



UPOHAR
WORLD KITCHEN



Upohar: Catering & Event Coordination
Multicultural Menus
Customizable Services

UpoharEthnicCuisines.com
info@UpoharEthnicCuisines.com
717-475-1914

We offer food from the following regions of the world:

- ~ the Caribbean, Mexico & Latin America
- ~ the Mediterranean & Middle East (West Asia)
- ~ West Africa & the Diaspora (American South)
 - ~ South Asia
 - ~ East and Southeast Asia

The menus on the following pages are some of our popular items.
Other options are available.

**We develop personalized multicultural menus to reflect
your tastes, dietary needs and heritage.**

Examples of "personalized menus" are also included.

**Our service packages are designed to accommodate a
wide range of party styles, needs and budgets.**

Packages can be further customized for a tailored fit.

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From the Caribbean, Mexico & Latin America

Appetizers

- Assorted Empanadas (beef, chicken, cheese)
- Caribbean Shrimp Cocktail. GF
- Tostones (twice-fried green plantains) with Dip. V, GF
- Mexican Taco Bar: choice of fillings (chorizo, beef, chicken), soft corn tortilla, and toppings. GF

Dinner

Choice of Proteins

- Puerto Rican Pernil (roast pork). GF
- Pollo Asado (savory baked chicken). GF
- Jamaican Jerk Chicken (spicy grilled chicken). GF
- Cuban Black Beans. V, GF
- Stewed Pinto Beans in a Savory Sofrito Broth. V; GF

Choice of Accompaniments

- Yellow Rice with Pigeon Peas. V, GF
- Jamaican Rice and Beans. V, GF
- Coconut Rice. V, GF
- Maduros (sweet plantains). V, GF
- Jamaican-style Braised Cabbage. V, GF
- Puerto Rican Green Salad. V, GF
- Piquant Mango Salsa. V, GF

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From the Mediterranean & Middle East (West Asia)

Appetizers

- Hummus served with flatbread, fresh vegetables, & olives. V
- Falafel with Tahini Dip. V, GF
- Greek Spanakopita (savory phyllo pastry filled with spinach & feta)
- Greek Souvlaki (grilled chicken or pork skewers). GF

Dinner

Choice of Proteins

- Moroccan Chicken Shawarma; halal, contains dairy, GF. Halal.
- Italian Farfallette al Salmone (butterfly pasta tossed with smoked salmon in a tomato-cream sauce)
- Greek Pastitsio (Macaroni, ground beef, grated cheese, topped with a béchamel sauce).
- Egyptian Moussaka (eggplant, bell peppers and potatoes, in a tomato sauce with aromatic spices). V, GF

Choice of Accompaniments

- Rice Pilaf. V, GF
- Greek Salad with Feta & Olives. GF
- Syrian Baba Ghanouj (roasted eggplant relish), V, GF
- Tabbouleh (parsley salad with bulgur, tomatoes and lemon). V

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From West Africa & the Diaspora (American South)

Appetizers

- Ghanaian Kelewele (spicy fried sweet plantains) served with dry-roasted peanuts. V, GF
- Minted Fruit Salad (mango, strawberry, kiwi, grape, pineapple with mint). V, GF

Dinner

Choice of Proteins

- West African Peanut Stew: vegan, chicken, or goat; GF
- BBQ Chicken or Pork. GF
- Cajun Shrimp. GF
- Brazilian Feijoada (pork and black bean stew)
- Palm Butter Stew with Chicken or Goat; GF

Choice of Accompaniments

- African Jollof Rice. V, GF
- Jambalaya with Chicken; GF
- Baked Mac & Cheese
- Collard Greens. V, GF
- Sautéed Kale with Tomatoes and Onion. V, GF
- Candied Sweet Potatoes, V, GF
- Sweet Plantains. V, GF
- Red Beans & Rice, V, GF

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From South Asia

Appetizers

- Vegetable Pakora (fritters) with Assorted Chutney. V, GF
- Potato Samosa. V
- Chicken Tikka (marinated grilled boneless chicken). GF

Dinner

Choice of Proteins

- Chana Masala (tangy chickpea stew); V, GF
- Saag Paneer (cubed fresh cheese in a spinach sauce); GF
- Navarattan Shahi Korma (mixed vegetables with nuts and raisins); GF
- Chicken Makhani (boneless chicken in a rich tomato-cream sauce)

Choice of Vegetables

- Aloo Gobi (cauliflower and potato sautéed with spices). V, GF
- Tadka Daal (yellow lentil stew); V, GF
- Baigan Bhurta (roasted eggplant mashed with spices); V, GF

Choice of Rice & Breads

- Vegetable Biryani (rice cooked with nuts, raisins and spices). GF
- Cumin Rice. V, GF
- Naan (flatbread)

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From East Asia

Appetizers

- Japanese Gyoza (pan-fried dumplings) pork or vegan; with Dipping sauce.
- Thai Chicken Satay with Peanut Sauce. GF
- Vietnamese Fresh Rolls (vegan or pork) with Dipping Sauce; GF
- Fried Egg Roll (vegan or pork) with Dipping sauce.

