



Where delicious meets Nutritious!

SAMPLE CATERING MENU

1. BOWL'D “Delicious & Nutritious” package (\$10.50/person)

We bring our healthier food all on site and help set it up if needed. We will provide the serving pans, serving utensils. We will also bring eating utensils, bowls and napkins if needed or provide a \$.50/discount/person without them. Minimum catering order size \$150.00.

Hot bowls: Below options 20 people or more. For smaller groups, call for options.

1. Base: short-grain brown rice, jasmine white rice and/or chopped romaine
2. Proteins: Marinated & grilled all-natural chicken and/or organic tofu
3. A choice of two Fresh Vegetable Medleys: see options on next page
4. Pick 3 signature sauces: (see choices next page) Teriyaki, Sweet-Chili Pineapple & Coconut Green Curry suggested
5. Two toppings: fresh chopped green onion and chopped cilantro

Add-ons to Delicious & Nutritious package:

- * Add grass-fed steak or shrimp as a 3rd Protein for an additional \$1.25/person
- * Include an additional fresh Signature Sauces for \$.50 each sauce/person
- * Add organic quinoa \$.50/person OR quinoa/brown rice blend \$.25/person
- * Add variety of chips for \$1.50/person
- * Add variety of cold beverages for additional \$2.25/person
- * Add mini vanilla chia pudding & fruit parfait for additional \$2.25/person

2. BOWL'D “The Works” catering package (\$17.75/person):

- The Works catering package includes everything in the Delicious & Nutritious package, plus all six Add-ons listed above.

Note: Except where otherwise stated, above prices are as of 11/1/16 and include serving utensils, eating utensils, compostable and eco-friendly bowls and standard aluminum serving pans and lids, and containers for garnish & sauce. Prices do not include chafing stands or sternos for heat and prices do not include tax, tip or service/delivery charge. A more complete list of food, beverage and dessert options are on pages that follow.

BOWL'D complete Build-Your-Own bowl offering:

- Bases:
 - Short grain brown rice and organic quinoa blend
 - Jasmine white rice
 - Greens: chopped romaine
- Proteins:
 - All- natural grilled and marinated chicken
 - Organic tofu
 - Natural, organic grass-fed steak
 - Shrimp – natural
 - Black beans in a light sauce (Vegan)
- Vegetable Medley #1:
 - Broccoli, Cabbage, Carrot, Baby kale
- Vegetable Medley #2:
 - Red bell pepper, Cremini mushroom, Snow peas, Broccoli
- Vegetable Medley #3: Build-Your-Own (BYO) medley

Pick four vegetables from our complete list of options: kale, baby spinach, baby corn, broccoli, cabbage, carrot, Cremini mushroom, garbanzo beans, red bell pepper, red onion, and snow peas (call to request additional veggie options)

- Signature sauces (all GF except Hong Kong; all sauces vegan, except curry):
 - Teriyaki (GF, V) –a top seller, not spicy, but notes of ginger & lemon grass
 - Coconut Green Curry (GF) – a top seller full of fresh herbs and coconut milk
 - Sweet Chili Pineapple (GF, V) – a little heat and a little sweet
 - Mediterranean (Tomato-olive) (GF, V) – a healthy tapenade with fresh herbs
 - Smokey Tomatillo (GF, V) – little kick, low sugar, fine smoky salsa served hot
 - Hong Kong BBQ (GF) - savory and a little sweet
- Garnishes:
 - Fresh cilantro
 - Fresh chopped green onion
 - Toasted almonds (extra charge)
 - Crumbled feta cheese (extra charge)

Chip and popcorn snacks

- Variety of bagged chips and salty snacks, including healthier versions and gluten free options.

Cold Beverage offering

- Variety of soft drinks – Perrier or San Pellegrino (whichever available), Fiji Water, Coke and Diet Coke.

Dessert/sweet treat offering:

- Our new healthier dessert option is a Vanilla almond milk chia pudding & fresh fruit parfaits: \$2.25 each for 3.5 oz parfaits and \$4.75 each for 9 oz parfaits.
- Ask about our Booyah protein treats for another lower sugar healthier option. Lightly and naturally sweet with oats and protein. Flavors: Coconut, Mango and Cranberry available. \$2.25 each.

House-made soups: Available upon request; Price TBD:

- Red Lentil Soup
- Thai ginger lemongrass with shrimp

Signature Salads:

If you prefer salads to hot healthy bowls, the price per person is \$11 before adding proteins.

- Sunshine salad (see web site for descriptions of Signature salad ingredients)
- OMG! salad
- Kale Me! salad

Add all-natural ABF breast meat chicken to each salad for \$1.75 extra per person; add grass-fed steak or shrimp for \$3 extra per person

Smoothies: Available upon request; Available for orders of 15 or fewer. \$7 each

- Green Machine smoothie
- Whole Kitchen Sink smoothie
- Strawberry banana
- Mango pineapple
- Dark Berry
- Cocoa-peanut butter-banana
- Peach Mango Orange

Acai & Pitaya fruit smoothie bowls: for orders of 15 or less. \$9 each

- Made with whole frozen fruit and acai or pitaya fruit puree and topped with fun and delicious toppings: including fresh fruit, granola, sweetened coconut and/or almonds. A great healthier treat that can serve as a meal.