



Bowls served warm

Mexican

Whole Grain Rice, Black Bean, Corn, Pico de Gallo, Guacamole, Crispy Tortillas, with a Chipotle Lime Crema

Teriyaki Stir Fry

Lo-Mein Noodles, Sautéed Carrots, Bell Peppers, Onions, Snap Peas, Edamame Beans, Red Cabbage, Sesame Seeds (V)

Butternut Squash Thai Coconut Curry

Steamed Rice, Roasted Butternut Squash, Onions, Bell Peppers, Quinoa, Scallions (GF, V)

Sandwiches

Ancho Chili Fried Chicken Sandwich

Buttermilk Marinated with Napa Cabbage Slaw, Chili Mayo, and Pickles

Smash Burger

6oz Pattie on Kaiser Bun with Lettuce, Tomato, Chili Mayo, and Pickles

Cheddar Cheese (optional)

Pulled Pork Sandwich

BBQ Pulled Pork with Napa Cabbage Slaw

Grilled Chicken, Bacon, Avocado

Lettuce, Tomato, and Mustard Mayo

Green Salad Bowls

Sweet Potato & Beets

Organic Garden Greens, Romaine, Roasted Sweet Potatoes, Purple Beets, Cucumbers, Cherry Tomatoes, Pumpkin Seeds, with an Italian Vinaigrette (GF, V)

Kale Caesar

Kale, Napa, Romaine, Radicchio, Roasted Chickpeas, Sun Dried Tomatoes, Parmesan Cheese, Lemon, with a Traditional Caesar Dressing (GF)

Greek Quinoa

Organic Garden Greens, Romaine, Red Quinoa, Cherry Tomatoes, Cucumber, Red Onion, Feta Cheese, Kalamata Olives, Oregano, with a Balsamic Vinaigrette (GF)



Capitol Catering

Protein Add On: *served warm*

Grilled Chicken Breast

Grilled Striploin Steak 6oz

Fried Chicken Breast

Crispy Coconut Shrimp 5 pcs

Atlantic Salmon Fillet

Herb Marinated Tofu

Grilled BBQ Tempeh

Spinach Vegan Power Balls 4 pcs

Sides:

Garden Salad with Tomato, Cucumber, Carrot, Balsamic Vinaigrette (GF, V)

Sweet Potato Fries with Chili Dip

Grilled Pita

Extra Dressings:

Tzatziki

Hummus

Chipotle Crema

Caesar Dressing

Chili Mayo

Balsamic Vinaigrette

Italian Vinaigrette

Lemon, Honey Vinaigrette

Dessert:

Chocolate Chip Cookie (GF, V)

Vegan Brownies (GF, V)

Protein Power Sunshine Cookie (GF, V) / 2 - Rolled oats, coconut, pumpkin, sunflower seeds, flax seeds, dairy free cacao chocolate chips, sun dried cranberry molasses, (no refined sugar, GF, DF)