

## CATERING MENU

### STARTERS

*serves 8-10 people / serves 12-15 people*

guacamole, chips + salsa verde *gf v* 35 / 50 • hummus + veggies *gf v* 35 / 50

### WRAPS

*serves 8-10 people / serves 12-15 people*

#### quinoa crunch v

whole wheat tortilla, quinoa, arugula, cucumber, broccoli, tomato, avocado, chipotle vinaigrette, hot sauce

82 / 120

#### grilled chicken avocado

whole wheat tortilla, mixed greens, grilled chicken, red onion, edamame hummus, sun-dried tomato, avocado smash, basil aioli

88 / 125

#### southwest grilled chicken

whole wheat tortilla, mixed greens, corn, chayote slaw, black bean relish, avocado smash, chipotle vinaigrette, spicy mayo

88 / 125

### SALADS

*serves 8-10 people / serves 12-15 people*

#### ginger-citrus chop *gf v n*

bibb lettuce, mixed greens, carrot, edamame, cucumber, cashew, red pepper, sweet chile vinaigrette, black sesame

75 / 110

#### seasonal market salad *gf n*

organic romaine, spinach, arugula, roasted brussels, butternut squash, dried cranberry, feta, almond nut crunch, pomegranate vinaigrette

75 / 110

#### quinoa crunch bowl *gf v*

quinoa salad, arugula, snap peas, broccoli, tomato, cucumber, edamame hummus, avocado, chipotle vinaigrette, hot sauce

75 / 110

### ADD A PROTEIN

*serves 8-10 people / serves 12-15 people*

grilled chicken *gf*  
35 / 50

roasted salmon *gf*  
80 / 115

sautéed shrimp *gf*  
50 / 70

organic tofu *gf v*  
30 / 45

### ENTRÉES

*serves 8-10 people / serves 12-15 people*

#### herb roasted salmon *gf*

roasted salmon, seasonal vegetables, chayote slaw, basil aioli

130 / 195

#### grilled chicken and brussels *gf*

grilled chicken, roasted brussels + squash, corn purée, dijon vinaigrette

100 / 150

#### curried rice noodles *gf v n*

curry, carrots, red peppers, broccoli, cauliflower, green beans, black sesame, roasted cashew, sweet chile sauce

55 / 75

### TACO BAR

*serves 8-10 people / serves 12-15 people*

corn tortillas • avocado smash • black bean relish • chipotle aioli • simple salad • chayote slaw • chips + salsa verde

chicken with roasted onions *gf* 120 / 175 • shrimp with roasted onions *gf* 155 / 215

### DESSERT

chocolate chip cookies v 10 per dozen

### LYFE BOX \$12.50 EACH

*minimum of 10*

choose a wrap: southwest • chicken avocado • quinoa crunch  
comes with simple salad, chips + chocolate chip cookie

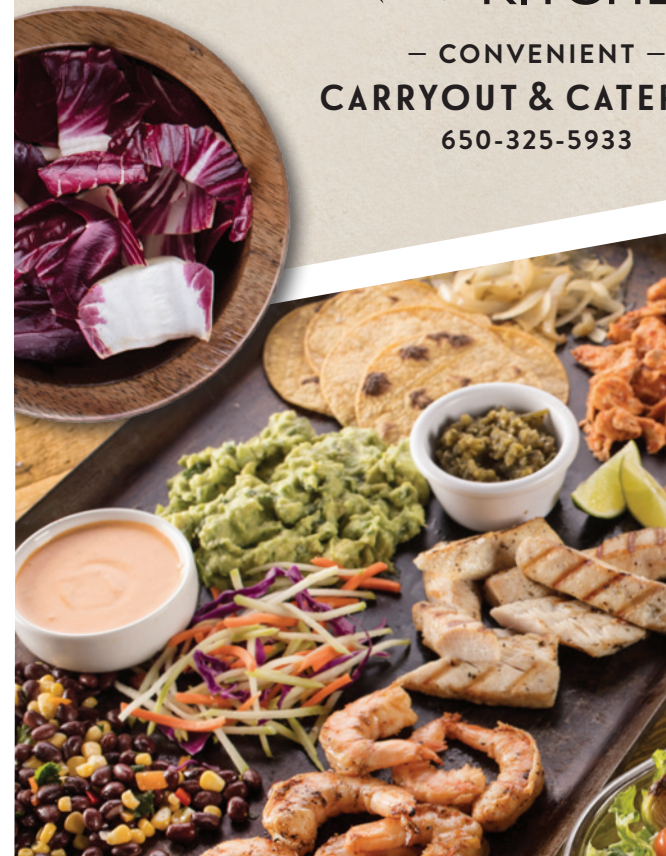
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# CARRYOUT MENU

## FLATBREADS *gf*

**margherita flatbread** 8.5  
mozzarella, tomato, basil,  
pomodoro sauce  
**with chicken** 9.5  
**with shrimp** 10.5

**bbq chicken flatbread** 9.5  
grilled chicken, sweet corn,  
caramelized onion, cilantro,  
smoky bbq, mozzarella

**roasted vegetable flatbread** *v* 8  
edamame hummus, zucchini,  
yellow squash, onion, potato,  
butternut squash, asparagus,  
portobello, balsamic, fresh basil

