

PLANT FORWARD CATERING

*Plant Forward, Sustainably Minded,
Simply infinitely adaptable array of seasonal ingredients to suit each person.*

high energy BOWLS

\$260
Serves
12-15

Choose Your Protein, Grains, Vegetable, Starch, Greens, Complimentary Sides, and Dressings

THEMED GRAINS

Choose 1

Farro
Wheatberry
Brown Rice
Quinoa
Jasmine Rice
Bulgur
Basmati
Fried Rice
Steamed Rice
Wild Rice
Arborio
Amaranth

VEGETABLE

Choose 1

Spinach & Kale
Portobello & Asparagus
Summer Medley
Deconstructed Falafel
Carrot & Radish Slaw
Roasted Brussel Sprouts
Chickpeas & Cauliflower
Salted Roasted Carrots
Hummus Salad
Roasted Squash
Roasted Sweet Potatoes
Avocado

PROTEIN

Choose 1

Blackened Chicken
Herbed Chicken
Chicken Salad
BBQ Meatballs
Tofu Steaks
Meatballs
Pulled Pork
Brisket
Meatballs
Veggie Burger
Fajita Beef ⁺²
Salmon ⁺⁴



COMPOSED SALADS

Choose 1

Corn Salad
Pea Shoot and Rhubarb
Deconstructed Falafel
Amarant Tabbouleh
Tangerine Asian Slaw

GREENS

Choose 1

Spring Mix
Spinach
Arugula
Chopped Romaine

TRIMMINGS

Choose 2

Fried Yuba
Pita Chips
Tortilla Chips
Feta Cheese
Olives
Cotija Cheese
Salsa
Black Beans

DRESSINGS

Choose 2

Sesame Dressing
Ginger Sweet & Sour
Peanut Sauce
Red Pepper Chili Oil
Strawberry Thyme
Vinaigrette
Coconut Lime Dressing
Chile Ancho Aioli
Tzatziki Dressing
Lemon Caper Dressing
Red Pepper Coulis

HYDRATION

Choose 1 gallon of choice

Spicy Pomegranate Mojito
Coconut Pineapple Water
Aloe Vera and Blueberry Water
Extra Trimmings & Dressings \$2.00 each