

CATERING MENU

STARTERS

serves 10 people / serves 15 people

guacamole, chips + salsa verde *gf v* 30 / 45 • hummus + veggies *gf v* 30 / 45

WRAPS

serves 10 people / serves 15 people

quinoa crunch v
whole wheat tortilla, quinoa, arugula,
cucumber, broccoli, tomato, avocado,
chipotle vinaigrette, fireman's hot sauce
75 / 110

grilled chicken avocado
whole wheat tortilla, mixed greens, grilled
chicken, red onion, edamame hummus,
sun-dried tomato, avocado smash, basil aioli
80 / 115

southwest grilled chicken
whole wheat tortilla, mixed greens, corn,
chayote slaw, black bean relish, avocado
smash, chipotle vinaigrette, spicy mayo
80 / 115

SALADS

serves 10 people / serves 15 people

ginger-citrus chop *gf v n*
bibb lettuce, mixed greens,
carrot, edamame, cucumber,
cashew, red pepper, sweet chile
vinaigrette, black sesame
70 / 100

seasonal market salad *gf n*
organic romaine, spinach, arugula,
roasted brussels, butternut squash,
dried cranberry, feta, almond nut crunch,
pomegranate vinaigrette
70 / 100

quinoa crunch bowl *gf v*
quinoa salad, arugula, snap peas,
broccoli, tomato, cucumber, edamame
hummus, avocado, chipotle vinaigrette,
fireman's hot sauce
70 / 100

ADD A PROTEIN

serves 10 people / serves 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 10 people / serves 15 people

**herb roasted
salmon *gf***
roasted salmon, seasonal vegetables,
chayote slaw, basil aioli
120 / 180

**grilled chicken
and brussels *gf***
grilled chicken, roasted brussels +
squash, corn purée, dijon vinaigrette
90 / 135

curried rice noodles *gf v n*
curry, carrots, red peppers, snap peas,
broccoli, cauliflower, edamame, black sesame,
roasted cashew, sweet chile sauce
50 / 70

TACO BAR

serves 10 people / serves 15 people

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

chicken with roasted onions *gf* 110 / 160 • shrimp with roasted onions *gf* 140 / 195

DESSERT

chocolate chip cookies *v* 10 per dozen

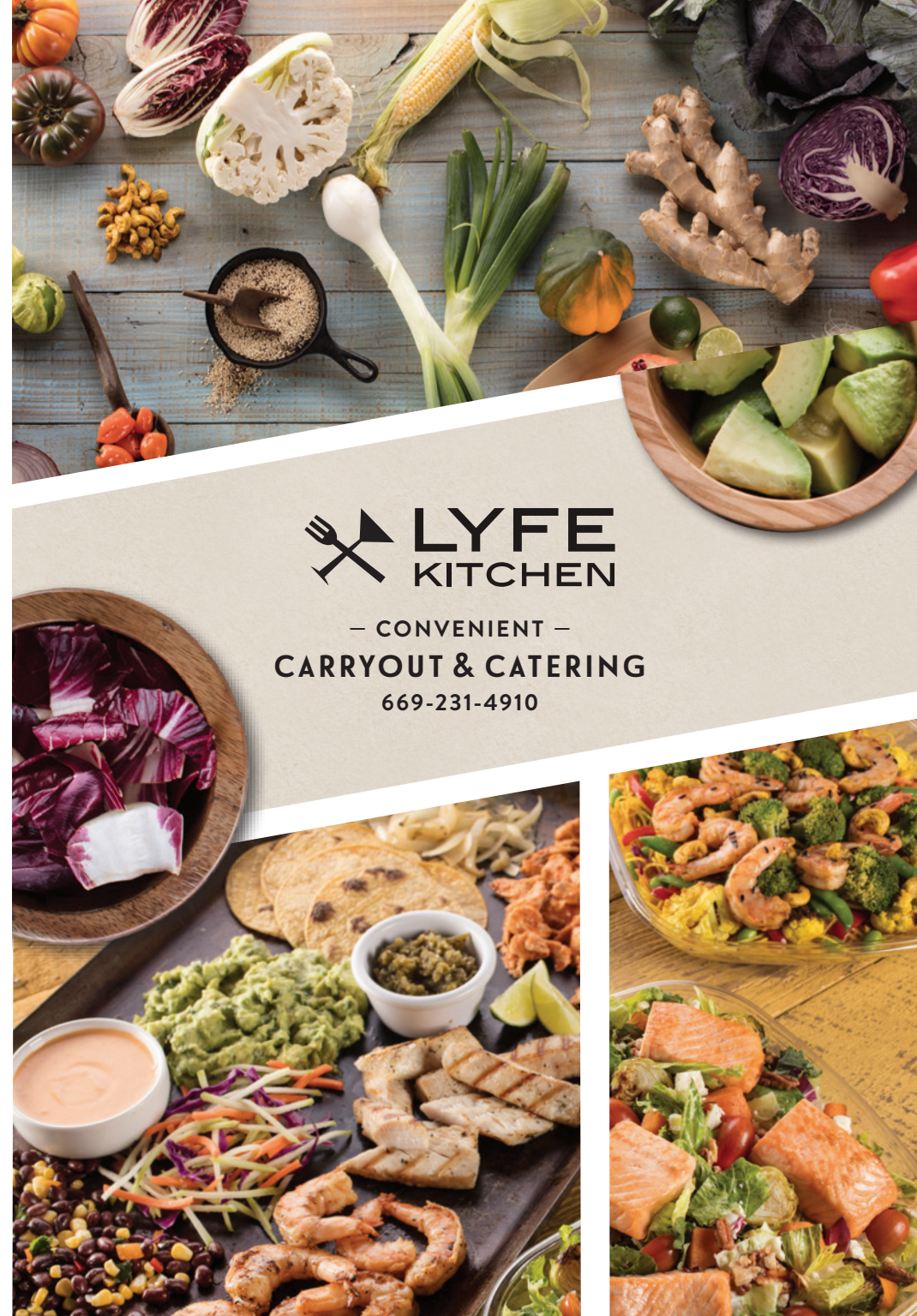
LYFE BOX \$12.50 EACH

minimum of 10

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

complimentary delivery on all catering orders
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CARRYOUT MENU

