

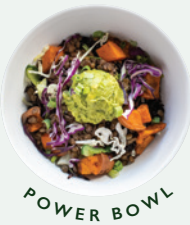


CATERING

INDIVIDUAL ITEMS

IMPORTANT DETAILS

- \$175 MINIMUM FOR ALL CATERING ORDERS
- INDIVIDUAL BOWL ORDER MAXIMUM = 30 ITEMS
- \$15 SERVICE FEE (ALL ORDERS)
- 15% GRATUITY (ALL ORDERS)
- PICKUP AND DELIVERY AVAILABLE
LIMITED DELIVERY AREA
DELIVERY FEE = \$30 (UP TO \$300), OVER \$300 = 10% OF ORDER SUBTOTAL
- TAX-EXEMPT? JUST LET US KNOW!



GRAIN BOWLS (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, crumbled tortilla strips, salsa roja \$10.50



SALADS (SERVES 1)

CHICKEN CHOPPED SALAD

romaine, cucumber, red onion, tomato, garbanzo beans, kalamata olives, pepperocinis with roasted chicken, blue cheese and italian dressing — \$13.25

CHICKEN CAESAR

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



WRAPS (SERVES 1)

CHICKEN BACON CAESAR WRAP

romaine, roasted chicken, shaved parmesan, bacon, everything-bagel sourdough crouton crumble and caesar in a 14 inch flour tortilla \$14.25

SANTA FE WRAP

roasted chicken, organic black rice, southwest salsa (corn, black beans, pico de gallo, cilantro & salsa roja), poblano cabbage slaw, mild cheddar, cilantro, crumbled tortilla strips, spicy ranch and salsa roja in a 14 inch flour tortilla — \$14.25



PROTEIN ADD-ONS (SERVES 1)

ROASTED PULLED CHICKEN — \$3.50

ROASTED DICED CHICKEN — \$3.50

ROASTED TOFU — \$3.50

HARD BOILED EGG — \$2.00

BEVERAGES

OLIPOP — \$3.75

cola, lemon lime, strawberry vanilla

SPINDRIFT — \$3.75

lemon, raspberry lime

YERBA MADRE — \$5.00

(WI ONLY) enlighten mint, bravo mango

YACHAK — \$5.00

(IL ONLY) ultimate mint, passion fruit

NORDSKOV

ICE COLD COFFEE — \$5.00

(WI ONLY)

LA COLOMBE

VANILLA LATTE — \$5.50

(IL ONLY)

BOTTLED WATER — \$4.00

MAKE YOUR OWN



includes your choice of:

- one or two base options
- one to three standard ingredients
- one or two protein options
- your choice of one or two dressings

\$10.75 per person

(additional ingredients available for an additional charge)

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
roasted cauliflower
carrots
cucumber salad
cucumbers
tomatoes

sweet corn
garbanzo beans
pickled red onions
pickled ginger
pepperocinis
cilantro
green onion
beets

PROTEINS

roasted pulled chicken
roasted diced chicken
roasted tofu
roasted tempeh
hard boiled egg
smoked salmon
tuna poke*

CHEESE

mild cheddar
shaved parmesan
goat
feta
blue

CRUNCHY & SWEET

toasted cashews
candied walnuts
roasted pepitas
crumbled tortilla strips
sourdough croutons
crumbled pita chips
golden raisins

PREMIUM TOPPINGS

roasted brussels sprouts
avocado
bacon
muhammara
black bean dip
citrus roasted fennel
guacamole
southwest salsa
med salad
kalamata olives

DRESSINGS

ranch
spicy ranch
caesar
avocado green goddess
thai basil pesto
salsa roja
maple balsamic vinaigrette
thai cashew
red wine vinaigrette
italian dressing

ADDITIONAL INGREDIENT CHARGES

BASES \$1.25/serving

STANDARDS \$0.55/serving

CHEESE, CRUNCHY & SWEET \$1.60/serving/each

PREMIUM TOPPINGS \$1.60/serving (except avocado or guacamole, both \$2.00/serving)

PROTEINS \$3.50/serving (roasted pulled chicken, roasted diced chicken, roasted tofu, roasted tempeh). \$2.00/serving (hard boiled egg). \$7/serving (smoked salmon, tuna poke*).



SCAN HERE FOR
NUTRITIONAL
INFO



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