

INDIVIDUAL MENU OPTIONS

— Breakfast —



Bagged Breakfast — \$8.25 —
Add bottled juice +\$2.75 (As shown)



Fruit Cup/Parfait — \$4.75 | \$5.75 —

— Not Pictured —

Individually Wrapped Breakfast Pastries — \$4.45 to \$5.00* —

**Price varies depending on the type pastry selected*

Choose from bagel with spreads, muffin (1) or danish (2)

Overnight Oats (Minimum of 10) — \$5.75—

Yogurt Cups — \$3.25 —

Granola / Fruit Bars — \$1.75 —

Disposable Coffee Service

Choose from regular coffee, decaf coffee or tea service

Small (10 cups) \$30.00

Medium (15 cups) \$45.00

Large (35 cups) \$85.00

— Snacks —

Individual Snack Boxes - *Choose from the options below*
Minimum of 15 per type | \$8.50 each



Fresh Cut Fruit and Dip



Power and Energy



Middle Eastern



Cut Vegetables and Dip

— Not Pictured —

Individually Wrapped Single Cookie — \$1.50—

Individually Wrapped Cookie (Pairs) — \$2.75—

Individually Wrapped Single Brownie — \$1.65—

Individually Wrapped Brownies (Full Size: 2 pieces) — \$3.00—

Individually Wrapped Cookie and Brownie — \$3.25—

Packaged Snacks (Lunchbox Style) — \$1.95 —

Tastykakes — \$2.50 —

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— Bagged and Boxed Lunch —



Bagged Lunch — \$10.95—

*A lower cost version of our boxed lunch but in a bag.
Includes a sandwich, chips and a single cookie.*



Boxed Lunch — \$14.50 —

*A complete meal with sandwich or salad and dessert
packaged in individual boxes. Sandwiches come with
your choice of deli sandwich, side of potato salad, chips
and cookies. Salads come with dressing and cookies.*

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BUDDHA BOWLS

Try our new tasty, energy packed and healthy buddha bowls. All individually packaged!
Minimum of 15 per type | \$17.95 per person
~Chicken can be substituted for any protein.



INDIAN INSPIRED

Baby Spinach
Basmati Rice
Cilantro Sprigs
Coconut Curry Chickpeas
Seared Tri-Colored Peppers
Roasted Sweet Potatoes with Cilantro
Indian Spiced Yogurt Dressing
Dietary: Veg | GF



TROPICAL ISLAND

Brown Rice
Ginger Glazed Tofu
Shredded Carrot
Edamame
Steamed Broccoli
Pineapple
Asian Sesame Dressing
Dietary: V | GF | DF



MEDITERRANEAN

Romaine Lettuce
Falafel
Roasted Cauliflower
Diced Tomatoes and Cucumbers
Hummus
Feta
Lemon Herb Tahini
Dietary: Veg | GF



JAMMIN' JAMAICAN

Wild Rice Blend
Jerk Spiced Shrimp
Roasted Sweet Potatoes
Black Beans
Red Cabbage
Guacamole
Ranch Dressing
Dietary: P | GF

V = Vegan
Veg = Vegetarian
P = Pescatarian

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GF = Gluten Free
DF = Dairy Free

— International Themed Meals —



Flavors of India — \$16.95 —
*Chicken Tikka Masala, Basmati Rice,
Cauliflower, Potato and Pea Curry*



Mediterranean Medley — \$16.95 —
*Greek Marinated Chicken, Rosemary Garlic Potatoes,
Roasted Zucchini, Grape Tomatoes, Feta and Herbs*



Classic Caribbean — \$16.95 —
*Jerk Chicken, Coconut Rice with Red Beans,
Fried Golden Plantains*



Big Easy — \$16.95 —
*Bourbon Chicken, Dirty Rice,
Corn and Okra Creole*



Far East Feast — \$16.95 —
*Ginger Glazed Chicken, Steamed Rice,
Baby Bok Choy and Julienne of Carrot*

***Vegan &
Vegetarian
Options
Available!***

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— Hot Lunch / Dinner Options —

(Minimum of 15)



— \$16.95 —

*Smokey Maple Chicken, Mashed Potatoes
and Steamed Carrots*



— \$17.45 —

*Ginger Glazed Grilled Tofu, White Rice
and Baby Bok Choy with Carrots*



— \$19.50 —

*Creamy Coconut Curry Shrimp and Red Pepper,
White Rice and Peas with Carrots*



— \$17.45 —

*Creamy Coconut Curry Chickpeas, White Rice
and Peas with Carrots*



— \$21.50 —

*Shrimp Scampi with Tomato and Basil, Linguini
and Caesar Salad (not pictured)*



— \$19.50 —

*Chargrilled Flank Steak with Mushroom Au Jus,
Mashed Potatoes and Vegetable Medley*

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— \$17.45 —

*Tofu with Mushroom Gravy, Mashed Sweet Potatoes
and Green Beans with Julienne Carrots*



— \$17.75 —

*Turkey with Herb Gravy, Mashed Sweet Potatoes
and Green Beans with Julienne Carrots*



— \$17.95 —

*Chicken Parmesan, Penne Marinara
and Caesar Salad (not pictured)*



— \$17.45 —

*Quinoa and Vegetable Stuffed Peppers,
Sauteed Green Beans and Red Pepper*



— \$17.45 —

*Meatball Marinara and Stuffed Shells with Ricotta
and Garlic Bread (not pictured)*



— \$17.45 —

*Asian Grilled Tofu, Baked Mac and Cheese
and Steamed Carrots*

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— \$17.75 —

Sauteed Chicken with Spinach, Grape Tomatoes and Goat Cheese in Lemon Herb Sauce and White Rice



— \$17.45 —

BBQ Glazed Tofu, Roasted Potato Wedges and Sautéed Collard Greens



— \$19.50 —

Ginger Glazed Tilapia, Couscous and Steamed Broccoli and Carrots



— \$20.50 —

Chili Spiced Salmon with Chipotle BBQ Sauce, Rice Pilaf and Steamed Green Beans



— \$17.45 —

Vegan Vegetable Chili, White Rice and Garden Salad (not pictured)

Don't forget dessert!

**Individually packed
options include:**

Cookies

Brownies

Cakes / Pies

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— \$16.95 —

*Smoky Maple Chicken, Mac and Cheese,
Steamed Green Beans and Julienne Carrots*



— \$20.50 —

*Chili Spiced Salmon with Chipotle BBQ Sauce,
Rice Pilaf and Steamed Green Beans*

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