



## Menu Options

(Regular- Pescatarian and Vegetarian)

### Key

Quick Meals- Minimal Prep/Heat and Serve/RTE- 

### Lunch

Food Cost + 1 Meal x # of portions

#### Tuscan White Bean & Kale Soup

- A hearty, slow-simmered broth with white beans, seitan, garlic, leeks, fire-roasted tomatoes, and Tuscan kale, finished with a drizzle of extra virgin olive oil and a sprinkle of Parmesan and crusty bread for dipping.

#### Mediterranean Quinoa Salad

- A vibrant mix of quinoa, Italian field roast, cherry tomatoes, cucumber, Kalamata olives, roasted red peppers, and feta, tossed with lemon-oregano vinaigrette and topped with toasted pine nuts.

#### Grilled Tempeh Portobello & Pesto Panini

- Marinated and grilled Portobello mushrooms layered with roasted red peppers, tempeh, fresh mozzarella, and basil pesto on sourdough, pressed until golden and crispy. Side of hummus, crackers and vegetable crudité.

#### Sesame-Ginger Ahi & Edamame Wrap

- Seared ahi tuna with shredded cabbage, carrots, avocado, and edamame wrapped in a organic tortilla with sesame-ginger dressing and a touch of Sriracha aioli. Served with a side salad of mixed greens, vegetables, sesame ginger dressing and toasted pumpkin seeds for additional protein.

#### Spicy Miso Tofu & Quinoa Bowl

- Crispy tofu, sautéed bok choy, shiitake mushrooms, and edamame served over a high-protein mix of quinoa and lentils, drizzled with house-made spicy miso glaze and garnished with scallions and sesame seeds.

# Quick Meals- Dinner

Food Cost + 1 Meal x # of portions

## Blackened Halibut with Cajun Cream Sauce

- Spice up your seafood selection with blackened halibut, seasoned with a robust blend of Cajun spices and topped with a smooth Cajun cream sauce. Serve alongside flavorful vegetarian dirty rice and tender sautéed vegetarian collard greens for a taste of the South.

## Sesame Crusted Tuna Steaks

- Midweek brings a light yet satisfying meal: perfectly seared tuna steaks, served with zesty wasabi-infused mashed potatoes and tender sautéed bok choy.

## Spiced Lentil & Chickpea Stew

- A hearty Moroccan-inspired stew with lentils, chickpeas, fire-roasted tomatoes, carrots, and spinach, simmered with warm spices. Served over a high-protein blend of quinoa and hemp seeds, topped with a dollop of Greek yogurt.

## Herb-Crusted Seitan Roast

- Enjoy a succulent seitan roast, drizzled with a savory apple cider jus. Pair it with creamy scalloped potatoes and steamed broccoli for a comforting and balanced meal.

## Miso-Glazed Tofu & Vegetable Stir-Fry

- Crispy tofu tossed in a savory miso-ginger glaze with stir-fried broccoli, snap peas, bok choy, and shiitake mushrooms. Served with edamame and brown rice, garnished with sesame seeds and scallions.

## Stuffed Bell Peppers with Lentils & Quinoa

- Roasted bell peppers filled with a protein-packed mix of lentils, quinoa, black beans, diced tomatoes, and spices. Topped with a light cashew crema and served with a side of sautéed kale with sunflower seeds.

## Favorite Meals

We keep all the recipes. If you like a meal, let us know and we will keep it here for you!

**Favorite Meals Coming Soon!**

## Themed Meals

Want more than the fresh sheet, no problem. We have themed meals to match any evening!

American BBQ 

Food Cost + 1 Meal x # of portions

**Choose up to two entrées from the list below.** The meal comes with your choice of two sides.

### Entrée Options

#### **BBQ Jackfruit**

Tender, shredded jackfruit slow cooked with a smoky BBQ sauce, offering a texture and flavor similar to pulled pork.

#### **Grilled Portobello Mushrooms**

Large Portobello caps marinated in BBQ seasoning, grilled to bring out a deep, smoky flavor.

