



Coffee Drinks

Latte	\$7.00
Cappuccino	\$6.50
Cortado	\$6.50
Espresso	\$3.00
Double Espresso	\$4.50
Americano (Traditional or Purity)	\$6.50
French Press (Large)	\$8.50

Signature Latte

Adaptogen Latte Cacao, MCT, Cinnamon, Reishi, Chaga, Hawthorn, Ashwagandha	\$7.50
Lark Latte Cinnamon & Raw Texas Honey	\$7.50
Owl Latte Dark Chocolate & Hazelnut	\$7.50
Gioannis Latte Lavender & Vanilla	\$7.50
Golden Reishi Latte Reishi, Turmeric, Ashwagandha	\$7.50
Chai Turmeric Honey Latte Chai Tea, Turmeric, Cinnamon, Nutmeg, Ginger, Allspice, Clove, Black Pepper	\$7.50
Matcha Latte Regular or Seasonal	\$7.00
London Fog Earl Grey, Coconut, Lavender, Orange, Vanilla Bean Raw Texas Honey	\$7.00
Golden Milk Turmeric, Cinnamon, Allspice, Clove, Nutmeg, Ginger, Black Pepper	\$7.50
Moon Milk Rose, Macca, Ashwagandha, Cardamom, MCT, Hawthorn, Marshmallow Root	\$7.50
Mexican Hot Chocolate Cacao, Coconut Sugar, MCT, Vegan Chocolate Chips, Cinnamon, Nutmeg, Pink Salt, Cayenne	\$7.50

Teas & Tonics

Flu Bomb Peppermint Patty Tea, Lemon & Ginger Juice, Honey	\$7.50
Hot Lemon Ginger Aide Lemon Ginger Honey	\$7.50
Loose Leaf Hot Tea Cup	\$4.75
Loose Leaf Hot Tea Pot	\$8.50
Seasonal Iced Tea	\$6.50

Sizes 12 oz hot drinks ~ 16 oz hot + 1.00
16 oz iced drinks ~ 20 oz iced drinks + 1.00
Bring Your Own Cup Save \$1.00

Cold Drinks

Chunky Monkey Smoothie Banana, Spinach, Oat Milk, Cinnamon, Sun Butter, Vegan Protein, Flax, Honey (GF & DF)	\$9.99
Berry Omega Smoothie Banana, Spinach, Oat Milk, Blueberries, Vegan Protein, Flax, Honey (GF & DF)	\$9.99
Cherry Adaptogen Banana, Spinach, Cherries, Cacao Nibs, Vegan Protein, Hemp Seed Cocoa Powder, Coconut Oil, Coconut Water (GF & DF)	\$9.99
Minty Mango Banana, Spinach, Oat Milk, Mango, Peppermint, Orange Juice, Oat Milk Vegan Protein Powder, (GF & DF)	\$9.99
Peach Cobbler Smoothie Banana, Spinach, Peaches, Cinnamon, Chia, Almond Butter, Coconut Water, Vegan Protein Powder, (GF & DF)	\$9.99
Matcha Lemonade	\$7.00
Herbal Lemonade	\$7.00
Lavender Charcoal Lemonade	\$6.50
Wellness Cooler Lemon, Ginger, Turmeric, Honey, Sparkling Water	\$7.50
Juice of the Day	\$9.00
Elderberry Soda	\$6.50
Italian Soda	\$5.75
Kombucha Pint	\$4.75

Shots

Wellness Shot	\$3.50
Elderberry Shot	\$3.50
Fire Tonic Shot	\$3.50

Bakery

Cookies	\$4.75-5.25
Quiche	\$4.75
Loaf	\$5.75
Vegan Cheesecake	\$7.50
Cupcake	\$5.25
Muffin	\$5.00

Soup

Seasonal Soups:

Vegan/Protein/Bone Broth

Cup	\$7.50
Bowl	\$14.50
Add Sourdough Croutons for \$1.50 Add Avocado for \$2.50	

Small Plates

Seasonal Crumble GF & V Served with Greek or Vegan Yogurt, Honey & Nuts	\$12.99
Fancy Toast	\$10.99
Light Lunch Special	\$12.99

Noshing Plate

Lark & Owl Noshing Plate Assorted Meats, Cheeses, Olives and Crackers	\$14.99
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Salads

Spring Roll Salad Cabbage, Brussels, Sugar Snap Peas, Carrots, Radish, Apples, Toasted Almonds, Everything Bagel Seasoning, Sprouts, Cilantro, Green Onions & Fermented Ginger Turmeric Dressing (GF & V)	\$15.99
ADD Thai Sunbutter Chicken for \$3.99 *ADD Sunny Side Up Egg \$2.25	

Strawberry & Forbidden Rice Salad Spinach, Strawberries, Black Rice, Walnuts, Cashew Farmers Cheese, Balsamic Maple Dressing (GF & V)	\$15.99
ADD Pesto Roast Chicken for \$3.99 *ADD Sunny Side Up Egg \$2.25	

Mains

*Choice of Sourdough, Gluten Free Bread, Superfood Crackers, or as a Platter w/ extra Veggies
Choice of Hummus & Carrots or Chips
ADD Sunny Side Up Egg \$2.25, ADD Avocado \$2.50

Seasonal Chicken Salad Sandwich: Greens & Sprouts	\$17.99
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Turkey Garden Burger Sourdough Brioche, Pesto, Sprouts, Greens, Pickled Onions & Sprouts	\$17.99
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Bougie BLT Croissant, Prosciutto, Avocado, Greens, Sprouts & Balsamic Peach Drizzle	\$14.99
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Avocado Toast Hummus, Greens, Sprouts, Tomatoes, Everything Seasoning & Olive Oil	\$14.99
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Roast Veggie Stacker Served Open-Face: Walnut Pesto, Zucchini, Eggplant, Bell Pepper, Tomato, Goat Cheese & Sprouts	\$14.99
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Cucumber Sandwich Cashew Farmers Cheese, Walnut Pesto, Greens, Sprouts & Pickled Onions	\$14.99
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Honey Bear-Wich Sunbutter, Fruit & Honey	\$14.99
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Croissant-Wich Croissant Sandwich of the Day: Sliced Deli Meat, Cheese, House Made Spreads & Greens	\$14.99
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Cup of Soup & ½ Sandwich Choice any sandwich (EXCLUDES TURKEY BURGER & CROISSANT-WICH)	\$14.99
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Grab & Go Entree of the Week Vegan Protein	\$17.99
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*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

*** These items may be served raw or undercooked ***

Beverages

- Agua Frescas**
Pineapple Lavender, Watermelon Strawberry,
Strawberry Lime, Cucumber Mint Chia
Agua ½ Gallon \$28 Full Gallon \$42
- Fresh Pineapple Kale Cooler**
Pineapple, Kale, Cucumber, Celery, Lime, Green
Apple: GF & V
- Carrot Zinger Cold Pressed Juice**
Carrots, Lemon, Apple, Ginger GF & V
- Juices ½ Gallon \$32 Full Gallon \$48**
- Speciality Mocktails Available Upon Request**

Party Platters

- For the Birds Noshing Plate** \$7pp
Vegan Dips: Roasted Garlic Hummus,
Cashew Farmers Cheese, Tahini Honey
Butter, Fruit, Veggies, Olives,
Sourgough or GF Bread and Crackers
- Lark & Owl Noshing Plate** \$8pp
Assorted Meats, Cheeses, Fruit,
Veggies, Olives, Bread, Spreads and
Crackers
- Sandwich Assortment** \$9pp
Platter
Choice of: Italian, Turkey Brie, Hummus
Veggie, Seasonal Chicken Salad, Avocado
Toast, Bougie BLT, Cucumber Bistro
Sandwich...Bread Choice of Sourdough,
Croissants or Gluten Free
- Minimum 10 people per order. Prices
are per person unless otherwise noted.
Served Family Style with Compostable
Plates, Napkins and Utensils**

