



Catering Menu

Wraps \$6.00 each

Hummus Wrap - hummus, tomato, cucumber, red onions, sesame seeds, kale, avocado

Curry Chickpea Wrap - red pepper, chickpeas, raisins, curry, spinach, cilantro

Sandwiches \$6.60 each

Earthy Egg Beater - egg, beet, red onion, horseradish dill sauce on marbled rye

Creamy Kale - tomato, red pepper, zucchini, garlic, hemp seed and almonds on multi-grain

Salads \$5.50 per person

Broccoli Power - broccoli, apple, almonds, Dijon, rosemary, tamari, dates, raisins, olive oil, garlic

Mango Black Bean - mango, black beans, jalapeno, red pepper, cilantro, lime juice, green onions

Greek Quinoa - quinoa, oregano, red onion, cherry tomatoes, cucumber, feta, olive oil, red wine vinegar

Chickpea Quinoa - quinoa, chickpeas, cucumber, cherry tomatoes, feta, olive oil, balsamic vinegar, paprika

Potato - potatoes, Dijon, chives, dill, eggs, lemon juice, garlic, red wine vinegar, olive oil, red pepper, celery

Beet - beets, oranges, apples, spinach, walnuts, goat cheese, balsamic reduction, olive oil

Raw Pad Thai - zucchini, carrot, soy bean, spinach, sesame seeds, chives, lime, garlic, almond butter, tamari, agave, cashews

Soups \$27.00 (3.5 quarts - 7-9 portions)

Sweet Potato & Black Bean

Red Lentil

Country Mushroom

Golden Curry Tofu

Vegetarian Chili \$34.00 (3.5 quarts - 7-9 portions)

All soups are vegetable broth based and are gluten and dairy free.

Sides

Quinoa Nori Rolls - quinoa, cucumber, red pepper, avocado, carrot with tamari \$5.50 per roll

Hummus and Veggies - chickpeas, garlic, tahini, olive oil, salt, parsley, cucumber, carrots, celery, peppers
\$5.50 per serving

Raw Desserts

- Chocolate Energy Bite** - dates, almonds, walnuts, cranberries, cocoa, vanilla \$2.50 each
Get Up & Go Bar - almonds, walnuts, cranberries, dates, sunflower seeds, pumpkin seeds, gluten free oats, flax, coconut, coconut oil, almond butter, cinnamon, vanilla \$4.00 each
Coconut Macaroons - coconut, coconut oil, maple syrup \$3.00 each
Chocolate Cheesecake – cocoa, cashews, coconut oil, maple syrup, dates, pecans, almonds, vanilla \$4.00 each
Date Rounds – dates, almonds, vanilla, gluten free oats, coconut oil \$3.75 each
Chocolate Chia Pudding - cocoa, chia seeds, banana, agave, coconut milk, vanilla \$4.00 each
Raspberry Lime Mousse - cashews, almond milk, raspberries, lime juice, coconut, almonds, vanilla, maple syrup \$4.50 each
Yogurt and Granola - vanilla yogurt and granola \$3.50 each

Juices

9oz - \$4.75 16oz - \$8.45

- Eliminator** - pineapple, carrot, coconut water
Detoxifier - celery, cucumber, kale, apple, lemon
The Ginger - apple, carrot, ginger
Mood Booster - carrot, apple, beet, spinach
Liver Chaser - beet, carrot, cucumber
Green Machine - apple, spinach, cucumber
Cleansing Cocktail - carrot, apple, beet, ginger
Kidney Stamina - carrot, beet, celery
Heart and Soul - carrot, spinach
Stabilizer - carrot, beet, lemon, apple
Turmeric Tonic - turmeric root, orange, apple, beet, carrot

Smoothies

16oz - \$6.75 20oz - \$8.75

- Green Goddess** - mango, kale, banana
Berry Green - spinach, raspberry, blueberry, blackberry, strawberry, banana
Blue Monkey - blueberries, banana
Strawberry Nana - strawberries, banana
Pineapple Express - pineapple, banana
Tango with Mango - mango, strawberries, banana
Breakfast Smoothie (add \$1.00) - banana, vanilla granola, flax seed and almonds with your choice of fruit

All smoothies are made with an organic vanilla yogurt. Almond or soy milk are available as an alternative base

Organic products are used when available.

Please contact us to inquire about delivery, breakfast catering and dietary restrictions.

Prices do not include applicable taxes.

50% deposit is required - 24 hours notice is required for cancellation



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