Dinner

Choice of Proteins

- Thai Red or Green Curry: Tofu (vegan), Chicken or Beef; GF
- Chinese Homestyle Tofu, V, GF
- Chinese-style Stir-fried Beef or Chicken with broccoli; GF
- Yaki Udon (udon noodles with chicken and vegetables)
- Mai Fen (Singapore Style) Rice noodle with Chicken, Pork, Shrimp and mixed vegetables; GF

Choice of Accompaniments

- Coconut Fried Rice with Pineapple; GF
- Yangzhou Fried Rice (Chinese fried rice with egg, scallion, peas and carrots), GF
- Stir-fried Mixed Vegetables; V, GF

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We curate personalized multicultural menus to reflect your tastes, dietary needs and heritage.

The following pages have some examples:

- ~ a traditional Puerto Rican menu
- ~ a menu to accommodate a long list of food sensitivities
 - ~ a fully vegan menu
- ~ a menu for a Peruvian and Central PA Mennonite couple

Contact us for a free menu consultation!

Personalized Menu: Traditional Puerto Rican

Amy wanted Puerto Rican food to represent her ethnic heritage, so we proposed a traditional menu for her.

M E N U

- Assorted Empanadas (beef and chicken)
- Pernil (Puerto Rican marinated slow-roasted boneless pork)
 - Pollo Asado (savory baked chicken)
- Arroz con Gandules (yellow rice with pigeon peas)
 - Maduros (sweet plantains)



WHAT SHE SAID

"The pernil was some of the best I've had (grandma will always have to be the top). It was so tender yet flavorful. Even my own grandma wanted to take the leftovers home.

Stephanie was amazing to work with our short timeline and distance from our venue.

She was so accommodating during the whole process and even helped us to add chicken to our menu only a few days prior to our dinner.

I feel so lucky to have found Upohar in the middle of Lancaster county. If you want ethnic food for your next event, then I definitely recommend Upohar!"

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A Menu to Accommodate a Huge List of Allergies

Siobhan wanted to serve a flavorful menu at her wedding reception which all her guests could enjoy -- even those with allergies and severe dietary restrictions.

Below is the menu we designed for her.



M E N U

- Potato Samosa. V
- Mini Rellenos de Yuca (cooked yuca root fritters, stuffed with meat or cheese). GF
 - Bengali Pea Pulao (rice pilaf with green peas and aromatic spices). V,GF
 - Chholar Dal (bengal gram stewed with ginger, coconut and cumin). V,GF
 - Shaak Bhaja (kale & eggplant sautéed with aromatic spices). V,GF
- Pumpkin Chhokka (pumpkin & potatoes, sautéed with coconut & black gram). V,GF
 - Syrian Chicken (chicken braised with potatoes & bell peppers). Halal, GF

W H A T S H E S A I D

"I thought I wouldn't be able to find a caterer for my wedding both within my budget and able to accommodate a HUGE (10+) list of allergies. Cue Upohar absolutely saving the day and killing it.

Not only were there options for everyone to eat, but the food was AMAZING, the communication was excellent, and they were very flexible with my DIY ways. 100% recommend if you love flavor! My guests raved that the food was very "us" and were excited for spices and not just another boring wedding entrée."

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Personalized Menu: Fully Vegan

Rowan wanted to serve a fully-vegan menu at her wedding reception, that her non-vegan guests could appreciate and enjoy.
Below is the menu we designed for her.



FULLY - VEGAN MENU

- North Indian Potato Samosa with Tamarind Chutney
- Ethiopian Lentil Sambussa
- Hummus & Crudités display

- Cuban black beans
- Coconut Rice
- Roasted Sweet Plantains
- Piquant Mango Salsa

Assorted Cupcake (V, GF)

Iraqi Lemonade flavored with Orange Blossom Water & Mint

WHAT SHE SAID

"Upohar did an amazing job catering our small, all vegan wedding. All of the food was delicious! Stephanie's help planning and coordinating with the other vendors was invaluable and everything went perfectly the day of the wedding. We definitely recommend them to anyone planning an event!"

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VALENTINE'S MENU

Personalized Menu: Peruvian & PA Dutch

Andrea & Dani wanted their wedding reception menu to be a blend of food from both their cultural backgrounds: Peruvian and Pennsylvania Dutch/Mennonite.

This is the menu we designed for them.

STARTERS

- Peruvian Ceviche
- Falafel with Tahini Sauce and Pennsylvania Dutch Chow Chow (instead of Syrian pickles)

BUFFET DINNER

- Peruvian Pollo al Horno
- Papa a la Huancaína (Peruvian potato salad) served with PA Dutch Red Beet Eggs
 - Quinoa and Vegetable Stew
 - Pennsylvania Dutch Cabbage with Brown Butter
 - Green salad with Bacon dressing

DRINKS

- Chicha Morada (iconic Peruvian beverage)
- Iraqi Lemonade with Orange Blossom Water and Mint

WHAT THEY SAID

"Sri developed a beautiful menu to seamlessly blend the two [cuisines] together and was extremely knowledgeable about a variety of Peruvian dishes.

Both our Peruvian-American and conservative Pennsylvania Dutch family members loved the food including the many children in attendance. In fact we had so many guests comment on how delicious the food was both at the wedding and weeks later."

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About Upohar

Upohar opened in 2011 as a "social impact" catering business, based in Lancaster, Pa. We are a Certified B Corporation and a minority-woman-owned business that considers the impact on people, planet, and profit when making business decisions.

Upohar means "gift"

We offer our clients the gift of authentic global cuisines. The gift of gathering with loved ones to discover, explore and enjoy cultures and flavors from all parts of the world.

We offer the gift of business opportunity to local micro businesses, owned by immigrants and minorities. The food we serve is prepared by our partner chefs who specialize in their culinary traditions.

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