## SALADS *gf*

**seasonal market salad** *n* 10  
organic romaine, spinach, arugula, roasted  
brussels, butternut squash, dried cranberry, feta,  
almond nut crunch, pomegranate vinaigrette

**bronzed tuna salad** *n* 14.5  
bibb lettuce, seasonal greens, seared tuna,  
edamame, avocado, red peppers, cucumber, cashews,  
carrots, black sesame, sweet chile vinaigrette

**power greens salad** *v* 11  
organic romaine, spinach, arugula, kale, edamame,  
snap peas, broccoli, cucumber, asparagus,  
sunflower seeds, lemon-basil vinaigrette

**quinoa crunch bowl** *v* 12  
quinoa, cucumber, snap peas, broccoli, tomato,  
avocado, organic arugula, edamame hummus,  
chipotle vinaigrette, hot sauce

**tortilla crusted chicken salad** 14  
organic romaine, seasonal greens, kale, chayote slaw,  
tomato, black bean relish, avocado, chipotle aioli  
**without chicken** *v* 10

### protein add-ons

organic tofu *gf v* 2  
grilled chicken *gf* 3

parmesan chicken 4  
grilled wahoo *gf* 5

sautéed shrimp *gf* 6  
roasted salmon *gf* 7

## ENTRÉES

**crispy chicken + brussels** *n* 14.5  
roasted brussels + butternut squash,  
dried cranberry, corn purée, dijon vinaigrette

**herb roasted salmon** *gf* 19  
seasonal vegetables, quinoa, chayote slaw,  
basil aioli

**roasted vegetable cavatappi** 12  
cavatappi pasta, roasted asparagus, zucchini,  
onion, yellow squash, portobello, garlic, spinach,  
asiago, basil, tomato cream

**turkey meatloaf** *gf* 🐷 13  
ground turkey, bacon, quinoa, roasted onions,  
cauliflower mashed potatoes, sautéed green beans,  
pomodoro, hot sauce

**curried rice noodles** *gf v n* 13  
curry, carrots, red peppers, broccoli, cauliflower,  
green beans, black sesame, roasted cashew,  
sweet chile sauce

## ROOTS + VEGGIES *gf*

chips + dip 4.5  
choice of hummus  
or avocado smash

roasted potatoes 4.5  
+ spinach *v*

baked sweet 4.5  
potato fries *v*

roasted asparagus 4.5

garlic parm baked 4.5  
sweet potato fries

roasted brussels + 4.5  
butternut squash *v*

simple salad *v* 4.5  
seasonal soup 4 / 6

## SANDWICHES

*served with your choice of baked sweet  
potato fries or organic arugula salad  
gluten-free bread available upon request*

**chicken + avocado sandwich** 11.5  
sun-dried tomato hummus, avocado smash,  
bibb lettuce, tomato, red onion, basil aioli, ciabatta

**parmesan chicken sandwich** 12  
parmesan crusted chicken, fresh mozzarella,  
pomodoro, caramelized onions, basil, ciabatta

**turkey burger** 13  
bacon, cheddar cheese, avocado smash,  
pickled carrots, ciabatta

**farmhouse burger** 14.5  
100% grass-fed beef, bacon, egg over easy,  
cheddar cheese, dijonaise, ciabatta  
**without bacon or egg** 13

**black bean burger** *v n* 11  
bibb lettuce, tomato, red onion, avocado smash,  
smoky pepper aioli, ciabatta

## LITTLE LYFERS

*served with baked sweet potato fries  
or steamed vegetables + a choice of kids  
lemonade, milk, or organic apple juice*

**grilled cheese** 6.5  
whole grain bread, melted cheddar  
*gluten-free bread upon request*

**parmesan chicken strips** 6.5

**kids cavatappi or *gf* rice noodles** 6.5  
tomato sauce or butter + parmesan

## TACOS *gf*

*made with white corn tortillas  
served with your choice of chips + salsa verde  
or organic arugula salad*

**sweet chile chicken** 12.5  
avocado smash, chayote slaw, black bean relish,  
chipotle aioli

**line-caught wahoo** 13  
avocado smash, chayote slaw, pickled  
red onion, cilantro, chipotle aioli

**roasted vegetable** *v* 12  
portobello, butternut squash, onion, black  
bean relish, zucchini, yellow squash, asparagus,  
potato, avocado smash, chipotle aioli

**tomatillo shrimp** 14  
avocado smash, roasted onion, tomatillo,  
cilantro, chipotle aioli

## MOCKTAILS *gf v*

**cucumber mint water** 3  
fresh cucumber juice, mint, lime, cane sugar

**annie palmer** 3  
unsweetened tea, ginger pomegranate  
lemonade, splash of apple juice

**fresh-squeezed lemonade** 3

**ginger pomegranate  
lemonade** 3

**iced tea / coffee / tea** 3

*gf* gluten-free   *v* vegan   *n* contains tree nuts   🐷 contains pork