#### **Spicy Grilled Shrimp**

Shrimp seasoned with a spicy rub, grilled to perfection, and served with a side of tangy sauce.

#### **Smoked Tofu Riblets**

Firm tofu sliced into rib shapes, marinated with a smoky rub, and slow smoked for a hearty BBQ dish.

#### **Field Roast Sausages**

Crafted for maximum flavor, these plant-based sausages are the perfect complement to the lively tastes of summer.

### Side Options

#### **Baked Beans**

Modified without bacon, these beans are slow-cooked with a blend of molasses and vegetarian-friendly ingredients for a rich flavor.

#### **Fresh Baked Dinner Rolls**

Soft and warm, these rolls are perfect for mopping up sauces and enjoying with the meal.

#### **Cornbread**

Sweet and buttery, served with a side of honey butter.

#### **Potato Chips**

Crispy and lightly seasoned, providing a crunchy side to the meal.

#### **Coleslaw**

Freshly shredded cabbage and carrots in a light vinaigrette, offering a crisp, refreshing contrast to the rich flavors.

#### **Fresh Fruit Cup**

A selection of seasonal fruits for a fresh and light option.

#### **Garden Salad**

Crisp greens with a variety of vegetables, served with a choice of vinaigrette dressing to keep it light and refreshing.

#### **Potato Salad**

Creamy potatoes mixed with mayonnaise, mustard, and herbs, a classic BBQ staple.

The meal comes with a side of stir-fried vegetables and your choice of white or brown rice or sushi rice. We can adjust the seasoning to suit your taste preferences.

### Entrée Options

#### **Tofu Katsu**

Breaded and deep-fried tofu cutlet, served with a tangy katsu sauce, providing a crispy and savory dish.

#### **Sashimi Assortment**

A selection of fresh, thinly sliced raw fish such as salmon, tuna, and yellowtail, served with soy sauce, wasabi, and pickled ginger.

#### **Tofu Teriyaki**

Grilled tofu glazed with a sweet and savory teriyaki sauce, offering a flavorful choice.

#### **Vegetable Sukiyaki**

A variety of vegetables and tofu cooked with noodles in a sweet and savory broth, served hot pot style.

#### **Unagi Don**

Grilled eel over a bed of sushi rice, coated with a rich, sweet soy-based sauce, providing a classic and beloved Japanese flavor.

### Side Options

#### **Stir-Fried Vegetables**

A mix of Japanese vegetables such as shiitake mushrooms, bell peppers, and snap peas, stir-fried with a hint of soy sauce and sesame oil.

#### **Rice Options**

**White Rice:** Steamed to perfection, fluffy and slightly sticky, serving as a staple in Japanese meals.

**Japanese Brown Rice:** Steamed, fluffy and hearty brown rice.

**Sushi Rice:** Seasoned with a blend of vinegar, sugar, and salt, offering a slightly sweet and tangy flavor.

**Choose from the Italian entrée below.** Meal comes with Italian salad and fresh focaccia bread.

### Entrée Options

#### **Lentil Bolognese**

A rich and hearty sauce made with finely slow cooked lentils, simmered with tomatoes, herbs, and a splash of wine, served over fresh spaghetti pasta.

#### **Ratatouille**

Thinly sliced vegetables such as zucchini, eggplant, and bell peppers, layered and baked in a robust tomato sauce, offering a flavorful vegetarian option.

#### **Fish Piccata**

Fish fillets lightly breaded and sautéed, then served with a tangy lemon caper sauce.

#### **Mushroom Marsala**

Portobello mushrooms tenderly cooked in a creamy Marsala wine and mushroom sauce.

#### **Eggplant Parmesan**

Slices of eggplant breaded and pan-seared, then topped with homemade marinara sauce and melted cheese, with cheese served on the side to accommodate personal preferences.

Included with Every Meal

- **Italian Salad:** A fresh blend of mixed greens, tomatoes, cucumbers, olives, and red onions, dressed with a light vinaigrette.
- **Fresh Focaccia Bread:** Crusty on the outside and soft on the inside, perfect for dipping into sauces or enjoying alongside your meal.

