



ecOCATERS  
*Simply* LUNCH

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# Key



## Abbreviation

**VN**

**VG**

**DF**

**GF**

**PN**

**NT**

**SF**

**FF**

**SY**

**SM**

**AL**

**+\$**

## Dietary Information

Vegan

Vegetarian

Dairy Free

Gluten Free

Peanuts

Nuts (Tree)

Seafood, Shellfish

Seafood, Finfish

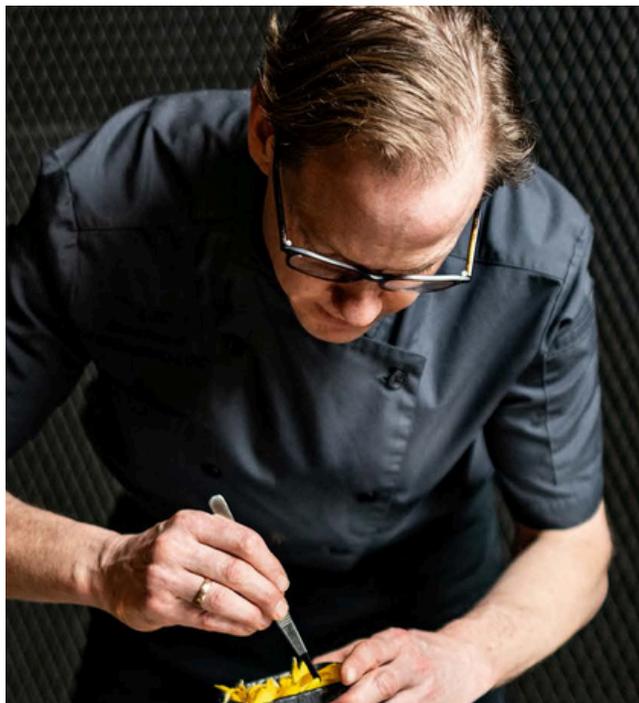
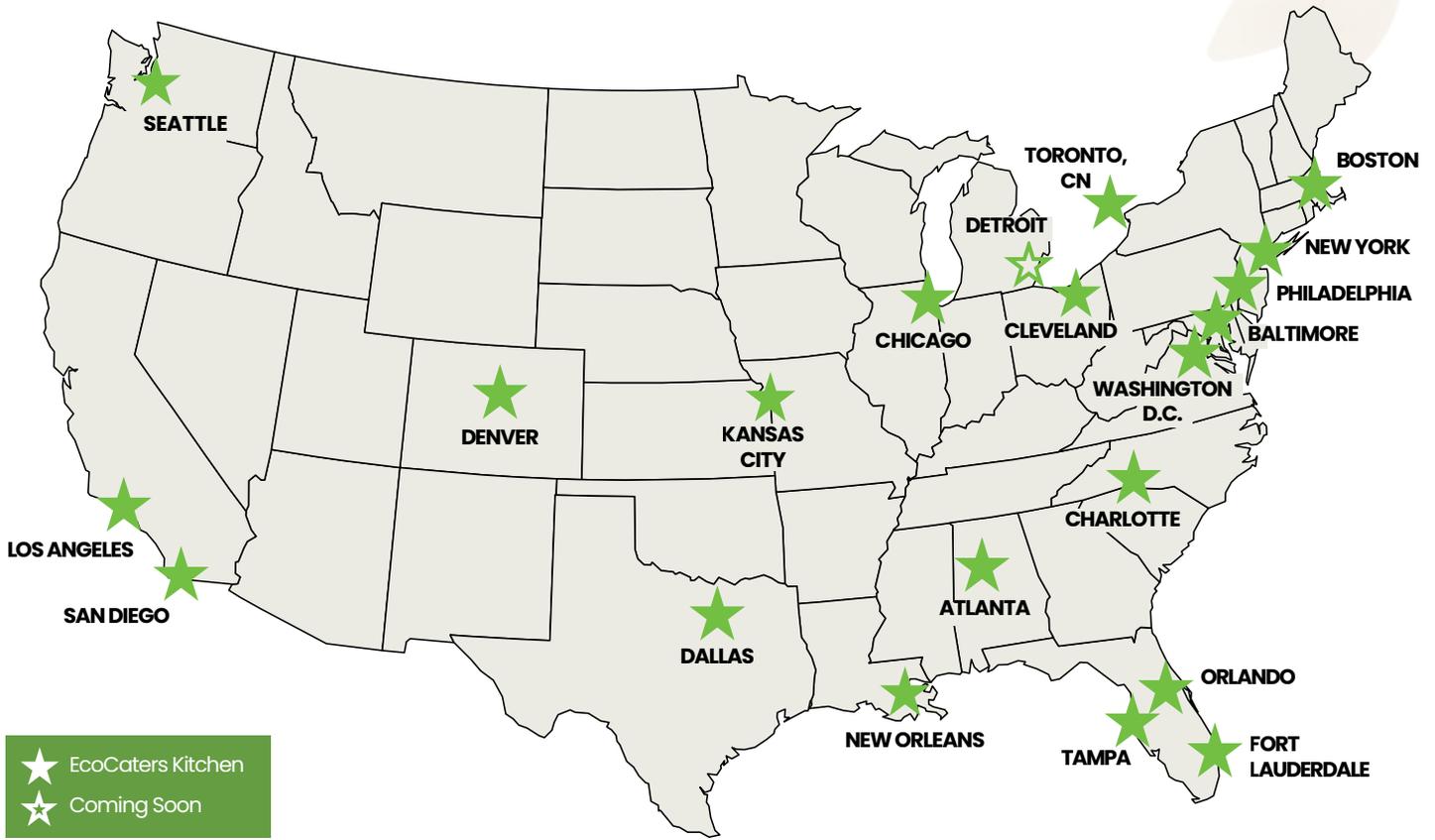
Soy

