

Sample Shower Tea Menu

Tea Sandwiches

Cucumber

Shredded Lettuce and Tarragon Spread

Tuna Salad with sweet pickle and scallion

Roasted Eggplant and Slow-Roasted Tomato

Curried Chicken Salad with cranberries and walnuts

Smoked Salmon and Cream Cheese

Fruit Platter

Fresh-cut including: melon, pineapple, grapes and berries

Spinach & Farrow Salad

with lemon and blistered tomatoes

Mixed Greens

with cranberries, goat cheese, cucumber and balsamic dressing

Blueberry and Lemon-Cranberry Scones

with clotted cream and jam

Desserts

Macaroons

Assorted Shortbread

Setup on eco-friendly disposables
Eco-friendly Utensils and paper goods included

*Like items can be exchanged for ones more to your taste on other menus.
Gluten-free and other dietary restriction options available for an additional charge
Service, meals tax and gratuities are additional
Available for drop off or pick up*



158 Adams Street
Newton, MA 02458

Phone: 781-354-2077
Email: eatbetter@betterlifefood.com
www.betterlifefood.com

