



Butler Wellness & Catering

“One nourishing meal, one transformative experience, one meaningful connection at a time.”



*Wellness Standard / Prepared exclusively with olive, coconut & avocado oils / No refined sweeteners.
/ Always nourishing. / Always delicious.*

BREAKFAST PACKAGES

All packages include infused water station and organic herbal tea service

Tier 1: Room Temperature Wellness Breakfast

- Seasonal Fresh Fruit
- Smoked Salmon
- Oatmeal Protein Cookies
- Mini Coconut Parfaits or Whipped Cottage Cheese w/ seasonal fruit
- Avocado Toast Platter – Capers, Cucumbers, Tahini, Tomato Salsa
- Wellness Nut Mix (Maple Almonds, Turmeric Pepitas, Cacao Nibs)

Tier 2: Custom Hot & Cold Breakfast

Includes all Tier 1 items

+ Choose Any 2 Hot Add-Ons

Tier 3: Premium or Chef-Attended Breakfast

Includes all Tier 1 & Tier 2

+ Choose Any 4 Hot Add-Ons

Breakfast Add-Ons (Tier 2: Pick 2 – Tier 3: Pick 4)

- Chicken Sausage
- Vegetable Frittatas
- Home Fries
- Protein Waffles w/ Whipped Coconut Cream, Maple Syrup, Berries & Walnuts
- Savory Quinoa “Grits” w/ Blistered Tomatoes
- Baked Peach Cobbler with Oats
- Deviled Eggs

Attendant Service Stations (Add-On)

These interactive experiences elevate your event with chef-prepared dishes live on site.

***Additional cost applies for staff and setup.**

Omelet Station

Made-to-order with Organic Eggs and Seasonal Fillings

Waffle Station

Customizable Protein Waffles with Toppings & Whipped Coconut Cream

Smoothie Station

Fresh Fruit, Nut Butters, Plant Milks, Adaptogens

Premium Chef-Attended Station Add-On

Shrimp & Quinoa “Grits” with Cajun Olive Oil



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LUNCH EXPERIENCE MENU

Each includes: 1 Lean Protein · 1 Seafood Option · 1 Vegan/Gluten-Free Main · 2 Sides

Italian Inspired

- **Lean Protein:** Lemon Herb Grilled Chicken
- **Seafood:** Tuscan Wild Shrimp with Sun-Dried Tomatoes & Spinach
- **Vegan/GF:** Zucchini Lasagna with Cashew Ricotta
- **Sides:** Truffle Cauliflower Mash · Brown Rice Pasta w/Lentil Ragout

Asian Inspired

- **Lean Protein:** Miso Glazed Chicken
- **Seafood:** Wild Caught Shrimp in Coconut Lemongrass Broth
- **Vegan/GF:** Turmeric Quinoa with Baby Bok Choy
- **Sides:** Carrot-Ginger Mixed Greens · Habachi Style Fried Brown Rice

French Inspired

- **Lean Protein:** Herb-Roasted Chicken Breast with Olive Oil Beurre Blanc
- **Seafood:** Herb-Crusted Wild Black Cod
- **Vegan/GF:** Ratatouille-Stuffed Eggplant
- **Sides:** Roasted Root Vegetable Medley · Gnocchi with Olive Oil & Herbs

Southern x Caribbean Inspired

- **Lean Protein:** Jerk-Spiced Chicken Thighs
- **Seafood:** Cajun Salmon
- **Vegan/GF:** Stuffed Acorn Squash
- **Sides:** Braised Collard Greens · Callaloo Coconut Rice

Mediterranean Inspired

- **Lean Protein:** Chicken & Veggie Kabobs (Lemon-Oregano Marinade)
- **Seafood:** Grilled Black Cod with Olive Tapenade
- **Vegan/GF:** Warm Quinoa Tabbouleh Stuffed Peppers
- **Sides:** Tzatziki & Roasted Garlic Hummus · Warm Flatbread · Lemon Herb Roasted Potatoes

Latin Inspired

- **Lean Protein:** Stewed Chicken
- **Seafood:** Salmon with Chimichurri
- **Vegan/GF:** Air-Fried Arepas with Sweet Potato & Black Bean Mash
- **Sides:** Rice & Gandules Beans · Sweet Plantain Crispers

FUSION

PICK AND CHOOSE YOUR FAVORITES FROM ANY MENU AND CREATE YOUR OWN PACKAGE

Take Butler Wellness Home

Ask about taking home our signature sauces and seasonings, including:

- Miso Marinade • Coconut Lemongrass Broth • Hemp Dressing • Lentil Ragout • Jerk Marinade • House Spice & Seasoning Blends

Available as curated gifts or post-event retail.



