



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

Summer Fields Salad \$75 - organic greens, strawberry, blueberry, mandarin orange, candied pecans, goat cheese, balsamic dressing

Southwest Summer Salad \$65 - organic greens, mango, black bean, corn, bell pepper, onion, tomato, red onion, tortilla strip, cilantro lime 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

Tomato, Peach Caprese Salad \$95 – Fresh Peach & Tomato, Mozzarella, Basil, on a bed on organic greens topped with Balsamic Glaze

Roasted Veggie Potato Salad \$75 - seasonal roasted veggies and baby potatoes tossed in Dijon Greek dressing topped with feta or goat cheese.

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, **Greek**, **Pineapple Mango**~

Caprese Skewer \$3
~Classic Tomato, **Cucumber Blackberry**, **Peachy**~

Pesto Bacon Chicken Bite \$3

Seasonal Meatball \$2
~Bourbon BBQ, Buffalo Bleu, **Pineapple Teriyaki**, **Marinara**~

Seasonal Won-Ton Cup \$3
~Cran-Apple Chicken Salad, Caesar, **Buffalo Chicken**, **Thai Shrimp**~

Chicken Skewer \$3
~Honey Chipotle, **Bang Bang**, **Pineapple BBQ** or **Garlic Parm**~

Asian Potsticker \$2

Prosciutto Wrapped Melon \$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, **Jalapeno Popper**, **Pickle**~

Seasonal Salad Shooters \$3
~signature, **strawberry fields**, **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



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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
- Summer Fields Salad
- Greek Pasta or Greek Salad
- Italian Pasta Salad
- Two Tomato Balsamic Pasta
- Farm Fresh Veggie Salad
- Honey Lime 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



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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



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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, Peach 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