

# 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