



HEALTHY YOU

• CAFE & CATERING •



Salads & Grains

Priced to serve 15-20
160oz

Signature Salad \$55 - organic greens, shredded carrots, dried cranberries, sunflower seeds, homemade croutons, feta cheese, balsamic dressing

Greek Garden or Pasta Salad \$65 - organic greens, tomato, cucumber, olive, feta cheese, red onion, Greek dressing

Classic Caesar \$65 – Chopped Romaine, Shaved Parmesan, House made Croutons, Creamy Caesar Dressing

Apple Cranberry Walnut Salad \$75 - organic greens, diced apples, walnuts, dried cranberry, crumbled feta cheese, white wine vinaigrette

Beet & Berry Salad \$65 – roasted beets, candied pecans, blueberries, blackberries, pistachios, goat cheese, dried cranberries, balsamic dressing.

Holiday Fruit Salad \$65 – Apples, grapes, seasonal fruits, with cinnamon yogurt dressing

Harvest Garden or Pasta Salad \$65 – roasted beets, candied pecans, squash, scallions, goat cheese, dried cranberries, balsamic dressing.

Roasted Sweet Potato & Veggie Salad \$75- Quinoa and organic greens, roasted sweet potatoes and seasonal vegetables with a tahini maple-based dressing

Italian Pasta \$45 - olive, cucumber, tomato, red onion, roasted red pepper, Italian dressing, oregano, cheese cubes.

Two Tomato Pasta \$65 - pasta, tomato, sun dried tomato, feta, Basil, balsamic dressing

Classic Potato Salad \$45 - Potato, onion, celery, hard-boiled egg

Honey Lime Fruit Salad \$65 - seasonal fruit tossed in house made honey lime dressing.

Pesto Tortellini Salad \$75 – Cheese Tortellini, Tomato, Mozzarella, Basil Pesto

Broccoli Apple Quinoa Salad \$75 – Quinoa, broccoli, almonds, pecans, apples – honey mustard dressing

Appetizers & More

Small bite minimum 20 pieces per appetizer
Trays and displays priced to serve 15-20.

Small Bites

Seasonal Bruschetta Crostini \$2

~ Classic Tomato, ~Caramelized Pear Pecan & Blue Cheese, Apple Bacon, ~

Caprese Skewer \$3

Pesto Bacon Chicken Bite \$3

Seasonal Meatball \$2

~Bourbon BBQ, Buffalo Bleu, Cranberry BBQ, Marinara~

Seasonal Won-Ton Cup \$3

~Cran-Apple Chicken Salad, Caesar, Buffalo Chicken, Thai Shrimp~

Chicken Skewer \$3

~Honey Chipotle, Bang Bang, Peanut Stay or Garlic Parm~

Asian Potsticker \$2

Prosciutto Wrapped Apple \$2

Cedar Bacon Salmon Bacon Bite \$3

Maple Hot Honey Bacon Bite \$3

Herbed Cheese Cucumber Bite \$2

Mini Crab Cakes *Market Price

Maple Sage Sausage & Cranberry Stuffed Mushroom \$3

Steak and Potato Kabob \$3

Seasonal Puff Pastry Bites \$2

~bacon jam, spinach artichoke, Brie Cranberry Rosemary~

Seasonal Salad Shooters \$3

~signature, Apple Cranberry Walnut, Greek, Caesar~

Seasonal Assorted Sliders \$4

~turkey feta, hamburger, pesto chicken, pork BBQ, Salmon~

~cold cuts – ham, turkey, chicken, roast beef, veggie~

Assorted Wraps and Sandwiches (15) \$110

Charcuterie Tray \$120

Charcuterie Cups \$8 each

Crudit  Tray with Veggies and Dips \$85

Salsa Guacamole and Chip Trio \$75

Seasonal Fruit Tray \$85

Wrapped and Baked Brie with Crackers & Grapes \$40



HEALTHY YOU

• CAFE & CATERING •



Buffet Lunches

Minimum 20

Does NOT include paper products.

\$22.00 Per Person

Assorted Wrap & Sandwiches

Pick 5 (GF Available)

- Turkey Club Wrap
- Turkey Cheddar 12 Grain
- Ham Swiss Honey Mustard Croissant
- BBQ Chicken Wrap
- Grilled Henny Penny Chicken
- Seasonal Veggie Hummus Wrap
- Nut & Fruit Chicken or Tuna Salad Croissant
- Café Seasonal Pick

Sides

Pick 3

- Signature Salad
- Farm Fresh Veggie Salad
- Apple Cranberry Walnut Salad
- Greek Pasta or Italian Pasta
- Two Tomato Balsamic Pasta
- House Chips
- Classic Potato Salad
- Fruit Salad

Mini Dessert

Pick 3

- Chocolate Chip Cookie
- Peanut Butter Cookie
- Energy Bite
- Avocado Brownie
- Mini Cheesecakes
- Café Seasonal Assortment

Add Healthy Bagged Snack for \$2.00

Add Bottled Beverages for \$2.00

Lunch Packages

Feeds 12-15

Does NOT include paper products.