Sesame

Alcohol

Upcharge

# EcoCaters Kitchens



## COAST TO COAST MULTI-MARKET SUPPORT

We bring the highest quality, delicious, sustainable ingredients to corporate catering in **20** different markets.



# Breakfast

## Eggs

Scrambled Eggs VG, DF, GF	<b>4 oz</b>
Scrambled Egg Whites VG, DF, GF	<b>4 oz</b>
Loaded Scrambled Eggs & 2 Choice Add-Ins* Dietary Based on Selection	<b>4 oz</b>
Loaded Scrambled Egg Whites & 2 Choice Add-Ins* Dietary Based on Selection	<b>4 oz</b>

## Omelets

Ham & Cheese Omelet GF	<b>4 oz</b>
Chicken Sausage & Kale Omelet DF, GF	<b>4 oz</b>
Grilled Chicken, Bacon & Provolone Omelet GF	<b>4 oz</b>
Broccoli, Tomato & Onion Omelet VG, DF, GF	<b>4 oz</b>
Spinach, Red Pepper & Feta Omelet GF	<b>4 oz</b>
BYO Omelet with 2 Fillings, Upcharge for Add-Ons* Dietary Based on Selection	<b>4 oz</b>

**\*Additional Eggs, Fillings, or Egg Whites  
Only Available for Upcharge on Eggs &  
Omelets**

## Frittatas & Breakfast Casseroles

Bacon, Scallion, Tomato & Fresh Herb Frittata GF	<b>4 oz</b>
Golden Potato, Bacon, Ham & Cheese Breakfast Casserole GF	<b>5 oz</b>

Sausage, Onion & Cheese Frittata GF	<b>4 oz</b>
Roasted Chicken, Green Chili & Cream Cheese Frittata GF	<b>4 oz</b>
Broccoli, Peppers & Spinach Veggie Frittata VG, GF	<b>4 oz</b>
Sweet Potato, Spinach & Peppers Breakfast Casserole VG, GF	<b>5 oz</b>

## Breakfast Bowls

Scrambled Eggs, Bacon, Golden Potatoes & Spinach DF, GF	<b>ea</b>
Scrambled Eggs, Turkey Sausage, Sweet Potatoes, Kale & Roasted Peppers DF, GF	<b>ea</b>

Fried Eggs, Roasted Chicken, BBQ Quinoa, Garlic Potatoes & Red Pepper Aioli DF, GF	<b>ea</b>
Fried Eggs, Shredded Steak, Brown Rice, Grilled Peppers & Guacamole DF, GF	<b>ea</b>
Scrambled Eggs, Black Beans, Brown Rice, Roasted Peppers & Guacamole VG, DF, GF	<b>ea</b>