SHAREABLES *gf*

edamame hummus *v* 7.5
cucumber, tomato, snap peas, broccoli,
toasted flatbread

cucumber bites 8.5
cucumber, edamame hummus, seared
tuna, pickled red onion, chipotle aioli

turkey meatball martini 7.5
ground turkey, pomodoro sauce, asiago

SALADS *gf*

tortilla crusted chicken salad 13.5
organic romaine, seasonal greens, kale, chayote
slaw, black bean relish, avocado, chipotle aioli
without chicken *v* 9.5

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* 10.5
organic romaine, spinach, arugula, kale, edamame,
snap peas, broccoli, tomato, cucumber, asparagus,
sunflower seeds, lemon-basil vinaigrette

quinoa crunch bowl *v* 11.5
quinoa, cucumber, snap peas, broccoli, tomato,
avocado, organic arugula, edamame hummus,
chipotle vinaigrette, fireman's hot sauce

seasonal market salad *n* 9.5
organic romaine, spinach, arugula, roasted
brussels, butternut squash, dried cranberry, feta,
almond nut crunch, pomegranate vinaigrette

protein add-ons

organic tofu *gf v* 2 grilled wahoo *gf* 5
grilled chicken *gf* 3 sautéed shrimp *gf* 6
parmesan chicken 4 roasted salmon *gf* 7

margherita flatbread 8
mozzarella, tomato, basil, pomodoro sauce
with chicken 9 **with shrimp** 10

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

roasted vegetable flatbread *v* 7.5
edamame hummus, zucchini, yellow squash,
onion, potato, butternut squash, asparagus,
portobello, balsamic, fresh basil

ENTRÉES

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

parmesan crusted chicken 14.5
seasonal vegetables, quinoa, black bean relish,
smoky pepper aioli

herb roasted salmon *gf* 18
seasonal vegetables, quinoa, chayote slaw,
basil aioli

penne pomodoro *gf* 10.5
penne, roasted zucchini, yellow squash, asiago,
basil, sun-dried tomato, spinach, pomodoro sauce
with turkey meatballs 12.5
with shrimp 14.5

turkey meatloaf *gf* 12.5
ground turkey, bacon, quinoa, roasted onions,
cauliflower mashed potatoes, sautéed green beans,
spicy pomodoro sauce

curried rice noodles *gf v n* 12.5
curry, carrots, snap peas, red peppers,
broccoli, cauliflower, edamame, black sesame,
roasted cashew, sweet chile sauce

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

ROOTS + VEGGIES *gf*

steamed broccoli 4
+ snap peas with
lemon vinaigrette *v*

sautéed green 4
beans + bacon

roasted 4
cauliflower *v*

roasted potatoes 4
+ spinach *v*

roasted asparagus 4

baked sweet 4
potato fries *v*

garlic parmesan 4
baked sweet

potato fries seasonal soup 3.5 / 5.5

TACOS *gf*

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

roasted vegetable *v* 11
portobello, butternut squash, onion, black
bean relish, zucchini, yellow squash, asparagus,
potato, avocado smash, chipotle aioli

sweet chile chicken 11.5
avocado smash, chayote slaw, black bean relish,
chipotle aioli

line-caught wahoo 12.5
avocado smash, chayote slaw, pickled
red onion, cilantro, chipotle aioli

tomatillo shrimp 13.5
avocado smash, roasted onion, tomatillo,
cilantro, chipotle aioli

LITTLE LYFERS

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

grilled cheese 6
whole grain bread, melted cheddar
gluten-free bread upon request

parmesan chicken strips 6

pasta *gf* 6
tomato sauce or butter + parmesan
with 3 turkey meatballs 7

MOCKTAILS *gf v*

cucumber 3 fresh-squeezed 3
mint water lemonade
annie palmer 3 ginger pomegranate 3
iced tea/coffee/tea 3 lemonade

SANDWICHES

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

chicken + avocado sandwich 10.5
sun-dried tomato hummus, avocado smash,
bibb lettuce, red onion, basil aioli, ciabatta

parmesan chicken sandwich 11.5
parmesan crusted chicken, mozzarella,
pomodoro, caramelized onions, basil, ciabatta

turkey burger 12.5
bacon, cheddar cheese, avocado smash,
pickled carrots, ciabatta

turkey meatloaf sandwich 10.5
turkey meatloaf, roasted onion,
organic ketchup, 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* 10.5
bibb lettuce, tomato, red onion, avocado smash,
smoky pepper aioli, ciabatta

DESSERTS

chocolate nut 5 gelato or sorbet trio 5
crunch parfait *v n*

brownie *gf v* 4.5 chocolate banana 4.5
w/ gelato or sorbet caramel crunch *gf v n*

3 chocolate chip 2.5
cookies *v*