**Choose your meat option.** Meal comes with Spanish rice and your choice of beans, freshly made salsa, sour cream, and tortilla chips.

#### Entrée Options

- **Enchiladas**
  - Your choice of protein. Enchiladas are served with your choice of red or green enchilada sauce and come with Mexican cheese, jalapeños, diced sweet onion, and other toppings.
- **Tacos**
  - Served on your choice of flour or corn tortillas with your choice of protein. Toppings include Mexican cheese, jalapeños, diced sweet onion, fresh salsas, shredded lettuce, and more.

#### Meat Options

- **Fish:** Typically a mild white fish, seasoned and grilled or fried.
- **Sofritas:** Braised tofu in a spicy chili sauce, a hearty vegetarian option.
- **Impossible Meat:** Plant-based meat that's seasoned and cooked to mimic traditional Mexican meat fillings.

#### Beans

- **Pinto Beans:** Served whole or mashed, seasoned with Mexican spices.
- **Refried Beans:** Creamy and rich, cooked with a hint of spice.

#### Add ons

- **Guacamole:** Freshly made with ripe avocados, lime, cilantro, and onions.

**Choose from the classic American entrée below.** The meal comes with roasted seasonal mixed vegetables and your choice of starch options.

### **Entrée Options**

#### **Cedar Plank Salmon with Honey Lemon Glaze**

Salmon roasted on a cedar plank, glazed with honey and lemon for a sweet and tangy flavor.

#### **Grilled Vegetable and Quinoa Stuffed Bell Peppers**

Bell peppers filled with a hearty mixture of quinoa, assorted grilled vegetables, and spices, topped with a light tomato sauce.

#### **Vegetarian Meatloaf**

A plant-based meatloaf made with lentils, mushrooms, and walnuts, glazed with a tomato-based sauce, capturing the essence of traditional meatloaf flavors.

#### **Black Bean and Quinoa Burger**

A hearty patty made from black beans and quinoa on a sesame bun, accompanied by lettuce, tomato, pickles, and a tangy sauce.

### **Starch Options**

#### **Mashed Potatoes**

Creamy and smooth, perfect for pairing with gravies and sauces.

#### **Roasted Rosemary Potatoes**

Baby potatoes roasted with rosemary and olive oil until golden.

#### **Rice Pilaf**

Fluffy rice cooked with onions, carrots, and a touch of chicken broth for extra flavor.

#### **Macaroni and Cheese**

A creamy blend of cheeses with elbow macaroni, baked to golden perfection.

### **Included with Every Meal**

#### **Roasted Seasonal Mixed Vegetables**

A medley of seasonal vegetables roasted to bring out their natural sweetness and flavors.

**Choose from the Thai entrée below.** The meal comes with stir-fried vegetables and your choice of jasmine rice or sticky rice. We can tailor the spice level to your liking.

### Entrée Options

#### **Roasted Seasonal Mixed Vegetables**

A medley of seasonal vegetables roasted to bring out their natural sweetness and flavors.

#### **Tofu Pad Kra Pao**

Minced tofu stir-fried with holy basil and chilies, served over your choice of rice. A fiery dish beloved for its bold flavors.

#### **Khao Soi with Tofu**

Egg noodles in a rich and creamy yellow curry coconut broth, accompanied by pickled vegetables and topped with crispy noodles.

#### **Laab Gai (Vegetarian Version)**

Minced tofu salad with fresh herbs, chili, and lime juice, offering a refreshing and spicy flavor.

#### **Pad Thai with Shrimp or Tofu**

Classic stir-fried noodles with your choice of shrimp or tofu, eggs, and a mix of fresh vegetables, garnished with peanuts and lime.

#### **Green Curry with Fish or Tofu**

Aromatic and spicy curry made with green chilies, served with your choice of fish or tofu.

#### **Yellow Curry with Shrimp or Tofu**

Mild and creamy, typically served with your choice of shrimp or tofu.

