



Hi there! I'm Erica

I created Satori Meals to solve my own family's need for family-style meals that could help us get through a busy week, in a healthy way. Knowing that my family and I love a juicy meal, it is important to me that we have fresh food available, every few days.

Now, Satori Meals helps busy parents and working professionals simplify mealtime without compromising flavor or nutrition. By bringing locally sourced ingredients and conscious packaging to the table, we share our values for good food and more quality time.

sa·to·ri (sə'tô·rē) noun: sudden enlightenment

As a North Carolina based company, I am grateful to live in a diverse agricultural state that allows me to partner with other small businesses. When possible, I visit farms directly or purchase from local vendors to bring quality ingredients directly to you.

I want to thank you for considering Satori Meals for your small gathering and possibly the opportunity to help you streamline your family's meals during a busy week. After all, having less stops and decisions to make throughout the day, gives us more time to focus on what is important!

Thank you,

Erica B. Calderon
Call: 919-592-2330
Email: erica@satorimeals.com

Satori Meals LLC 2161 S. Wilmington Street, Raleigh, North Carolina 27603
Please allow five days' notice. Minimum order \$75. Delivery Fees Apply. Cash or charge at time of order.
Cancellation Policy: 50% of food total will be charged if cancellations are made with less than 48 hours' notice. 100% of food total will be charged if cancellations are made with less than 24 hours' notice.
Menu items and prices subject to change. Closed Thanksgiving & Christmas week.

satorimeals.com



**SATORI
MEALS**
Food Co.

Catering

Delivering Breakfast & Lunch Wednesday- Friday

For meal prep-delivery, sweet treats or to gift a meal, please visit:

satorimeals.com



Breakfast

- ❖ **Roasted Vegetable Frittata** GF \$36 Serves 10. Spinach, mushroom, onion, bell pepper, sharp white cheddar. Add NC Sausage, \$10. 2 oz. sour cream, \$0.50 each.
- ❖ **Rosemary & Garlic Roasted Potatoes** \$28 Serves 10. Yellow or Sweet Potatoes are tossed in vegetable broth, a little olive oil and lightly sea salted.
- ❖ **Fresh Fruit Platter** \$58 Serves 10. An assortment of fresh seasonal fruit
- ❖ **Purple Sweet Potato Parfait** \$3.25 each. Fresh baked NC sweet potato, Greek yogurt, grain free granola, seasonal fruit. Served individually in 4 oz cup with lid.
- ❖ **Oatmeal Muffins** Vegan \$22.50. 10 count. Maple Sweet Potato, Blueberry Banana
- ❖ **Fresh Baked Bread** Butter Croissants \$3.50 each, Bagel, \$2.50 each
- ❖ **Spreads** 8 oz. \$6.50 NC Honey Butter, Chive & Onion Cream Cheese
- ❖ **Farmer's Market Preserves** 8 oz. \$6.50 Seasonal Flavors

Lunch

- ❖ **Sandwich Platter** Sandwiches cut in half. Choices listed under Boxed Lunch
 - Small, 5 sandwiches \$52 Large, 10 sandwiches \$78
- ❖ **Salads** (boxed individually)
 - **Apple Cranberry Walnut Salad**, GF, \$7 each. House honey-dijon vinaigrette, spinach, arugula, apples, walnuts, cranberry, feta.
 - **Harvest Quinoa Salad** GF, Vegan, \$6.50 each. Roasted seasonal vegetables, quinoa, black beans, red onion, house maple-balsamic vinaigrette.
 - **Pesto & Sundried Tomato Pasta Salad** DF, GF, \$6.50 each. handmade penne

Boxed Lunch

Includes kettle potato chips, pickle, fresh baked chocolate chip cookie and a mint.

- ❖ **Signature Chicken Salad Sandwich** butter croissant, Greek roasted, pulled chicken salad, tomato, mixed greens, white cheddar cheese. \$12.75
- ❖ **Roast Beef or Turkey Sandwich** sourdough, mayo, mixed greens, onion, tomato, white cheddar cheese. \$12.75
- ❖ **Eggplant & Prosciutto Sandwich** ciabatta, pesto, bell pepper, goat cheese \$13.75

Hot Plates

Serves 10. Buffet Style. Proteins \$95 each. Sides \$27.50 each. Boxed lunches start at \$15.75 per person and include one protein and two sides.

Proteins

- ❖ **Lemon Butter Turkey Meatballs** GF, house Greek seasoning, pan seared in lemon-butter sauce. Add handmade pasta for \$27.50 (per 10 person serving)
- ❖ **Herb Roasted Chicken Legs** DF, GF, house herb blend, olive oil & fresh lemon
- ❖ **Mojo Pork Roast** DF, GF, house seasoning, slow roasted in fresh citrus juices.
- ❖ **Rosemary Portobello Steaks** GF, Vegan, mushrooms roasted in house balsamic marinade, sea salt and black pepper

Sides

- ❖ **Herbed Brown Rice & Roasted Cherry Tomatoes** GF, Vegan
- ❖ **Cilantro & Onion Black Beans** GF, Vegan
- ❖ **Garlic Sweet Potato Mash w/Mushroom Cream Sauce** GF
- ❖ **Roasted Garlic Cauliflower Mash** GF
- ❖ **Roasted Seasonal Vegetables** GF, Vegan
- ❖ **Roasted Red Onions & Bell Peppers** GF, Vegan
- ❖ **Sweet Potato Cornbread** GF

Soup

Lentil & Vegetables; Cilantro & Onion Black Bean GF, Vegan \$2.75 each

Beverages

- ❖ Bottled Water \$1.75, Coffee (jug) \$16, Orange juice, lemonade (gallon) \$12
- ❖ Sweet or unsweet tea (gallon) \$10

Dessert

Cake Pops GF \$2.75 each Chocolate Chip Cookie \$1.50 each