

Alternative Sandwich Ideas

Tarragon Chicken Salad with mayo and celery

Chicken Salad with sweet peppers, mayo and celery

Curried Chicken Salad with raisins, mayo and celery

Grilled Chicken with pesto-mayo and sun-dried tomatoes

Buffalo Style Grilled Chicken Breast with red onion and shredded carrot

Goat Cheese & Olive

Roast Beef & Boursin

Roast Beef, Cheddar and Chutney

Tuna Salad with sweet pickles, mayo and onions

Curried Tuna Salad with sweet peppers, mayo and celery

Baked Ham & Brie

Italian with capicola, mortadella, salami and provolone

Greek Baguette: feta, tomato, cucumber, roasted peppers, mixed greens

Eggs Salad with Dijon and mayo

Pear & Brie Baguette

All sandwiches are made with romaine lettuce. Tomatoes on request or where appropriate

WE DON'T JUST EAT OUR GREENS

We love the Earth. It's the source of all our great ingredients.

We like to show that love by making 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 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

Your Lunch,



Covered.

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

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

Corporate Breakfast

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

\$5.95 per person* with coffee: \$7.20

Fresh fruit: \$2.95 per person

Assorted juices: \$2.25 each

Corporate Lunch

All orders served with:

Sandwich, chips or munchies, soda, sparkling water or flat water and dessert

\$12.95 per person*

Sandwich Selections:

Sliced Roasted Chicken

Roast Beef & Cheddar

Sliced Roasted Turkey

Baked Ham & Swiss

Chicken Salad with sweet peppers, mayo and celery

Fresh Mozzarella with basil and roma tomatoes

Tuna Salad with lemon, sweet pepper, mayo and celery

Specialty Sandwiches:

Roasted Vegetables with hummus, lettuce and tomato

Cranberry Chicken Salad with mayo and celery

Add additional protein for \$3.00

All sandwich selections can have bread swapped with a bed of greens and tomatoes

Sandwiches are served on a variety of fresh breads, including but not limited to:

Baguettes, Egg Rolls, Sesame Rolls and Whole Wheat

Condiments include:

Yellow Mustard, Brown Mustard, Cranberry Sauce, Mayonnaise and/or Hot Pepper Relish

Pickles served on the side

Assorted Baked Goods

Made the old-fashioned way: from scratch with real butter. Baked goods 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:
\$10.70 per person*, with coffee: \$12.95

Egg Bake: Veggie and Cheese, Three Cheese, Meat and Cheese

Breakfast Sandwiches: egg and cheese with bacon or ham on an english muffin or croissant

Breakfast Burritos: black bean, sweet pepper and 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:
\$14.95 per person*

Fresh Mozzarella: basil, tomatoes, balsamic vinaigrette

Spinach: egg, bacon, cucumber, ranch dressing

Garden: tomato, cucumber, carrots, balsamic dressing

Traditional Caesar: parmesan, croutons, Caesar dressing

Greek: feta, kalamata olives, artichokes, tomato, bell pepper, Greek dressing

Mixed Greens: cranberries, walnuts, gorgonzola or goat cheese, thinly sliced red onion, balsamic dressing

Notes

All sandwiches come labeled and wrapped unless otherwise requested.

Appropriate paper goods and utensil items are included.

All sandwiches wrapped whole. Sandwiches wrapped in halves on request for charge of \$0.50 per sandwich.

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 and gratuities apply. All orders may be picked up from our kitchen in Newton.

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

7% MA meals tax applies to all food costs.