### Side Options

#### **Stir-Fried Vegetables**

Included with every meal. A colorful assortment of seasonal vegetables, lightly stir-fried with garlic and soy sauce.

#### **Rice Options**

**Jasmine Rice:** Fragrant and fluffy, a perfect complement to rich curries.

**Sticky Rice:** Glutinous rice that pairs wonderfully with hands-on dishes like laab gai and moo ping.

**Brown Rice:** Fluffy whole grain rice

Choose from the Chinese entrée below. The meal comes with stir-fried seasonal vegetables and your choice of white jasmine rice or fried rice.

### Entrée Options

#### **Kung Pao Tofu**

Soft tofu stir-fried with peanuts, vegetables, and chili peppers in a savory and slightly spicy sauce.

#### **Shrimp with Lobster Sauce**

Juicy shrimp cooked in a creamy, garlic-infused lobster sauce with green peas and egg.

#### **Mapo Tofu (Vegetarian)**

Soft tofu cooked in a fiery and flavorful Sichuan pepper sauce with minced mushrooms instead of pork, known for its distinctive mala (numbing and spicy) taste.

#### **Sweet and Sour Shrimp**

Crispy shrimp pieces tossed in a vibrant sweet and sour sauce with pineapple, onions, and bell peppers.

#### **Szechuan Eggplant**

Eggplant stir-fried with chili peppers and Szechuan peppercorns, offering a spicy and pungent flavor.

### Side Options

#### **Stir-Fried Seasonal Vegetables**

A mix of fresh vegetables quickly cooked to maintain crispness, seasoned with garlic and soy sauce.

#### **Rice Options**

**White Jasmine Rice:** Fragrant and light, perfect for complementing rich flavors.

**Fried Rice:** Stir-fried rice with eggs, peas, carrots, and onions, seasoned with soy sauce and sesame oil.

**Choose from the Indian entrée below.** The meal comes with a side and your choice of basmati rice or naan bread.

### Entrée Options

#### **Fish Curry**

Fish fillets cooked in a tangy and spicy curry sauce with tomatoes and tamarind.

#### **Paneer Tikka Masala**

Grilled paneer (Indian cottage cheese) simmered in a spicy and creamy tomato-based sauce.

#### **Vegetable Biryani**

Aromatic basmati rice cooked with mixed vegetables, nuts, and spices, served with a side of cooling raita.

#### **Chana Masala (Vegetarian Version)**

Spicy chickpeas cooked in a flavorful mix of onions, tomatoes, and traditional spices.

### Side Options

#### **Mixed Vegetable Curry**

A hearty combination of seasonal vegetables cooked in an aromatic and spicy gravy.

#### **Dal Tadka**

Yellow lentils tempered with mustard seeds, cumin, onions, chili peppers, and garlic.

#### **Aloo Gobi**

Cauliflower and potatoes sautéed with cumin, turmeric, and coriander, making for a tasty and satisfying side dish.

#### **Papadum**

Crispy lentil crackers served as a crunchy side to complement the meal.

### Rice and Bread Options

**Basmati Rice:** Perfectly steamed to pair well with rich curries.

**Naan Bread:** Freshly baked, soft, and perfect for dipping into creamy sauces and gravies.

# Weekly Add- Ons

## Vegetable Add Ons

We will customize these items to match your dietary preferences upon request.

### Salads

- Strawberry Field Salad
- Garden Salad
- Chef Salad
- Cobb Salad
- Quinoa Salad
- Spinach Salad
- Potato Salad
- Chicken Salad
- Potato Salad
- Tuna Salad
- Pasta Salad
- Superfood Salad
- Greek Salad
- Tabbouleh Salad

### Sautee Options

- Italian vegetable blend
- Roasted Garlic Kale
- Stir fried Asian vegetables
- Blistered Tomatoes
- Sauteed Spinach and Tomatoes
- Sauteed Zucchini
- Sauteed Green Beans

