



# 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 workshop is 75 minutes and includes a technique lesson, opportunities for creativity and meal/eating time.

## kids' workshops

- 8-workshop session ..... \$70/child . \$560 total
- 4-workshop session ..... \$75/child . \$300 total
- 1 workshop session ..... \$85/child

Workshop prices are based on a 6-child minimum.

Session fees are non-refundable.

We will work with you to accommodate any date-change requests.

## 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](mailto:events@theupstatetable.com)