Gluten Free Available for additional charge

Package 1

\$200.00

- 10 Seasonal Assorted Wraps and Sandwiches
- Signature Salad
- House Chips
- 2 dozen Cookies

Package 2

\$225.00

- 10 Seasonal Assorted Wraps and Sandwiches
- Signature Salad
- Fresh Fruit Salad
- 15 Packs Seasonal Energy Bites

Package 3

\$245.00

- 10 Seasonal Assorted Wraps and Sandwiches
- Signature Salad
- House Chips
- Fresh Fruit Salad
- Assorted Mini Desserts

Add Healthy Bagged Snack for \$2.00

Add Bottled Beverages for \$2.00



HEALTHY YOU

• CAFE & CATERING •



Hot Lunch Packages

Minimum 20 people

Does NOT included paper products.

Baked Potato Bar

\$20 per person

- Russet & Sweet Potatoes
- 2 proteins, 6 additional toppings
- Signature Salad
- Fruit Salad
- Mini Assorted Desserts

Taco / Fajita Bar

\$20 per person

- 2 proteins, 6 additional toppings
- Soft Shells & Fiesta Rice Blend
- Southwest Salad
- Mini Assorted Desserts

Soup and Salad Bar

\$22 per person

- 2 Soups, 2 Lettuce Blends
- 2 proteins, 6 additional toppings
- Crackers & Rolls/Butter
- Fruit Salad
- House Chips
- Mini Assorted Desserts

Hot Italian Lunch

\$22 per person

- Your Choice of (1)
- Baked Ziti, Lasagna, Penne Alfredo
- Grilled Chicken -or- Mozzarella Meatballs
- Signature Salad
- Rolls/Butter
- Mini Assorted Desserts

Hot Lunch Packages

Minimum 20 people

Does NOT included paper products.

Sliders & Sides

\$24 per person

Classic Cheeseburger, Mediterranean
Turkey, Chicken Pesto
Topping Bar
Potato Salad
Fruit Skewers
Signature Salad
House Chips
Mini Desserts

Gyros & Sides

\$24 per person

Chicken & Steak
Pita, Tzatziki
6 additional toppings
Greek Salad
Fruit Salad
Mini Assorted Desserts

Desserts

- Chocolate Dipped Berries 12/\$20
- Homemade Chocolate Truffles 20/\$40
- Peanut Butter Brownie Bites 20/\$40
- Assorted Mini Cupcakes 20/\$40
- Cheesecake Tarts 20/\$35
- Assorted Dessert Shooters 4oz - 20/\$80
- Strawberry Angel Food Kabobs 20/\$40
- Assorted Cookies 12/\$15
- Strawberry Brownie Kabobs 20/\$40
- Assorted Mini Dessert Tray
S/\$50 M/\$90 L/\$175



HEALTHY YOU

• CAFE & CATERING •



Breakfast A La Carte

Seasonal Muffin & Pastry Tray
S/\$40 M/\$75 L/\$110

DIY Large Fruit Parfait Tray \$110

DIY Large Acai Bowl Tray \$175
2 quarts Acai, Granola, Coconut, Fruit, Honey

9oz Mini Fruit Parfait 6/\$30 12/\$55
~Classic, Apple Pecan, Tropical, Banana Split ~

Egg & Cheese Savory Puff Pastries
6/\$22 -or- 12/\$40

Honey Lime Fruit Skewer Tray \$50
20 large Skewers

Mini Quiche \$2 each
Spinach & 3 Cheese

Whole Quiche or Frittata (6-8 slices) \$20

½ Pan Bacon (40 slices) \$60

½ Pan Sausage Links or Patties (40) \$60

½ Pan Scrambled Eggs (Feeds 20) \$50

½ Pan Breakfast Potatoes (Feeds 20) \$55

½ Pan Seasonal Baked Fruit Crumbles w/
Yogurt \$45

~Apple Pecan, Berries & Cream, Cherry Cobbler ~

Seasonal French Toast Cups or Waffle 12/\$35

Seasonal Baked Oatmeal Cup 12/\$35

Baked Crustless Egg Muffin
Vegetarian 12/\$35 -or- Meat 12/\$40

Breakfast Wrap, Bagel, Muffin Sandwich
10/ \$60 -or- 20/ \$110

Beverages

Local Coffee / Hot Tea Carafe or Box to-go.

\$30

96 oz - Comes with cups & fixings.

Hot Chai Tea Carafe or Box to-go.

\$50

96oz - Comes with cups & fixings.
Made with Almond Milk or 2%

Canister Beverage or Drink Bag

\$45

192oz / 1 ½ Gallon

- Seasonal Brewed Tea
- Seasonal Lemonade
- Iced Tea with or without lemon.
- Strawberry Lemonade
- Seasonal Mocktail

Assorted Bottled Beverages

\$2 each

- Sparkling ICE
- Bai
- Bottled Water
- Canned Seltzer
- Assorted Café special