We Don't Just Eat Our Greens



We love the Earth.

It's the source of all of our great ingredients. In an effort to show that love, we make every effort to use sustainable methods and materials. All menu items are served in baskets, ceramic, metal and/or bamboo platters with fresh fruit, vegetables and/or herb garnish.

When clients must have disposable place settings we use starch, corn and sugar-based biodegradable, compostable goods. All paper products used are derived from sustainable forestry, recycled and renewable resources.

More detailed information regarding the specific sustainable features of individual items are available upon request.

Before placing your order, please inform your server if a person in your party has a food allergy

Life's Short, Eat Better™



Corporate Menu



Providing corporate catering services focused on creativity and presentation, using the freshest ingredients possible

158 Adams Street, Newton, MA 02458 www.betterlifefood.com eatbetter@betterlifefood.com 781-354-2077

Corporate Breakfast

All orders served with:

A Selection of Sweet Breakfast Items such as: Mini Muffins, Mini Bagels with flavored cream cheeses, Scones, Coffee Cake, Danish and Breakfast Savories such as: Sausage and Sweet Pepper; Cheddar and Spinach; Three Cheese and Roasted Tomato; Pancetta and Cheddar Biscuit

\$3.75 per person*, with coffee: \$5.25

Add fresh fruit at \$1.75 per person Assorted juices: \$1.50 each

Corporate Lunch

All orders served with:

A Sandwich, Bag of Chips or Munchies, Soda, Sparkling Water or Flat Water and Dessert \$10.95 per person*

Sandwich Selections:

Specialty Sandwiches:

Sliced Roasted Chicken,

Roasted Vegetables with hummus

Roast Beef and Cheddar

Chicken Salad with aranberries and walnuts

Sliced Roasted Turkey

Italian - salami, hot ham, pepperoni

Baked Ham and **Swiss**

Chicken Salad with Sweet Peppers and Celery Fresh

Mozzarella and Basil with Roma Tomatoes

Tuna Salad with lemon, sweet pepper and celery

Sandwiches are served on a variety of fresh breads including but not limited to:
Baguettes, Eggrolls, Sesame Rolls and Whole Wheat

Baguettes, Eggrolls, Sesame Rolls and Whole Wheat Condiments include:

Yellow Mustard, Brown Mustard, Cranberry Sauce, Mayonnaise and/or Hot Pepper Relish. Pickles are served on the side.

Assorted Baked Goods

Made the old-fashioned way from scratch with real butter and may include the following or a daily special.

Chocolate Chip Cookies, Eileen's Brownies, Toffee Blonde Brownies, Oatmeal Raisin Cookies, Cinnamon Sugar Cookies, Ginger Snaps, Cranberry White Chocolate Cookies and/or Oatmeal Scotchies

Executive Breakfast

In addition to the Corporate Breakfast, choose from the following items:

\$7.75 per person*, with coffee: \$9.25

Crepes - topped with fruit conserve

Breakfast Sandwiches - Egg with bacon or ham with cheese on an english muffin or croissant

Breakfast Buritos - Black bean, sweet pepper or cheese

Oatmeal - Toppings on the side include: raisins, cranberries/craisins, brown sugar, cinnamon chips

Executive Lunch

In addition to the Corporate Lunch, choose from the following side salads: \$12.45 per person

Fresh Mozzarella with basil, tomatoes, balsamic vinaigrette

Spinach with egg, bacon with cucumber and ranch dressing

Garden with tomato, cucumber and carrots with your choice of dressing

Traditional Caesar with parmesan and croutons

Greek with feta, kalamata olives, artichokes, tomato, bell pepper

<u>Mixed Greens</u> with cranberries, walnuts, gorgonzola or goat cheese, thinly sliced red onion

Notes

Salad selections are available in place of any sandwich for lunch.

All sandwiches come labeled and wrapped unless otherwise requested.

Appropriate paper goods and utensil items are included.

In an effort to be as environmentally friendly as possible we use biodegradable and compostable corn, potato and sugar-based disposable goods. Paper goods used contain recycled material and/or come from sustainable forestry.

All menu items are served in baskets, ceramic, metal and/or bamboo platters unless otherwise specified.

Delivery fees apply. All orders may be picked up from our kitchen in Newton Upper Falls.

*We respectfully request a \$100 minimum for all breakfasts and a 10 person minimum for lunches.

7% MA meals tax applies to all food costs.