

CATERING MENU

APPETIZERS

Fruit Platter.....\$35
strawberries • blueberries • honeydew melon • pineapple • yogurt dipping
sauce • **serves 10-12**

DINNERS

Nourish Bowl.....\$90
spinach • brown rice • sweet potato • broccoli • crunchy chickpeas •
housemade lemon tahini dressing • **serves 10**

Nourish Bowl with Chicken.....\$130
spinach • brown rice • sweet potato • broccoli • crunchy chickpeas •
housemade lemon tahini dressing • **serves 10**

Mediterranean Medley.....\$90
quinoa • mixed greens • feta • sundried tomatoes • kalamata olives •
cucumber • hummus • **serves 10**

Mediterranean Medley with Chicken.....\$130
quinoa • mixed greens • feta • sundried tomatoes • kalamata olives •
cucumber • hummus • **serves 10**

Chicken Burrito Wrap Platter.....\$130
whole wheat wrap • chicken • quinoa • brown rice • pico de gallo • black
beans • avocado • yogurt crema • **serves 10**

Veggie Wrap Platter.....\$90
whole wheat wrap • spring mix • cucumbers • hummus • carrots • tomato •
avocado • **serves 10**

DESSERTS

Brownie Bliss Balls.....\$30
walnuts • dates • cocoa powder • maple syrup • vanilla extract • sea salt •
serves 10

Peanut Butter Cookie Dough Protein Bars.....\$40
chickpeas • maple syrup • vegan protein powder • peanut butter • gf rolled
oats • vegan dark chocolate • coconut oil • **serves 10**