



Sustainability Package

Mensch Kitchen and Catering takes our role within the Vancouver Island local food system with a true sense of responsibility, driven by the goal of a more ethical and sustainable plate. These values are realized through the seasonality and sourcing of our produce and meat, and the ways in which these products are honoured by both producer and chef.

We've spent our time cultivating our local connections to be able to source our meat from producers that align with our ethics around land management and gentle animal husbandry. And while we are proud of the work that we've done with these producers, there are barriers that prevent us from using their product for many events. Mainly that:

- 1) Feeding a party one type of protein from one small farm is expensive, and prohibitive for our clients who share our values, but also want to celebrate with their whole family
- 2) These producers often cannot provide us with enough meat of a specific cut, which creates challenges for our staff to execute to our standards

The concepts presented in our Sustainable Menu options represent our solution to these barriers. We have focused on:

Providing proteins integrated within each dish, rather than 2 or 3 mains so that we can purchase whole animals, butcher in house, and ensure there is no waste.

Sourcing 100% of meat products from regenerative farms in the Cowichan Valley.

Increasing the amount of healthy, low impact plant based proteins.

Sourcing all grains from within British Columbia, and milling them in house.

Thank you for taking the time to read through these offerings.



Sustainability Menu

\$55 per person

House Milled Einkorn Flatbreads

radish top pesto hummus, Papadopolous olive oil

Cowichan Lettuce and Charred Chicory

focaccia croutons, confit island chicken, pickled shallots, black lime vinaigrette

Beluga Lentil Salad

organically grown in Western Canada
shaved radish and brassicas, smoked ham hock
nasturtium and sorrel vinaigrette, pickled maple buds

This Season's Offerings

Cowichan and Island grown vegetables marinated in
Salt Spring island vinegar, garlic, herbs and olive oil

Stone Ground Polenta Fries

house crafted andouille, Island fromage frais , fresh herbs, preserved lemon

Preserved Ling Cod Brandade

waxy potatoes, whey, schmaltz, last season's tomato vinaigrette

Organic Barley and Cowichan Lamb

crispy lamb belly and braised lamb neck
barley ragout, preserved eggplant and tomato, fresh herbs, romesco sauce

Nootka Rose Malabi

cascade berries, candied pumpkin seed crumb



Vegan Sustainability Menu

\$55 per person

House Milled Einkorn Flatbreads

radish top pesto hummus, Papadopolous olive oil

Sprouted Kasha and Artisan Greens

twice dried valley plums, spiced sunflower brittle
roasted quince vinaigrette, sweet onions

Shredded Carrot and Blistered Grape Salad

brassicas, dried cranberries, flowering dill
honeybush mustard dressing, popped wild rice

Mezze Platter

organic lentil hummus, last season's preserves
marinated rye berries, roasted roots and charred alliums
zhug, pickled pepper sauce, mizuna

This Season's Offerings

Cowichan and Island grown vegetables marinated in
Salt Spring island vinegar, garlic, herbs and olive oil

Crispy Fried Mushroom and Tofu Panisse

marinated mushrooms, pickled red onions, pea shoots, tahini lime dressing

Millet and Barley Cakes

roasted almonds, fresh garlic and herbs, cherry tomato and olive ragout

Seasonal Fruit Crumble

cocoa nib crumb, hazelnut orgeat anglaise

