



Hi there! I'm Erica

I created Satori Meals to solve my own family's need for delicious meals that could help us get through a busy week, in a healthy way. Now, Satori Meals helps busy parents and working professionals simplify mealtime without compromising flavor or nutrition.

**I deliver prepared meals made from scratch on Tuesdays and cater small gatherings Wednesday through Friday.** By bringing locally sourced ingredients and sustainable packaging to the table, we share our values for good food and more quality time.

sa·to·ri (sə'tōrē) 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, purchase from local vendors, and look for NC grown ingredients that I can bring directly to you.

**I want to thank you for considering Satori Meals for your small gathering and for helping me spread the word to someone who may need help with their 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  
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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 Hot Breakfast & Lunch Caterings Wednesday- Friday

For gift cards & meal prep menu (meals for reheating) please visit:

*satorimeals.com*



## Breakfast

- ❖ **Roasted Vegetable Frittata** DF, GF, \$36 Serves 10. Spinach, mushroom, onion, bell pepper. 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, olive oil and lightly sea salted.
- ❖ **Fresh Fruit Platter** \$58 Serves 10. An assortment of fresh seasonal fruit
- ❖ **Purple Sweet Potato Parfait** GF, \$32.50, 10 count. Fresh baked NC sweet potato, Greek yogurt, granola, seasonal fruit. Individually served in a 4 oz cup with lid.
- ❖ **Oat Muffins** GF, Vegan \$22.50. 10 count. Maple Sweet Potato or Blueberry Banana
- ❖ **Fresh Baked Bread** Butter Croissants \$3.50 each, Plain 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

## Boxed Lunch

Salads \$7 each. Minimum 10 each.

- ❖ **Apple Cranberry Walnut Salad**, GF, House honey-Dijon vinaigrette, spinach, arugula, apples, walnuts, cranberry, feta.
- ❖ **Harvest Quinoa Salad** GF, Vegan, Roasted seasonal vegetables, quinoa, dried black beans, red onion, house maple-balsamic vinaigrette
- ❖ **House Pesto Pasta Salad** DF, Sundried tomatoes, pine nuts, handmade penne pasta

Sandwiches include fresh baked bread, kettle potato chips & pickle. Minimum 5 each.

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

## Hot Plates

Serves 10. Buffet Style. Proteins \$95 each. Sides \$27.50 each. Boxed Hot Plates 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 house lemon-butter sauce. Add handmade pasta for \$27.50 (per 10 person)
- ❖ **Herb Roasted Chicken Leg Quarters** DF, GF, house herb blend, olive oil & 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* Vegetable Lentils or Wild Rice & Cannellini GF, Vegan \$2.75 each. Minimum 10 each

## Beverages

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

*Dessert* 10 GF Cake Pops, seasonal flavor \$27.50