



INDIVIDUALLY PACKAGED *Catering Items*

Breakfast

FULL SIZED ASSORTED BAGELS

Sliced and individually wrapped

NOTE: Butter and cream cheese packets on the side (2)

YOGURT AND GRANOLA PARFAIT (5)

FRESH FRUIT CUPS (5)

8 oz. fruit containers (3.50)

INDIVIDUALLY WRAPPED LARGE ASSORTED MUFFINS (3)

IND. BAGGED BREAKFAST | \$5

- » Bagel (or croissant, Danish, scone or muffin), with cream cheese, butter on the side.
- » Apple, banana, or orange
- » Yogurt
- » Utensil Pack

IND. BAGGED BREAKFAST | \$6

- » Breakfast Sandwich
- » Apple, banana, or orange
- » Utensil Pack

Sandwiches & Wraps

TURKEY AND BRIE

(honey mustard on the side)

CHICKEN CUTLET WITH FRESH MOZZARELLA, TOMATO, AND LETTUCE

CHICKEN SALAD WITH LETTUCE AND TOMATO

GRILLED VEGGIE WRAP W/ HUMMUS

ITALIAN COMBO

Boar's Head deluxe ham, pepperoni, Genoa salami, sliced provolone cheese, roasted red peppers and shredded lettuce

ROAST BEEF

Cheddar cheese, caramelized onions, and horseradish sauce with lettuce

TURKEY AND SWISS WITH LETTUCE AND TOMATO

HAM AND YELLOW AMERICAN CHEESE WITH LETTUCE AND TOMATO

FRIED EGGPLANT WITH FRESH MOZZARELLA, ROASTED RED PEPPERS, AND LETTUCE

TUNA SALAD WITH SHREDDED LETTUCE

TURKEY CLUB WITH SLICED TURKEY, AVOCADO, TURKEY BACON, LETTUCE AND TOMATO

CAPRESE HERO

Mozzarella, tomatoes and basil

CHICKEN CAESAR WRAPS

CURRY CHICKEN SALAD WRAP WITH SHREDDED LETTUCE

BLAZING BUFFALO CHICKEN WRAP

Bagged Lunch

IND. BAGGED LUNCH | \$9.75

- » Choice of sandwich or wrap
- » Condiment Packets
- » Bag of chips
- » Napkins

IND. BAGGED LUNCH | \$11.75

- » Choice of Turkey and Brie, Chicken Cutlet or Eggplant Parm on Ciabatta roll
- » Condiment Packets
- » Potato Chip Bag
- » Chocolate Chip Cookie
- » Napkins

INDIVIDUAL GLUTEN FREE BAGGED LUNCH: GLUTEN FREE TURKEY AND BRIE WITH HONEY MUSTARD WRAPS | \$15.75

- » Condiment Packets
- » Potato Chip Bag
- » Fresh Fruit Cup
- » Napkins

INDIVIDUAL BAGGED LUNCH #1 | \$15.50

- » Grilled Veg with Fresh Mozzarella Wrap
- » Macaroni Salad
- » Utensil Pack with Napkin
- » Soda Bottle

INDIVIDUAL BAGGED LUNCH #2 | \$13.75

- » Roast Beef Wrap with cheddar, caramelized onion, lettuce, and horseradish cream
- » Potato Chips
- » Chocolate Chip Cookie
- » Napkins
- » Soda Bottle

INDIVIDUAL BAGGED LUNCH #3 | \$13

- » Choice of Salad
- » Banana
- » Chocolate Chip Cookie
- » Utensil Pack with Napkin
- » Water

INDIVIDUAL BAGGED LUNCH #4 | \$13

- » Chicken Cutlet Sandwich- with roasted red peppers and lettuce
- » Potato Chips
- » Chocolate Chip Cookie
- » Napkins
- » Water

INDIVIDUAL BAGGED LUNCH #5 | \$15.50

- » Chicken Cutlet Sandwich with roasted red peppers and lettuce
- » Potato Chips
- » Chocolate Chip Cookie
- » Napkins
- » Water



CONTACT US TODAY

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INDIVIDUALLY PACKAGED *Catering Items*

Bowls

CHICKEN STIR FRY BOWLS

chicken, broccoli, carrots, onions, and spinach stir fry over brown rice (14)

GREEK CHICKEN GRAIN BOWL

Farro with Grilled Chicken, Cucumbers, Tomatoes, Kalamata Olives and Chopped Red Onions (NOTE: Greek Dressing and Crumbled Feta on the Side) (14)

GRILLED CHICKEN QUINOA BOWL

Quinoa, corn black beans, fajita vegetables, crushed corn tortilla chips, mild salsa, with avocado cr ma (14)

CHIPOTLE BOWL

Grilled Chicken, Avocado, Brown Rice, Black Beans, Shredded Lettuce, Crispy Tortilla Strips, and Scallions (NOTE: Sour Cream and Chipotle Lime Dressing on the side) (15)

STEAK GRAIN BOWL

Sweet Soy Marinated Skirt Steak Strips, Roasted Broccoli, Pickled Carrots, Sesame Seeds and Quinoa (NOTE: spicy mayo on the side) (17)