Healthy Sweets

- Vegan Cheesecake** \$7pp
Raspberry Chocolate, Chocolate Sunbutter,
Mango Cardamom, Lemon Lavender, Pumpkin
Spice: GF & V
- Fruit Cobbler Baked Oats** \$8pp
with Fresh Yogurt, Honey, & Toasted
Almonds: GF
- Fresh Fruit & Yogurt** \$6pp
with Fresh Yogurt, Honey, Nuts & GF Granola

Salad Platters

- Forbidden Rice Salad** \$8pp
with Strawberries, Walnuts, & Balsamic
Vinaigrette & a Scoop of Cashew Farmers
Cheese GF & V
- Farmers Market Salad** \$8pp
Greens, Sugar Snap Peas, Carrots,
Radish, Apples, Avocado, Quinoa,
Sprouts & Fermented Ginger Turmeric
Dressing
- Zesty Greek Chicken Salad** \$10pp
Quinoa Tabouleh, Roast Chicken, Vegan
Tzatziki Sauce & Zahtar Roast Chic Peas
- Spring Roll Salad** \$10/pp
Cabbage, Brussels, Sugar Snap Peas, Carrots,
Radish, Apples, Toasted Almonds, Everything
Bagel Seasoning, Sprouts & Fermented Ginger
Turmeric Dressing Topped w/ Thai SUNbutter
Chicken
- Autumn Roast Veggie Salad** \$10pp
Spinach, Roast Cauliflower, Winter Squash,
Tomatoes & Summer Squash, Scoop of Cashew
Farmers Cheese, Balsamic Maple Dressing
Topped with Walnut Pesto Chicken

Party Showoffs

- Turkish Meatballs with Harissa Dipping Sauce
- Baked Brie in Puff Pastry with Seasonal Fruit Preserves & Toast Points
- Hummus Dipping Platter with House Made Pita Chips or Gluten Free Crackers
- Pear, Caramelized Onion & Gorgonzola Tart
- Spinach Feta & Caramelised Onion Tart
- Roast Veggie Platters
- Marinated Olive Bowls
- Pesto Pasta Salad (available in V & GF)
- Spring Fresh Rolls
- Butternut Mac & Cheese (GF & V available)
- Roast Veggie Platters
- Breakfast Platters & Frittatas
- Roast Chicken & Rice Dishes

**Contact For Pricing On Above, & To Customize Your
Event Offerings**

Classic Pastry

- Cupcakes \$5-7 pp
 - Cookie Platters \$3.50 pp
 - Sweet Breads & Loafs. \$4 pp
 - Muffins \$4 pp
- Custom Cakes Available...
email for quote
rcsanctuaryhk@gmail.com





CATERING @ ALOUETTE BISTRO



CUSTOM Cupcakes
10 person minimum \$6-8 per person
Decorated with Fruit & Flowers



CUSTOM DESSERT TABLES
50 person minimum \$7-9 per person
Assorted Cupcakes, Chocolate Dipped
Strawberries, Chocolate Dipped Oranges,
Vegan Cheesecake

8 Inch Round Double
Serves 10
\$95

8 Inch Double
Serves 18
\$110

10 Inch Round Double
Serves 25
\$175

12 Inch Round Triple
Serves 50
\$250

Custom Cakes
9x13 Rectangle Double
Serves 48
\$150



Gluten Free & Vegan May Incur An Additional Charge
1 week lead time on all cake orders



CATERING @ ALOUETTE BISTRO



Charcuterie Board



Hummus Dipping Platter



**Focaccia
Sandwich Platter**



**Turkish Meatballs
with Dipping Sauce**



Spring Roll Salad



Spinach Feta Hand Pie



Croissant Platter