

# FRESH KITCHEN

## CATERING

PLEASE INQUIRE FOR PRICING

**FAMILY** : 1 BASE / 2 VEGGIES / 1 PROTEIN / 1 SAUCE (FEEDS 4 PEOPLE)

+\$ UPCHARGE FOR PREMIUM PROTEIN (Steak and Salmon)

**FEAST** : 1 BASE / 2 VEGGIES / 1 PROTEIN / 2 SAUCES (FEEDS 8 PEOPLE)

+\$ UPCHARGE FOR PREMIUM PROTEIN (Steak and Salmon)

## BASES

CHILLED SWEET POTATO NOODLES DF/GF/SF/V

CHARD & CABBAGE SLAW DF/GF/SF/V

CRUNCHY KALE CAESAR DF/GF/SF/V (N)

ARUGULA + SPINACH SALAD DF/GF/SF/V

CAULI POTATO MASH DF/GF/SF/V

BROWN RICE DF/GF/SF/V

COCONUT GINGER RICE DF/GF/SF/V

LEMON HERB CAULI RICE DF/GF/SF/V (N)

## VEGGIES

GOLDEN SPICE CHICKPEAS DF/GF/SF/V

BASIL MUSHROOMS DF/GF/SF/V

LEMON GARLIC BROCCOLI DF/GF/SF/V

BLISTERED GREEN BEANS DF/GF/SF/V

MAPLE SWEET POTATOES DF/GF/SF/V

## PROTEINS

GRILLED BBQ CHICKEN DF/GF

GRILLED CITRUS CHICKEN DF/GF/SF

BAKED ALMOND CHICKEN DF/GF (N)

BLACKENED CHICKEN DF/GF/SF

ROASTED HERB SALMON DF/GF/SF

GRILLED HERB STEAK DF/GF/SF

## SAUCES

COCONUT SRIRACHA DF/GF/SF/V

CREAMY WHITE GINGER DF/GF/SF

HERB BALSAMIC VINAIGRETTE DF/GF/SF/V

HOLY KALE DF/GF/SF/V (N)

## EXTRAS

PLEASE INQUIRE FOR PRICING.

## TOPPINGS

CITRUS AVOCADO | KALE PESTO TOMATOES

FETA CHEESE | PARMESAN CHEESE

ROASTED ALMONDS | PICO DE GALLO

CUCUMBER SALAD

## DESSERTS

REALLY GOOD COOKIES | HARVEST BARS

## BEVERAGES

HOMEMADE TEAS | JUICE FRESCAS

PRESSED JUICES

## INDIVIDUAL SIDES

OUR TASTY BASES, VEGGIES, PROTEINS, AND TOPPINGS ARE ALSO AVAILABLE IN SMALL OR LARGE SIDES.

## FOOD ETHOS

OUR ENTIRE MENU IS 100% GLUTEN FREE. WE COOK IN 100% OLIVE OIL. WE HAND CUT OUR VEGGIES AND ALL SAUCES ARE MADE IN HOUSE. ALL MEATS ARE HORMONE AND ANTIBIOTIC FREE. OUR SEAFOOD IS SUSTAINABLY SOURCED.

DF DAIRY FREE FRIENDLY / GF GLUTEN FREE / SF NO PROCESSED SUGAR ADDED / V VEGAN FRIENDLY / N CONTAINS NUTS

# DIETARY PREFERENCES

		VEGETARIAN	VEGAN	DAIRY FREE	NUT FREE	PROCESSED	SUGAR FREE	SOY FREE	SEED OIL FREE
BASES	CHILLED SWEET POTATO NOODLES	●	●	●	●	●		●	
	CAULI POTATO MASH	●	●	●	●	●	●	●	
	BROWN RICE	●	●	●	●	●	●	●	
	COCONUT GINGER RICE	●	●	●	●	●	●	●	
	CHARD & CABBAGE SLAW	●	●	●	●	●	●	●	
	CRUNCHY KALE CAESAR	●	●	●		●	●	●	
	ARUGULA + SPINACH SALAD	●	●	●	●	●	●	●	
	LEMON HERB CAULI RICE	●	●	●		●	●	●	
VEGGIES	GOLDEN SPICE CHICKPEAS	●	●	●	●	●	●	●	
	BASIL MUSHROOMS	●	●	●	●	●	●	●	
	LEMON GARLIC BROCCOLI	●	●	●	●	●	●	●	
	BLISTERED GREEN BEANS	●	●	●	●	●		●	
	MAPLE SWEET POTATOES	●	●	●	●	●	●	●	
PROTEINS	ROASTED HERB SALMON			●	●	●	●	●	
	GRILLED BBQ CHICKEN			●	●		●	●	
	GRILLED CITRUS CHICKEN			●	●	●	●	●	
	GRILLED HERB STEAK			●	●	●	●	●	
	BAKED ALMOND CHICKEN			●			●	●	
	BLACKENED CHICKEN			●	●	●	●	●	
SAUCES	COCONUT SRIRACHA	●	●	●	●	●		●	
	CREAMY WHITE GINGER	●		●	●	●			
	HERB BALSAMIC VINAIGRETTE	●	●	●	●	●	●	●	
	HOLY KALE	●	●	●		●	●	●	
ADD-ONS	CITRUS AVOCADO	●	●	●	●	●	●	●	
	KALE PESTO TOMATOES	●	●	●		●	●	●	
	FETA CHEESE	●			●	●	●	●	
	PARMESAN CHEESE	●			●	●	●	●	
	ROASTED ALMONDS	●	●	●		●	●	●	
	PICO DE GALLO	●	●	●	●	●	●	●	
	CUCUMBER SALAD	●	●	●	●	●	●	●	