### Oven Ready Options

- Ratatouille
- Briam
- Maple Glazed Carrots

### Roasted Vegetables

- Roasted Asparagus
- Roasted Broccoli
- Roasted Brussel Sprouts
- Roasted Cauliflower
- Roasted Root Vegetables
- Roasted Zucchini

## Platter Add-Ons

### Fresh Fruit Platter \$45

- A mixture of seasonal fruit and tropical fruit arranged and served on a 18"
- Serves 6+

### Fresh Vegetable Platter \$48

- A mixture of seasonal vegetables served on a 18" with your choice of onion dip or ranch dressing.
- Serves 6+

### Individual Charcuterie \$26/ea

- Includes: Cheese, meats, seasonal fruits (fresh and or dried) vegetables, assortment of crackers and pretzels, jam, pickles, honey, and of course something sweet! (Minimum order quantity of 5)

**Small Platter****\$80**

- As an appetizer size board artfully arranged and served on a 10x10\* tray. Includes assorted imported & domestic cheeses, meats, seasonal fruits (fresh and or dried) vegetables, assortment of crackers/pretzels/bread, mini jams/mini mustard, pickles/olives, honey stick, and finally a few sweets!
- Displays are decorated with seasonal flowers, herbs, etc. Served with Mini Bamboo Forks
- Serves 2-4 people

**Medium Platter****\$130**

- As an appetizer size board artfully arranged and served on a 10x14\* tray. Includes assorted imported & domestic cheeses, meats, seasonal fruits (fresh and or dried) vegetables, assortment of crackers/pretzels/bread, mini jams/mini mustard, pickles/olives, honey stick, and finally a few sweets!
- Displays are decorated with seasonal flowers, herbs, etc. Served with Mini Bamboo Forks
- Serves 4-6 people

**Large Platter****\$230**

- As an appetizer size board artfully arranged and served on a 15"\* round tray. Includes assorted imported & domestic cheeses, meats, seasonal fruits (fresh and or dried) vegetables, assortment of crackers/pretzels/bread, mini jams/mini mustard, pickles/olives, honey stick, and finally a few sweets!
- Displays are decorated with seasonal flowers, herbs, etc. Served with Mini Bamboo Forks
- Serves 8-10 people

**Dessert Add-Ons****Dark Chocolate & Sea Salt Cookies****\$5/ea**

- These large delicious dark chocolate chip childhood inspired cookie that has grown up to be the adult version with higher quality ingredients and a balance between sweet and salty.

**Dark Triple Chocolate Brownies****\$20**

- These are large fudgy, dark chocolate brownies that will cure your chocolate craving and bring a smile to your face. Box of 4

**4 & 5" Tarts (Served 1-2)****\$20**

- Our locally sourced, preservative free, all natural pies featuring a butter only crust gives you all the flavor but no short cuts.
- Tart Flavors:
  - Lemon
  - Fresh Fruit
  - Tarte Tatin
  - Chocolate
  - Egg Tart

**5" Pies Organic Fruit Pies** (Served 1-2) **\$15**

**9" Pies Organic Fruit Pies** (Served 6-8) **\$50**

- Our locally sourced, preservative free, all natural pies featuring a butter only crust gives you all the flavor but no short cuts.
- Pie Flavors:
  - Classic Apple
  - Cherry Lattice
  - Peach Crumb
  - Mixed Berry
  - Raspberry
  - Blueberry
  - Strawberry & Rhubarb

**5" Pies Cream Pies** (Served 1-2) **\$15**

**9" Pies Cream Pies** (Served 6-8) **\$50**

- These pies are unique featuring different crust from our organic butter pie crust to salted graham cracker to chocolate cookie crumb.
- Pie Flavors:
  - Dark Chocolate Cream
  - Pumpkin
  - Ube
  - Banana Cream
  - Coconut Cream

**We can make a wide array of desserts. Let us know what you're looking for and our chefs can make it happen!**

**Don't See What You Want!**

**Other options available upon request!**

**\*Please note due to supply chain issues our platter may slightly vary in size depending on supplier availability. It will be the same amount of food with possible change in plating style**

**Note:** Serving are a guidelines only