



Moor Herbs *Marketplace*

*100% Plant-Based
Meal Preparation
&
Catering Menu*

Don't have time to cook?

Don't want to cook?

Need help transitioning into a plant-based diet?

**Orders must be made by
Sunday for a Tuesday Pick-up or
Tuesday for a Thursday Pick-up.**

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100% Plant-based Meal Prep

Meals can be customized to suite special dietary needs, health concerns, and/or allergies.

Bagged Lunch Packages Individually bagged lunches, ready to grab and take to work/school	3 bagged lunches	5 bagged lunches	10 bagged lunches
<ul style="list-style-type: none"> • Tomato Vegetable Soap • Grilled Cheeze Choice of cheeze: gouda, cheddar, mozz, pepperjack 	\$30	\$45	\$85
<ul style="list-style-type: none"> • Philly Cheeze Choice of protein: portabello, wheatmeat, eggplant Choice of cheeze: gouda, cheddar, mozz, pepperjack • Roasted Red-Skinned or Sweet Potato Fries 	\$27	\$40	\$75
<ul style="list-style-type: none"> • Toona Melt Choice of cheeze: gouda, cheddar, mozz, pepperjack • Black Lentil Stew 	\$36	\$55	\$100
<ul style="list-style-type: none"> • Bey Club Choice of cheeze: gouda, cheddar, mozz, pepperjack Choice of protein: Portabello, Tempeh, Phish, Chik'n • Roasted Red-Skinned or Sweet Potato Fries 	\$36	\$55	\$100
<ul style="list-style-type: none"> • Raw Vegetable Wrap Choice of wrap: Romaine, Collard, Seaweed, Raw Coconut • Raw Vegetable Soup 	\$36	\$55	\$100
<ul style="list-style-type: none"> • Green Goddess Griller • Curried Red Lentil Sweet Potato Soup 	\$36	\$55	\$100
<ul style="list-style-type: none"> • Stacked Wrap Choice of cheeze: gouda, cheddar, mozz, pepperjack Choice of protein: Portabello, Tempeh, Phish, Chik'n • Roasted Red-Skinned or Sweet Potato Fries 	\$30	\$45	\$85
<ul style="list-style-type: none"> • Chili Dog Choice of cheeze: gouda, cheddar, mozz, pepperjack • Chili Cheeze Potatoes Choice of cheeze: gouda, cheddar, mozz, pepperjack 	\$30	\$45	\$85
<ul style="list-style-type: none"> • Sloppy Moe • Roasted Red-Skinned or Sweet Potato Fries 	\$27	\$40	\$75
<ul style="list-style-type: none"> • Loaded Mixed Greens Salad (24 oz) 	\$15	\$23	\$40

Dinner Plate Packages Served in freezable, microwavable, ovenable plates	5 plates	Half Tray ~10 servings	Full Tray ~20 servings
Vegetable Stir Fry Choice of: <ul style="list-style-type: none"> • Black Rice • Quinoa • Black Rice Noodle • Brown Rice Macaroni • Zucchini Noodles • Sweet Potatoes • Red Skinned Potatoes Choice of flavor: <ul style="list-style-type: none"> • Coconut curry • Teriyaki • Jamaican jerk • Pineapple Ginger • Italian Herb Pasta Sauce • Ginger Garlic • Sweet heat bbq • Spicy Mexican • Steak Seasoning • Caribbean • Almond Basil Pesto • Lime Pepper • Masala Indian flavoring, very warming & delicious! 	\$45	\$60	\$100
<ul style="list-style-type: none"> • Vegetable Stir Fry • Choice of Protein: <ul style="list-style-type: none"> ◦ Tempeh (fermented soy bean patty) ◦ Phish (soy and wheat gluten) ◦ Sausage (wheat gluten) ◦ Roasted or Fried Tofu ◦ Fried Chikin (wheat gluten) ◦ Portabello ◦ Bean Balls ◦ Legumes: Black Beans, Black Lentils, Black Chickpeas 	\$55	\$80	\$130
Add-ons			
Choice of cheeze: gouda, cheddar, mozz, pepperjack.	+ \$5	+ \$8	+ \$10
Almonds	+ \$5	+ \$8	+ \$10
Avocado	+ \$5	+ \$8	+ \$10

Examples

- Pasta Primavera w/ Chikin Parmesan
- Tempeh Teriyaki
- Phish and Chips
- Pineapple Fried Rice
- Coconut Curry Vegetables over Quinoa
- Raw Almond Pesto Zucchini
- Masala Platter
- Almond Noodle Stir Fry

Breakfast Plates	5 plates	Half Tray ~10 servings	Full Tray ~20 servings
Vegetable Potato Skillet	\$64	\$80	\$140
French Toast Topped with house-made fruit syrup of your choice.	\$64	\$80	\$140
Oatmeal Pancakes Gluten-free and delicious. Topped with house-made fruit syrup of your choice.	\$64	\$80	\$140
Grits	\$25	\$45	\$70
Cranberry Walnut Oatmeal	\$30	\$50	\$80
Add-ons			
Choice of cheeze: gouda, cheddar, mozz, pepperjack.	+ \$5	+ \$8	+ \$10
Vegan Sausage	+ \$5	+ \$8	+ \$10
Sweet Potato Hash Sweet Potatoes, black lentils, peppers, and onions.	+ \$5	+ \$8	+ \$10

A La Cart Sides	Half Tray	Full Tray
Vegetable Pot Pie Seasonal vegetables, deliciously spiced with a corn bread or spelt biscuit crust.	\$40 6-9 servings	\$80 12 -5 servings
Lasagna <i>Brown rice noodles layered with mushrooms, squash, spinach, peppers, onions, and house-made sauce.</i>	\$45 + \$12 cheeze	90 + \$24 cheeze
Roasted Sweet Potatoes Cubes of savory sweet potatoes	\$21	\$42
Sweet Potato Hash Sweet Potatoes, black lentils, peppers, and onions.	\$45	\$90
Black Beans & Rice	\$27	\$54
Black Rice	\$27	\$54
Black Quinoa	\$27	\$54
Macaroni and Cheeze Gluten-free and too delicious.	\$45	\$90
Collard Greens Raw collards, massaged with fresh crushed garlic, spices, and almond oil.	\$27	\$54
BBQ Lentil Loaf A mix of black and red lentils. Perfectly seasoned and baked into a loaf.	\$27	\$54
Black Lentil Empanadas	10 for \$20	20 for \$40
Pizza Empanadas	10 for \$20	20 for \$40
Vegetable Empanadas	10 for \$30	20 for \$60
Vegan Sausage Empanadas	10 for \$30	20 for \$60