



WELCOME TO THE KIDS' TABLE

The Upstate Table offers a variety of hands-on kids' cooking workshops designed to encourage learning and creativity. Our recipes can be adapted to accommodate gluten-free, dairy-free, and vegetarian requests. We will also work with you and your children to create custom curriculums upon request.

Each pod workshop is 1-1/2 hours and includes a technique lesson, opportunities for creativity and meal/eating time.

pod workshops

8-workshop session	\$50/child . \$400 total
4-workshop session	\$55/child . \$220 total
1 workshop session	\$65/child

Pod workshop prices are based on a 5-child minimum.

Session fees are non-refundable. We will work with you to accommodate any date-change requests. If individual participants miss a pod workshop, we can offer them a certificate to join a future public class post-Covid, based on availability.

workshop offerings

start with breakfast
yogurt parfaits or smoothies +
veggie frittata + *add-in pancakes*

afterschool snacks
hummus and veggies + mango salsa
and chips + quesadillas
with a variety of fillings

chinese new year
lo-mein + veggie or pork dumplings

family dinner
homemade chicken cutlets + caesar
salad + fudgy chocolate brownies

pastas such as...
handmade gnocchi + tomato
sauce + chocolate mousse

pizza party
homemade pizza, sauce,
toppings + arugula salad

roll your own
sushi + miso soup

custom workshop
create your own menu

desserts such as...
homemade cream puffs
and profiteroles

soup & pannini
tomato chickpea soup + myo
panini with homemade pesto

holiday
card making + cupcake decorating
or chocolate candy-making

pan-asian
vietnamese summer rolls +
chicken or tofu satay

ready to book? questions? email us at events@theupstatetable.com