- SNACK PACKAGES - ALL DAY CONFERENCE NOURISHMENT

Perfect for Meetings, Wellness Retreats, or Corporate Summits

AM Snacks

- Trail Mix Station
- Energy Bites (Nut-Free Options Available)
- Seasonal Parfait
- Roasted Spiced Chickpeas
- Turmeric-Spiced Nuts
- Fresh Seasonal Fruit Platter
- Assorted Packaged Bars & Snacks
- Mini Wellness Shots (Immunity Glow Green)



PM Snacks

- Protein Bars
- Grab & Go Fruit
- Roasted Spiced Chickpeas
- Turmeric-Spiced Nuts
- Plantain & Sweet Potato Chips w/ Humus & Guacamole
- Crudité & Vegan Herb Dip
- Assorted Packaged Bars & Snacks
- Seasoned Popcorn



ADD-ONS

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Desserts

- Coconut Matcha Panna Cotta
- Raw Cacao & Avocado Mousse w/ Pink Salt
- Cashew Cheesecake Bites
- Lavender Lemon Olive Oil Cake
- Mini Raw Fruit Tarts w/ Almond Crust
- Mango Lime Chia Pudding Jars



Experiences

- Live Sushi Chef Experience
- Live Action Grill Station
- Cold Press Juice & Adaptogens Bar
- Herbal Tea & Mushroom Coffee Lounge
- Wellness Shot Bar – Immunity or Energy Focus
- Herbal Cocktail Bartender – Botanical Spritzes & Adaptogen Elixirs
- Personalized Wellness Gifts – Infused Oils, Herbal Teas, Affirmation Cards
- Smoothie & Protein Drink Station



WELLNESS MENU

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GRAZING TABLE - WELLNESS ACCENTED

- Seasonal fruit
- Raw Honeycomb
- Olives
- Nuts
- Seeded Crackers
- Fermented Vegetables
- Cheeses
- Crudit 
- Hummus
- Seasonal fruit
- Raw Honeycomb
- Guacamole
- Whipped Feta
- Smoked Pepper Hummus

House-made Chip Trio:

Plantain chips, Sweet Potato Chips, Wonton Crisps (baked in avocado oil)

Add-Ons:

Nitrate-free Charcuterie, Stationary or Passed Small Bites

SMALL BITES

- Sesame Ginger Tuna Tartare
- Cocktail Crab Claws w/ Garlic Dip
- Mediterranean Cucumber Cups
- Avocado Cr me Toast
- Thai Basil Rice Paper Rolls
- Apple & Brie Tarts

SIGNATURE "LESS GUILTY" BITES

- Mac & Cheese Cups w/ Pulled BBQ Chicken
- Bang Bang Shrimp
- Chicken & Waffles w/ Dijon Cream
- Thai Chicken Skewers w/Seed Butter Sauce
- Plant-Based Sliders
- Pulled Beef Empanadas
- Truffle Arancini



JUICE SHOTS

Glow Green

Cucumber, Green Apple, Spinach, Pineapple, Ginger, Lemon, Ashwagandha

Radiance Root

Beet, Maca, Berries, Orange

Golden Hour

Turmeric, Mango, Coconut Water, Lion's Mane

Charcoal Detox

Activated Charcoal, Lemon, Cayenne, Maple

COLD BEVERAGE PACKAGE

Club Soda, Assorted Kombucha, & Matcha Lemonade

CAFFEINATED BEVERAGE STATION

Matcha Lattes, Mushroom Coffee Blends, Organic Coffee, Herbal Teas

Sweeteners: Coconut Sugar, Raw Sugar, Honey, Housemade Infused Vanilla & Cinnamon Syrup

Creamers: Oat Milk, Almond Milk, Half & Half



Seated Dinner Experience

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Choose 1 Starter • 2 Mains • 2 Sides • Dessert

Starter

- Crispy Rice Cake–Maitake mushrooms, spicy sesame sauce, avocado, cucumber slaw
- Butternut Squash Soup –Coconut cream, warming spices, toasted seeds
- Fresh Seasonal Salad–Organic greens, citrus vinaigrette, shaved vegetables, herbs
- Carrot–Ginger Mixed Greens

Lean Land Protein

- Miso–Glazed Chicken
- Jerk–Spiced Chicken Thighs
- Braised Short Rib
- Chicken & Veggie Kabobs
- Lemon Herb Grilled Chicken

Sides

- Truffle Cauliflower Mash
- Farro & Roasted Tomato Salad
- Hibachi–Style Fried Brown Rice
- Roasted Root Vegetable Medley
- Gnocchi with Olive Oil & Herbs
- Braised Collard Greens
- Callaloo Coconut Rice
- Rice & Gandules Beans
- Sweet Plantain Crispers
- Brown Rice Pasta with Lentil Ragout

Plant–Forward Gluten Free Mains

- Zucchini Lasagna with Cashew Ricotta (Vegan, GF)
- Turmeric Quinoa with Baby Bok Choy (Vegan, GF)
- Ratatouille–Stuffed Eggplant (Vegan, GF)
- Stuffed Acorn Squash (Vegan, GF)
- Warm Quinoa Tabbouleh Stuffed Peppers
- Finished with our house hemp dressing (Vegan, GF)
- Air–Fried Arepas with Sweet Potato & Black Bean Mash (Vegan, GF)

From The Sea

- Tuscan Wild Shrimp Sun–dried tomatoes & spinach
- Wild–Caught Shrimp in Coconut Lemongrass Broth
- Hemp Seed & Herb Crusted Wild Black Cod
- Wild Cajun Salmon
- Grilled Black Cod with Olive Tapenade

Desserts

- Coconut Crème Brûlée
- Better–For–You Peanut Butter Chocolate Cup
- Seasonal Fruit Tart
- Lemon Olive Oil Cake