

| BREAKFAST | | |
|---|---------|---------|
| | Each | Per 6 |
| Quiche bacon or spinach | \$10.00 | \$55.00 |
| Huevos Rancheros *gf | \$15.00 | \$85.00 |
| Fruit Bowl *v, gf | \$7.00 | \$40.00 |
| Granola *v, gf | \$4.00 | \$22.00 |
| Breakfast Pastries | Each | Per 6 |
| Muffin (blueberry morning glory) | \$4.00 | \$22.00 |
| Scone (chocolate chip seasonal fruit) | \$4.00 | \$22.00 |
| Ham + Gruyere Croissant | \$5.00 | \$28.00 |
| Apple Turnover | \$5.00 | \$28.00 |
| Regular or Chocolate Croissant | \$4.00 | \$22.00 |
| Quinoa Bar *gf, df | \$5.00 | \$28.00 |

| Starters | | |
|---|------|-------|
| | Each | Per 6 |
| Cheese + Charcuterie | \$15 | \$85 |
| Assortment of gruyere, petit basque, manchego + parmesan with sausage sec, prosciutto, fresh + dried fruit + crackers | | |
| Crudit  with Hummus *v, gf | \$12 | \$70 |
| Assortment of Raw Vegetables with Hummus | | |
| Soup De Jour | \$8 | \$45 |

| SWEETS | | |
|---------------------------------|--------|---------|
| | Each | Per 6 |
| Raspberry Bar | \$5.00 | \$28.00 |
| Lemon Lavender Bar | \$5.00 | \$28.00 |
| Double Chocolate Brownie | \$5.00 | \$28.00 |
| Salted Caramel Brownie | \$5.00 | \$28.00 |
| Chocolate Chip Cookie | \$3.00 | \$18.00 |
| Blueberry Ginger Oatmeal Cookie | \$3.00 | \$18.00 |
| Blueberry Bar *gf, v | \$6.00 | \$30.00 |

| MAINS Healthy FOOD (all gluten free + vegan) | | |
|--|---------|----------|
| | Each | Per 6 |
| Green Goddess Bowl *v, gf | \$20.00 | \$120.00 |
| Avocado, carrots, cucumbers, potatoes, radish, chickpeas, asparagus, green beans, quinoa + vegan green goddess dressing | | |
| Bali Bowl w/ Peanut Tofu *v, gf | \$18.00 | \$105.00 |
| Indian Flavor Profile with peanut roasted tofu, spicy sweet potato, black rice, red cabbage, carrots, snow peas + avocado | | |
| Tuna or Tofu Poke Bowl *gf | \$24.00 | \$140.00 |
| Japanese Flavor Profile Tuna, cucumber, radish, seaweed + edamame | | |
| Zaatar Cauliflower Steak *v, gf | \$18.00 | \$105.00 |
| North African Flavor Profile Cauliflower Steak with Green Tahini Sauce served with spring quinoa salad | | |
| Grilled Portobello Greek | \$20.00 | \$120.00 |
| Souvlaki Bowl *v, gf | | |
| Greek Flavor Profile Portobello Mushroom with Cauliflower Rice, cucumbers, tomatoes, avocado, arugula + grilled vegetables | | |

| ADD PROTEIN | | |
|------------------------------|---------|---------|
| | Each | Per 6 |
| Braised Tofu | \$10.00 | \$60.00 |
| Grilled Chicken Breast | \$10.00 | \$60.00 |
| Seared Salmon | \$14.00 | \$80.00 |
| Grilled Shrimp | \$12.00 | \$70.00 |
| Egg poached or hard boiled | \$3.00 | \$18.00 |

| SIDES Cold | | |
|---|---------|----------|
| | Each | Per 6 |
| Lentil Cauliflower Spinach *v, gf | \$10.00 | \$60.00 |
| French lentils, roasted cauliflower, roasted radishes, caramelized shallots, spinach, cilantro, pistachio + lime | | |
| Spring Quinoa Salad *gf | \$10.00 | \$60.00 |
| Quinoa, lentils, tomatoes, olives, feta, scallions + arugula | | |
| Thai Noodle Salad *v, gf | \$10.00 | \$60.00 |
| Rice noodle, cabbage, carrots, radish, bell pepper, scallions, cilantro, jalapeno, peanuts, ginger, garlic, orange juice + tamari | | |
| Cobb Salad *gf | \$18.00 | \$105.00 |
| Grilled chicken, mixed greens, avocado, bacon, carrots, grape tomatoes, hard boil eggs + blue cheese | | |
| Strawberry Walnut Salad *gf | \$14.00 | \$80.00 |
| Mixed Greens, Strawberries, dried blueberries, candied walnuts, feta + red onion with walnut vinaigrette | | |

| MAINS | | |
|---|---------|----------|
| | Each | Per 6 |
| Grilled Tandoori Chicken *gf | \$20.00 | \$120.00 |
| Grilled chicken breast in classic Indian tandoori marinade with lentil cauliflower spinach salad | | |
| Szechuan Wild Salmon *gf | \$24.00 | \$140.00 |
| Seared Szechuan glazed wild salmon filet served with sauteed haricot covert with shiitake mushrooms, red peppers, ginger + garlic | | |
| Chimichurri Hanger Steak *gf | \$24.00 | \$140.00 |
| Grilled hanger steak served with chimichurri sauce served with roasted baby potatoes | | |
| Grilled Tuscan Chicken *gf | \$22.00 | \$130.00 |
| Lemon garlic thyme marinated French chicken breast with tomato butter served with roasted baby potatoes | | |
| Charred Asparagus Kale Pasta | \$18.00 | \$105.00 |
| Pasta with asparagus, kale, cannellini beans + lemon | | |
| Vietnamese Grilled Pork Chop *gf | \$22.00 | \$105.00 |
| Lemongrass, ginger soy marinade pork chop grilled + served w/ Caribbean rice + kimchi | | |

| SIDES Hot | | |
|--|--------|---------|
| | Each | Per 6 |
| Caribbean Rice *v, gf | \$8.00 | \$45.00 |
| Jasmine rice with coconut milk, scallions, ginger, garlic + lime | | |
| Roasted Baby Potatoes *v, gf | \$8.00 | \$45.00 |
| Roasted baby potatoes with garlic, olive oil, salt + pepper | | |
| Asparagus + Carrots *v, gf | \$9.00 | \$52.00 |
| Asparagus, baby carrots sauteed with melted leeks | | |
| Haricot Vert + Snow Peas *gf, v | \$9.00 | \$52.00 |
| Saut ed haricot vert with snow peas with orange zest + toasted almonds | | |