GRAIN BOWL

Farro with Roasted Salmon, Radish, Sugar Snap Peas, and Avocado with Lemon Shallot Vinaigrette (17)

SMALL BOWL | \$7.99

- » 1 Base
- » 1 Protein
- » 1 Veggie
- » 1 Sauce

REGULAR BOWL | \$9.99

- » 2 Base
- » 1 Protein
- » 2 Veggie
- » 1 Sauce

MEGA BOWL | \$11.99

- » 2 Base
- » 2 Protein
- » 3 Veggie
- » 1 Sauce

Desserts

2 INDIVIDUALLY WRAPPED ASSORTED STORE BAKED COOKIES

Cellophane pkgs (3.5)

CHOCOLATE COVERED STRAWBERRIES

- » 2 long-stemmed, wrapped | **\$7**
- » 2 regular, wrapped | **\$5.50**
- » 1 long-stemmed, wrapped | **\$4**

Salads

CHICKEN CAESAR SALAD

Chicken, Chopped Eggs, Croutons, Parmesan, and Romaine and Iceberg Lettuce with Creamy Caesar Dressing (8)

COBB SALAD

Crispy Chicken, Chopped Eggs, Tomatoes, Avocado, Crispy Bacon, Romaine Lettuce, Kale, and Crumbled Blue Cheese, with Dijon Vinaigrette (8)

SANTA FE SALAD

Grilled Chicken, Avocado, Cheddar Cheese, Grape Tomatoes, Onions, Tortilla Strips, Corn, and Kale and Romaine Lettuce with Hot Sauce and Ranch Dressing (8)

ELENA'S SALAD

Grilled Chicken, Blue Cheese, Glazed Pecans, Green Apple Slices, Craisins, and Baby Spring Mix with Blue Cheese Dressing (8)

GRILLED CHICKEN GREEK SALAD

Grilled Chicken, Feta Cheese, Kalamata Olives, Bell Peppers, Sliced Cucumbers, Onions, Grape Tomatoes, Romaine Lettuce, and Spinach with Balsamic Vinaigrette Dressing (9)

HARVEST SALAD

Purple Beets, Blue Cheese, Seasonal Apples, Dried Cranberries, Walnuts, Romaine Lettuce, and Spinach with Balsamic Vinaigrette Dressing (8)

CHOPPED CHEF'S SALAD

lettuce, tomatoes, cucumbers, radishes, olives, hard boiled eggs, salami, ham, turkey, swiss cheese and croutons (Ranch dressing on the side in same container) (8)

MEDITERRANEAN FALAFEL

Cucumbers, Pita Chips, Red Onions, Feta Cheese, Grape Tomatoes, Hummus, Tzatziki, Falafel Balls, and Kale and Romaine Lettuce with Greek Yogurt Dressing (8)

AVOCADO LIME

Grilled Chicken, Avocado, Grape Tomatoes, Tortilla Chips, Red Onion, and Mesclun and Spinach Lettuce with Cilantro Vinaigrette Dressing (dressing on the side) (8)

MESCLUN GREEN SALAD

baby mixed greens with granny smith apples, dried cranberries, candied walnuts, and goat cheese tossed in our homemade raspberry vinaigrette (8)

8 OZ. IND. SIDE PASTA SALADS | \$6

Smoothies & Juices \$7.99

ELVIS PRESLEY

Banana, Cacao Nibs, Oats, Nutbutter and milk

VERY BERRY FIELDS

Strawberry, Blueberry, Raspberry, Banana and Apple Juice

IT'S 5 O'CLOCK SOMEWHERE

Mango, Pineapple, Spinach, Coconut Water and Kale

HIGH VOLTAGE!

Cold Brew Coffee, Banana, Milk, Dates, Cacao Nibs, Nutbutter, Cinammon and Vanilla

PARADISE

Kale, Fennel, Apple, Celery and Ginger

SWEET SATISFACTION

Kale, Fennel, Apple, Celery and Ginger

THE BLUES

Blueberry, Banana, Almond Milk and Vanilla Protein

SWEET GREEN

Spinach, Kale, Mango, Pineapple and Apple Juice

BLUTO BOPPER

Spinach, Kale, Pineapple, Apple and Mint

CHIPPER CRISP

Kale, Fennel, Apple, Celery and Ginger

VERDI VIDI GREENIE

Kale, Chard, Spinach, Watercress, Lemon, Celery and Cucumber"

TONIC

Orange, Celery, Cucumber, Apple and Lime

OKTOBERFEST

Carrot, Apple, Pear, Ginger and Cinnamon

BEEJEWLED

Beets, Cucumber, Lime, Apple and Mint

PEARFECTION

Spinach, Pear, Apple and Ginger

KALE ME LATER

Spinach, Kale, Cucumber, Lime, Ginger, Celery and Pear

THE SUNSET

Carrot, Pineapple, Orange and Ginger
Detox- Beets, Apple, Cucumber, Lemon and Celery

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