## BREAKFAST

*minimum order 15 ppl


## Muffin Platter <br> One dozen assorted artisan muffins. <br> $\$ 42.50$

## Bagel Platter

\$ 36.50
One dozen assorted artisan bagels. Served with your choice of plain or berry cream cheese. $1 / 2$ and $1 / 2$ available upon request. V

## Fruit Platter

\$28.50
Assorted seasonal fruit. Feeds 6-10. Large tray available ( $+\$ 18$ ) feeds 15-20. GF I DF I V

## Overnight Oats

\$ 36.50
6 individual servings of our famous overnight oats.
Choose from cookies + cream, blueberry pie, and salty caramel. GFIDFIV
*cookies + cream contains wheat

Chia Puddings
\$42.50
6 individual servings of our famous chia puddings. Choose from $\mathrm{pb}+\mathrm{j}$, lemon blueberry, and buckeye. GF I DF I V

Assorted Mini Quiches \$36.50
12 assorted bacon cheddar, red pepper goat cheese, and broccoli cheddar mini crustless quiches. GF IV

## All American <br> Hot Breakfast Buffet

\$14.50pp

Scrambled eggs, hashbrowns, and your choice of bacon strips or sausage patties. GF I DF
Option to add a french toast bar with berries, butter, and local maple syrup. $+\$ 4 \mathrm{pp}$. V

## BOXED LUNCH

*minimum order 15 ppl

## Cranberry

Chicken Salad Wrap
Pulled chicken breast, olive oil mayo, cranberries, celery, red onion, dijon, and kale, wrapped in a flour tortilla. Served with chips and fresh seasonal fruit. DF

## Honey Mustard

 Chicken Wrap\$15.50
Pulled chicken breast, house made honey mustard sauce, baby spinach, and kale, wrapped in a flour tortilla. Served with chips and fresh seasonal fruit. DF

## Buffalo Chicken Wrap \$15.50

Pulled chicken breast, house buffalo sauce, and kale, wrapped in a flour tortilla.
Served with chips and fresh seasonal fruit. DF

## Chickpea Caesar Wrap \$14.50

Roasted spiced chickpeas, shredded parmesan, romaine tossed in house made caesar dressing, wrapped in a flour tortilla. Served with chips and fresh seasonal fruit. DF I V


Classic Cobb Salad \$16.50
Crisp romaine, tomato, cucumber, hard boiled egg, crumbled bacon, roasted chicken breast, house made dairy free ranch. DF I GF
Chicken Caesar Salad \$16.50
Crisp romaine, chicken breast, shredded parmesan, house made sourdough garlic croutons, and caesar dressing.
Roasted Veggie Salad \$16.50
Kale, golden beets, quinoa, bell pepper, red onion, house made honey vinaigrette, feta, roasted pecans GFIV
Half + Half
$\$ 16.50$
Pick any $1 / 2$ wrap and $1 / 2$ salad for the perfect pair.


WOMAN OWNED

## LOCAL

BALANCED
NOURISHING DELICIOUS

GUT HEALING INCREASED ENERGY

## DESSERT

Brownie Platter
$\$ 42.50$
Assorted artisan brownies. Serves 12. V

Cookie Platter
\$36.50
Assorted artisan cookies. Serves 12. V
$1 / 2+1 / 2$
$\$ 40.50$
Half and half assorted artisan brownies and cookies. Serves 12. V

Rotating Seasonal
\$42.50
Gluten-free Dessert
Ask us about our rotating seasonal desserts! Serves 12 . GF I V


## DRINKS

## Coffee Service

\$25.50
Artisan arabica coffee (decaf upon request).
Served in a disposable dispenser. Comes with cups, lids, sleeves, half and half, and assorted sugars. Serves 10.

Tea Service
\$25.50
Artisan assorted tea bags (both caffinated, decaf, and herbal). Served with disposable hot water dispenser. Cups, lids, and sleeves. Serves 10.

Bottled Spring Water Bottled spring water priced per person.

Olipops
\$2.5pp

Assorted olipops. Priced per person.


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## Mexican Bar \$17.50 pp (pick one) I \$19.50 pp (pick two)

Protein (pick 1-2)
Honey Chipotle Chicken GFIDF Sweet Orange Carnitas GFIDF Chili Lime Steak +2 pp GFI DF

Sides (pick 1-2)
Mexican Rice GFIDFIV
Black Beans GFIDF I V Fajita Veggies +2 pp GFIDFIV

Toppings (incl.)
Shredded Lettuce GFIDFIV Pico de Gallo GFIDFIV Shredded Cheddar GFIV Sour Cream GFIV
-all toppings included
w/ either package

## Add-on

## Chips + Dips (+\$2 pp)

Salsa Roja GFIDFIV
Corn Salsa GFIV
Cilantro Lime Guacamole +2 pp GFIDFIV

| Sides (pick 1-2) | Veggies (pick 1-2) |
| :--- | :--- |
| Mac n Cheese GF I DF I V | Southern Greens GF I DF |
| Sweet Corn Pudding V | Bacon Green Beans GF I DF |
| Maple Baked Beans GF I DF IV | Coleslaw GF IDF IV |

Buns + BBQ (incl.)
Buns and side of bbq sauce included DF I V

Sweet Corn Pudding $V$ Maple Baked Beans G

Bacon Green Beans GFIDF
Coleslaw GFIDFIV

Protein (pick 1-2)
Sweet BBQ Pulled Pork GFI DF
Pan Seared Chicken Thighs GFI DF Slow Roasted Pulled Brisket +3pp GFI DF


## Mediterranean Bar ${ }^{\text {sl.50 pp pp pick one) } \text { Sl|s. } 50 \text { pp (pick two) }}$

## Protein (pick 1-2)

Lemon Chicken DFIGFIV
Falafel GFIDFIV
Harissa Meatballs +2 pp DFIGFIV

Sides (pick 1-2)
Greek Potatoes DFIGFIV Red Pepper Faro DF I V

## Veggies (pick 1-2)

Roasted Herbed Zucchini DF I GFIV Greek Salad GF IV
(tomato, cucumber, kalamatas, feta, vinegarette)

Sauces (pick 1-2)
Tatziki GFIV
Harissa Sauce GFIV Chimichurri GFIDFIV


[^0]:    GF = Gluten Free
    DF = Dairy Free
    V = Vegetarian

