



WINTER 2022
CATERING MENU

Chef Made Trays & Individual Bowls

TRAYS SERVE 5-8

Yuzu Poké Tray 75 / Bowl 14.65
salmon poké (raw), field greens, spicy cold noodles, sesame avocado, yuzu vinaigrette and pickled ginger.

Brussel Hustle Tray 65 / Bowl 13.15
roasted chicken, field greens, shaved Brussels sprouts, avocado bean dip, chimichurri sauce, pickled onions and super seeds.

Beet Falafel Tray 65 / Bowl 13.05
baked beet falafel, basmati rice, black beans & corn, charred broccoli, beet hummus, turmeric tahini and pickled onions.

Paleo Tray 75 / Bowl 15.05
seared salmon, field greens, sweet potatoes, sesame avocado and chipotle aioli.

Whole 30 Tray 65 / Bowl 13.45
roasted chicken, field greens, sweet potatoes, charred broccoli and turmeric almonds.

Low FODMAP Tray 70 / Bowl 15.05
seared salmon, quinoa, charred broccoli, sweet potatoes and super seeds.

Keto Tray 75 / Bowl 15.99
seared salmon, braised pork, roasted chicken and field greens.

Sauces

\$5 PER 4 OUNCES



Chipotle Aioli
think: spicy mayo



Sweet Chili Garlic
think: homemade sriracha



Turmeric Tahini
think: tangy & creamy



Chimichurri
think: green herbs

Proteins, Sides and More

SERVES 10-12

PROTEIN

Seared Salmon Tray 85

Salmon Poké (Raw) Tray 75

Roasted Chicken Tray 65

Braised Pork Tray 65

Baked Beet Falafel Tray 55

Sweet N Spicy Tofu Tray 50

BASES

Basmati Rice Tray 40
with green herbs and garlic.

Quinoa Tray 40
with job's tears and amaranth.

Field Greens Tray 40
with lemon dressing.

EXTRAS

Snacks & Pastries 2.50+
starting at \$2.50; vary by location.

Beverages 2.50+
starting at \$2.50; vary by location.

SIDES

Shaved Brussels Sprouts 45
with pecorino cheese and cranberries.

Spicy Cold Noodles 45
with kelp and sesame dressing.

Black Beans & Corn 45
with lime, cilantro and chipotle.

➔ **Roasted Beets & Lentils 45**
with horseradish.

Charred Broccoli 45
with olive oil, salt and pepper.

Sweet Potatoes 45
with olive oil and sea salt.

Green Beans 45
with garlic and Aleppo pepper.

➔ **Sautéed Greens 45**
with chickpeas and golden raisins.

➔ **Roasted Rainbow Carrots 45**
with a squeeze of lemon.

➔ **Butternut Squash Soup 45**
with coconut milk.

Sesame Avocados 50
with lemon vinaigrette.

Spreads

\$8 PER 8 OUNCES



Avocado Bean Dip
think: guacamole



Beet Hummus
think: hummus, but purple

➔ Seasonal dishes may vary by location.