

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
- roasted brussels + 4
butternut squash v
- simple salad v 4
- seasonal soup 3.5 / 5.5


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

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