

CATERING

GRAINS (SERVES 1)

POWER BOWL
organic black rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess \$10.00   

FIESTA BOWL
organic black rice, southwest salsa, poblano cabbage slaw, mild cheddar, black bean dip, cilantro, tortilla strips, salsa roja — \$10.25  

THAI BOWL
organic black rice, roasted sweet potatoes, roasted broccoli, carrots, sweet potato curry, cilantro, thai basil pesto — \$10.00   

TUNA POKE BOWL*
organic black rice, line caught sashimi tuna in a sesame-tamari vinaigrette, cucumber salad, pickled onions, avocado, radish, topped with green onion and pickled ginger mayo (dairy-free) — \$15.25 

GREENS & GRAINS (SERVES 1)

CLUB MED BOWL
arugula, quinoa, med salad (cucumber, tomato, red onion, mint), golden raisins, feta cheese, hummus, cilantro, pita chips and tzatziki — \$10.50 

CASHEW BOWL
organic black rice, mixed greens, roasted broccoli, 5 spice cauliflower, cucumber salad, sunflower sprouts, toasted cashews, cilantro, green onion, sesame seeds, thai cashew vinaigrette — \$12.00  

AVOCADO CRUNCH
organic black rice, romaine, poblano cabbage slaw, guacamole, tortilla strips, pickled red onions, smoked salmon, avocado green goddess — \$13.50 



SALADS (SERVES 1)

CHICKEN CAESAR*
romaine, sourdough croutons, shaved parmesan, hard boiled egg, roasted chicken, caesar — \$13.25

SOUTHWEST RANCH
hot honey chicken, romaine, southwest salsa (corn, black beans, pico de gallo, cilantro & salsa roja), pickled red onion, cheddar, crumbled tortillas, spicy ranch — \$14.00 

CULTURED COBB
romaine, sweet corn, cherry tomatoes, avocado, bacon, hard boiled egg, blue cheese, roasted chicken, green onion, red wine vinaigrette — \$15.00 

LOCAL ROOTS
kale, mixed greens, beets, roasted brussels sprouts, citrus roasted fennel, candied walnuts, goat cheese, maple balsamic — \$11.00  

FEATURED (SERVES 1)

THAT FRENCH SALAD
arugula, roasted green beans, roasted baby red potatoes, tomatoes, kalamata olives, hard boiled egg, herbed smoked salmon spread, togarashi onions and roasted fennel vinaigrette — \$12.00

SPRING ROLL BOWL
chilled soba noodles, carrot, cucumber, bean sprouts, roasted cashews, fresh mint and cilantro, japanese bbq meatballs and thai cashew — \$16.00

WRAPS (SERVES 1)

CHICKEN BACON CAESAR WRAP*
romaine, chicken, hard boiled egg, bacon, everything-bagel sourdough crouton crumble and caesar in a flour tortilla (no modifications) — \$11.50

SOUTHWEST RANCH WRAP
hot honey chicken, romaine, southwest salsa (corn, black beans, pico de gallo, cilantro & salsa roja), pickled red onion, cheddar, crumbled tortillas and spicy ranch in a flour tortilla (omissions OK) — \$12.00

MAKE YOUR OWN STATION

includes your choice of one or two base options, one to three standard ingredients, one or two protein options, and your choice of one or two dressings.
\$10.75 per person (additional ingredients available for an additional charge)

APPETIZERS

THE SPREAD
a variety of veggies, chips, dips and spreads, starting at \$75.00

PROTEINS

ROASTED CHICKEN 	\$3.50	HARD BOILED EGG	\$2.00
HOT HONEY CHICKEN	\$4.50	HERBED SMOKED SALMON SPREAD 	\$3.50
ROASTED TOFU   	\$3.50	SMOKED SALMON 	\$7.00
ROASTED TEMPEH   	\$3.50	TUNA POKE* 	\$7.00

BEVERAGES *Availability varies by location*

KOMBUCHA — \$4.00
lemon ginger, tropical, peach, blackberry grape, raspberry, grapefruit, jasmine rose

FORAGE REFRESHERS — \$3.25
sparkling blueberry water kefir, sparkling ginger lemonade, sparkling oolong cold brew tea, sparkling raspberry arnold palmer, sparkling watermelon seltzer

TEPACHE — \$4.00
ginger, hibiscus, pineapple, watermelon lime

BOTTLED STILL OR SPARKLING WATER — \$3.50

IMPORTANT DETAILS

- PICKUP AND DELIVERY AVAILABLE**
(LIMITED DELIVERY AREA, MINIMUM ORDER REQUIRED)
- \$25 SERVICE FEE**
- 15% GRATUITY FEE ASSIGNED**
- \$250 MINIMUM FOR ALL CATERING ORDERS**

CATERING INQUIRIES:
eatforage.com/catering



 **VEGAN**  **VEGETARIAN**  **GLUTEN-FREE**

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

MAKE YOUR OWN

BASES
organic black rice
organic quinoa
cauliflower rice
mixed greens
romaine
kale
arugula
spinach

STANDARDS
poblano cabbage slaw
roasted sweet potatoes
rosemary lentils
roasted broccoli
bean sprouts
carrots
cucumber salad
cucumbers
cherry tomatoes
sweet corn
pickled red onions
5 spice cauliflower
cilantro
fresh mint
green onion
beets

PROTEINS
roasted chicken
hot honey chicken
roasted tofu
roasted tempeh
hard boiled egg
herbed smoked salmon spread
smoked salmon
tuna poke*

CHEESE
mild cheddar
shaved parmesan
goat
feta
blue

SCAN HERE FOR NUTRITIONAL INFO



CRUNCHY & SWEET
toasted cashews
candied walnuts
roasted pepitas
tortilla strips
sourdough croutons
pita chips
dried cranberries
golden raisins

PREMIUM TOPPINGS
roasted brussels sprouts
kalamata olives
avocado
cremini mushrooms
bacon
sunflower sprouts
hummus
black bean dip
citrus roasted fennel
guacamole
roasted green beans
southwest salsa
med salad

WARM SAUCES
sweet potato curry

DRESSINGS
ranch
spicy ranch
caesar*
avocado green goddess
thai basil pesto
salsa roja
maple balsamic vinaigrette
thai cashew
red wine vinaigrette
roasted fennel vinaigrette
tzatziki

ADDITIONAL INGREDIENT CHARGES

STANDARDS \$0.55/serving

BASES \$1.25/serving

CHEESE, CRUNCHY OR SWEET AND WARM SAUCES \$1.60/serving/each

PREMIUM TOPPINGS \$1.60/serving (except guacamole)

GUACAMOLE \$2.00/serving

PROTEINS \$3.50/serving (roasted chicken, roasted tofu, roasted tempeh, herbed smoked salmon spread). \$2.00/serving (hard boiled egg). \$4.50/serving (hot honey chicken). \$7/serving (smoked salmon, tuna poke*).