

# INDIVIDUAL MENU OPTIONS

## — Breakfast —



**Bagged Breakfast — \$9.95 —**  
*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 Sauteed 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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