peanut dipping sauce** . . . \$50. / 12 dz  
**Lemon, garlic chicken skewers with curry or dill yogurt dip** . . . . . \$50. / 12 dz  
**Tandoori chicken or tofu skewers with green peppers and sweet potatoes & raita dip** . . . . . \$50. / 12 dz

## SALADS

*Serve as a side dish or as a whole meal!*

- Beautiful cabbage with olive oil & lemon** . . . . . \$12. / lb.  
**Chicken curry salad with grapes** . . . . . \$12. / lb.  
**Couscous with chickpeas, kalamata olives & feta** . \$12. / lb.  
**Debra's famous tuna salad with veggies** . . . . . \$14. / lb.  
**Eggless egg salad with tofu** (tastes like the real thing) . . . . . \$12. / lb.  
**Egg salad with homemade aioli** (the real thing) . . . \$14. / lb.  
**Garden peas, artichoke hearts, chickpeas & cheddar** . . . . . \$12. / lb.  
**Ginger miso slaw with red & green cabbage** . . . . . \$12. / lb.  
**Golden beets, tarragon, feta & walnuts** . . . . . \$14. / lb.  
**Glowing salad** (apples, carrots, beets, pineapple & mango juice) . . . . . \$14. / lb.  
**Greek shrimp with orzo, dill & feta** . . . . . \$16. / lb.

*(cont.)*

## SALADS (CONT.)

Green potato salad with spinach . . . . .	\$12. / lb.
Gujarati cucumber, cilantro & peanut . . . . .	\$12. / lb.
Israeli salad with diced tomatoes & cucumbers . . .	\$13. / lb.
Kelp Noodles with lime, cucumber, shredded greens and red onion . . . . .	\$16. / lb.
Lentil bulgar salad with basil, dill and feta . . . . .	\$13. / lb.
Miso ginger slaw . . . . .	\$13. / lb.
Quinoa tabouli with hemp seeds . . . . .	\$ 13. / lb.
Quinoa with pistachios & apricots . . . . .	\$13. / lb.
Raw kale with pumpkinseed oil & avocado . . . . .	\$16. / lb.
Russian potato salad with beets and pickles . . . . .	\$13. / lb.
Shrimp, cabbage and walnuts . . . . .	\$16. / lb.
Southwestern bean & corn salad . . . . .	\$13. / lb.
Spinach salad with lentils & feta . . . . .	\$13. / lb.
Straight-up chicken with sour cream and Vegenaïse . . . . .	\$13. / lb.
Sweet Peppers, shiitake mushrooms and giant bean salad . . . . .	\$16. / lb.
Tortellini primavera with season vegetables . . . . .	\$16. / lb.
Yucatan shrimp with black beans and corn. . . . .	\$18. / 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. . . . . \$16-\$20. 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

Quinoa corn chowder (dairy or no dairy)

Red beet borscht with lots of veggies

Red lentil with a touch of ginger

Curried zucchini

Yellow split pea and yam curry

## *Bread basket*

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

## ENTICING PLATTERS

Medium serves 10-12 . . . . . Starting at \$ 90.  
Large serves 20-25 . . . . . Starting at \$140.

**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.*

Cajun blackened tofu wrap . . . . . \$10.

Houmous wrap . . . . . \$10.

Roasted portabello mushroom wrap . . . . . \$10.

*(cont.)*

## SANDWICHES CONT.

Egg salad on cranberry bread with aioli . . . . .	\$12.
Smoked turkey with pesto on Ezekiel bread . . . . .	\$12.
Straight-up chicken salad wrap . . . . .	\$8.
Tuna wrap with lots of veggies . . . . .	\$12.
Dijon chicken wrap . . . . .	\$12.
Out-of-the-Park barbecue chicken wrap . . . . .	\$12.
Smoked salmon with a caper lemon cream cheese spread and arugula . . . . .	\$12.

**Happy Vegan** (smoked tempeh, avocado on cranberry bread) . . . . . \$12.

*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!*

## ENTREES PER SERVING

### ***Poultry***

*Free-range. Raised without hormones or antibiotics.*

Chicken curry with roasted potatoes or chickpeas . . . . .	\$25.
Chicken Creole with thyme, onions, peppers & tomatoes . . . . .	\$25.
Chicken tandoori with coriander, curry & couscous . . . . .	\$25.
Out-of-the-Park BBQ chicken & beautiful cabbage salad . . . . .	\$25.
Spanish chicken paella with saffron . . . . .	\$25.
Turkey chili with yams, mushrooms, brown rice, kidney beans and smoky paprika . . . . .	\$20.

### ***Seafood***

Shrimp curry with potatoes and coriander . . . . .	\$30.
Shrimp with garlic & olive oil over pasta . . . . .	\$30.
Shrimp & fennel giambotta with artichoke hearts . . . . .	\$30.
Wild salmon with wild rice & herbed vegetables . . . . .	Market.

## ***Vegetarian and vegan***

Cheesy chili bean burritos . . . . .	\$ 10. ea
Hearty party with roasted yams & black beans . . .	\$13. /lb.
Kitchari with yams, kale & coconut . . . . .	\$18. qt
Kugel (gluten-free sweet noodle or savory potato) . . .	\$13./lb.
Luscious four-cheese lasagna (always gluten-free) . .	\$14. /lb.
Half sheet pan serves 10 . . . . .	\$ 60.
Whole sheet pan serves 20 . . . . .	\$120.
Moroccan Charmoula with potatoes, peppers & tempeh . . . . .	\$16. /lb.
Moroccan stew with tomatoes & yams . . . . .	\$16. /lb.
Pad Thai with seasonal veggies & peanuts . . . . .	\$18. /lb.
Polenta with black beans, kale & cheese . . . . .	\$16. /lb.
Quinoa with wild mushrooms . . . . .	\$13. /lb.
Risi e bisi with black rice & artichoke hearts . . . . .	\$13. /lb.
Tamale pie with textured vegetable protein . . . . .	\$13. /lb.
Vegetable paella with basmati rice & saffron . . . . .	\$15. /lb.
Vegetarian three bean chili (the best you'll ever eat!) .	\$16. qt
Yummy edamame, mushrooms, brown rice & truffle oil . . . . .	\$16. /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

Starting at \$6. 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. .

**Down-home sweet potato pie with crystallized ginger**  
..... \$28.

**Pecan pie sweetened with maple syrup**  
..... \$28.

**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) . . . . \$6.

## Maple almond frangipane

4" tart ..... \$8.

9" tart ..... \$48.

## Coconut manna mousse bite platter

..... \$30. / 2 dz

**Old-Fashioned Tapioca Pudding** (strawberry, vanilla and chocolate). This one is vegan and made with coconut milk.

..... \$9. /lb.

## Cakes

6" round / serves 6-8 ..... \$35.

9" round / serves 12-16 ..... \$45.

¼ sheet pan / serves 20-25 ..... \$65.

½ sheet pan / serves 45-50 ..... \$100.

**Fresh carrot cake with apricot jam and cream cheese frosting** (specify regular, vegan or gluten free)

**Luscious cheesecakes** (ask us for your favorite)

**Pumpkin maple cake**

**Vegan chocolate cake**

## Mini scones in all varieties

Regular or gluten-free

3 minis per person is \$4 per person, minimum 24 people

- Maple walnut
- Blueberry
- Ginger bark
- Cranberry orange
- Old-fashioned currant

## Assorted mini dessert platter

Regular or gluten-free

3 minis per person is \$5 per person, minimum 24 people

Special Requests

---



---



---



---



---



---

Food Allergies

---



---



---



---



---