

# On Trend & Healthy Breakfast Buffets

## Ditch the Bagel Q EVENTS CATERING

### Avocado Toast Bar \$15pp (choose 8 toppings)

Whole Grain Breads Toasted, Sliced Avocado **Toppings:** Sliced Hard Boiled Eggs, Chunky Bacon Bits, Fresh Mozzarella, Ricotta, Sliced Tomato, Sliced Onion, Diced Mango, Sliced Apple, Sliced Pear, Sprouts, Mixed Field Greens, Honey, Sriracha & Fig Spread

### Added Proteins \$5 pp each

Grilled Shrimp, Fresh Crab Meat, Spicy Tuna, Sushi Salmon, Sushi Tuna, Smoked Salmon

### Pre-Made Avocado Toasts \$16pp

**Caprese** - Roasted Tomato, Fresh Mozzarella, Avocado, Balsamic Glaze

**Lox** - Smoked Salmon, Capers, Red Onion, Avocado

**BEC**- Maple Bacon, Hard Boiled Egg, Avocado, Raspberry Couli Drizzle

**Mexican** - Guacamole, Mango Salsa, Cilantro

**Spicy Tuna Roll** - Crunchy Flakes, Cucumber, Black Sesame Seeds, Avocado

**Going Green** - Cucumber, Sprouts, Sunflower Seeds, Avocado

### Over Night Oats \$12pp

- Overnight Oats, Carrots, Mixed Nuts
- Overnight Oats, Mixed Berries, Honey
- Overnight Oats, Chia, Diced Mango & Honey
- Overnight Oats, Almond Butter, Mixed Nuts and Bananas
- Overnight Oats, Diced Strawberries, Dark Chocolate Chips, Bananas

### Protein Punch \$16pp

Smoked Salmon

Poached Eggs

Grilled Asparagus

Almonds

Cottage Cheese

Mixed Field Greens

Hard Boiled Eggs

Avocado

Sunflower Seeds

Toasted Oats

Greek Yogurt

Baby Spinach

### Chia Seeds Pudding Cups \$12pp

- Blueberry & Chia, Greek Yogurt and Fresh Blueberries
- Peanut Butter, Chia, Cocoa, Fresh Banana Slices
- Vanilla, Coconut Chia, Fresh Berries
- Strawberry, Banana, Greek Yogurt, Chia cup

### Create-a-Toast \$16pp

Assorted Whole Grain Breads

Fresh Avocado

Peanut Butter

Nutella

Sliced Bananas

Sunflower Seeds

Poached Eggs

Almond Butter

Smoked Salmon

Sliced Strawberries

Grilled Asparagus

### Acai Bowl \$12pp

**Rainbow Bowl** - Acai Puree, Almond Milk, Blueberries, Strawberries Topped with Chopped Kiwi, Mango, Strawberry, Blueberry, Granola and Honey

**Green Bowl** - Acai Puree Blended with Kale, Spinach, Mango, Almond Milk Topped with Kiwi, Pineapple, Coconut, Granola, Honey

**Protein Bowl**- Acai Puree, Peanut Butter, Cocoa Powder, Almond Milk Topped Banana, Peanut Butter, Coconut Chocolate Shavings