

fall / winter specials

SEASONAL CATERING MENU



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12 PERSON MINIMUM FOR ALL ORDERS

CARROT CAKE OVERNIGHT OATS

breakfast selections

EVERYTHING AVOCADO BAGEL VGT | 610 CALS **\$6.00 PP**
cage free scrambled eggs, sliced avocado, hot sauce, toasted everything bagel


CANDIED BACON BISCUIT 410 CALS **\$6.00 PP**
candied bacon, over hard cage free egg, avocado, hot sauce, classic biscuit

APPLE BUTTER WAFFLES VGT | 510 CALS **\$6.50 PP**
classic belgium waffles topped with house made granny smith apple butter

ENERGY SNACK BARS VGT | 350 CALS **\$2.00 PP**
peanut butter, quick oats, honey, dried cherries

FRENCH TOAST SLIDERS 390 CALS **\$4.00 PP**
cage free egg, american cheese, crispy bacon, cinnamon swirl slider bun

CARROT CAKE OATS VGN DF | 370 CALS **\$5.00 PP**
rolled oats, carrots, maple syrup, almond milk, walnuts, coconut, raisins

 **MAPLE EGG STACK** GF | 470 CALS **\$6.00 PP**
cage free scrambled eggs, smoked gouda, crispy bacon, adobo maple drizzle

 **BROCCOLI EGG BITES** VGT GF | 180 CAL **\$5.50 PP**
cage free eggs, shredded mozzarella, quinoa, broccoli, parsley

lunch selections

BASIC BOX
\$13.50 PP

salad or sandwich, chips, brownie or cookie

SIGNATURE BOX
\$15.75 PP

salad or sandwich, pasta salad, chips, brownie or cookie

PLATTER
\$16.75 PP


includes pasta salad, chips, and cookie


SALADS

APPLE & BEET GF 880 CALS
romaine lettuce, roasted chicken, walnuts, celery, green onion, radish, beets, apples, parmesan peppercorn dressing

SWEET KALE VGT GF 470 CALS
chopped kale, shredded brussels sprouts, green cabbage, purple cabbage, broccoli florets, toasted pumpkin seeds, dried cranberries, poppyseed dressing

BACON CHOPPED 710 CALS
mixed greens, blue cheese, cherry tomatoes, bell peppers, corn, avocado, croutons, bacon vinaigrette

 **TUSCAN KALE & SPINACH** VGT GF 570 CALS
kale, spinach, shredded parmesan, chopped egg, pumpkin seeds, lemon vinaigrette

 **POPPYSEED CHICKEN** GF 570 CALS
roasted chicken, mixed greens, grape tomatoes, raspberries, goat cheese, red onion, toasted almonds, poppyseed dressing


SANDWICHES

OKTOBERFEST REUBEN 600 CALS
hickory smoked ham, white cheddar cheese, sauerkraut, 1000 island dressing, rye bread

THE GOBBLER 610 CALS
roasted turkey, smoked gouda, arugula, sage butter, cranberry aioli, panini bread

PESTO CHICKEN 840 CALS
roasted chicken, nut free pesto, spinach, tomatoes, provolone cheese, wheat tortilla

 **SPICED & EVERYTHING NICE** 500 CALS
curry roasted chicken, spicy mango chutney, pea relish, tomato, turmeric & mint yogurt sauce, pita bread

 **VEG OUT** VGT 580 CALS
quinoa, black beans, avocado, spinach, arugula, tomato, lime cilantro sauce, spinach tortilla

snacks

PROTEIN BENTO 690 CALS **\$5.50 PP**
hardboiled egg, red grapes, crackers, granny smith apple, smoked gouda cheese, peanut butter with honey drizzle

CHOCOLATE CHIA PUDDING 260 CALS **\$5.50 PP**
almond milk chia pudding, chocolate syrup, fresh raspberries

RAINBOW QUINOA SHAKER 560 CALS **\$5.50 PP**
quinoa, edamame, peppers, shredded carrots, green onions, jalapenos, cilantro, pepitas, miso ginger vinaigrette

BLACKENED SHRIMP BENTO 200 CALS **\$8.00 PP**
blackened shrimp, cucumber dill salad, crostinis