## Breakfast Burritos

Bacon, Egg & Cheese Burrito	<b>ea</b>
Egg White, Spinach & Roasted Pepper Burrito VG, DF	<b>ea</b>
BYO Breakfast Burrito* Dietary Based on Selection	<b>ea</b>



***This is a sample menu. All selections will be chosen by chefs weekly,  
tailored to each client.***

# Breakfast

## Breakfast Sandwiches

Bacon, Egg & Cheese on Brioche Bun	<b>ea</b>
Super BLAT Wrap DF	<b>ea</b>
Ham, Egg & Cheese on English Muffin	<b>ea</b>
Egg, Spinach, Ham & Swiss on French Bread	<b>ea</b>
Maple Chicken Sausage Muffin	<b>ea</b>
Egg, Chicken Sausage, Sweet Potato, & Mustard Greens on Brioche Bread	<b>ea</b>
Lox Wrap FF	<b>ea</b>
Vegan Smashed Bagel VN, SM	<b>ea</b>
BYO Breakfast Sandwich* Dietary Based on Selection	<b>ea</b>

**\*Additional Fillings Available for Upcharge**

## Potatoes

Golden Potato Home Fries VN, GF	<b>3 oz</b>
Sweet Potato Home Fries VN, GF	<b>3 oz</b>
Shredded Potato Quinoa Cakes VN, GF	<b>2/1.5oz</b>
Ham & Pepper Hashbrowns DF, GF	<b>4oz</b>
Mushroom & Parmesan Hashbrowns VG, GF	<b>4 oz</b>
Potato & Onion Hashbrowns VG, GF	<b>4oz</b>
Butternut Squash & Potato Hashbrowns VG, GF	<b>4 oz</b>



## Proteins

Applewood Bacon DF, GF	<b>3 pc</b>
Turkey Bacon DF, GF	<b>3 pc</b>
Pork & Sage Breakfast Sausage DF, GF	<b>2/2oz</b>
Turkey Breakfast Sausage DF, GF	<b>2/2oz</b>
Chicken & Apple Sausage DF, GF	<b>2/2oz</b>
Canadian Bacon DF, GF	<b>2/2oz</b>
Grilled Virginia Ham DF, GF	<b>4 oz</b>

## Pancakes & French Toast

Buttermilk Pancakes & Maple Syrup VG	<b>2pc/1oz</b>
Orange Chocolate Chip Pancakes & Maple Syrup VG	<b>2pc/1oz</b>
High Protein Pancakes & Maple Syrup VG	<b>2pc/1oz</b>
Cinnamon French Toast & Maple Syrup VG	<b>2pc/1oz</b>
Coconut French Toast & Maple Syrup VG	<b>2pc/1oz</b>
Almond Cashew French Toast & Honey VG, NT	<b>2pc/1oz</b>
GF Sweet Potato Pancakes & Maple Syrup VG, GF	<b>2pc/1oz</b>
GF Ginger Snap Banana Pancakes & Honey VG, GF	<b>2pc/1oz</b>
GF Coconut French Toast & Maple Syrup VG, GF	<b>2pc/1oz</b>



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# Breakfast

## Bread & Grits

Avocado Smashed Bagel VN	<b>ea</b>
Avocado Smashed English Muffin VN	<b>ea</b>
Amaranth Quinoa Fritters VG, GF	<b>2 pc</b>
Yucca Fritters VN, GF	<b>4 oz</b>
Tostones VN, GF	<b>2 pc</b>
Spaghetti Squash Latkes VN, GF	<b>4 oz</b>
Herbed Cheddar Stone Ground Grits VG, GF	<b>5 oz</b>
Grilled Polenta & Tomato Gravy VN, GF	<b>5 oz/2 oz</b>

## Cold Breakfast Sides

Large Muffin Dietary Based on Selection	<b>ea</b>
Piece of Fruit VN, GF	<b>ea</b>
Fresh Cut Fruit Cup VN, GF	<b>6 oz</b>
Fruit, Greek Yogurt & House Granola VG	<b>6 oz</b>
Flavored Yogurt & House Granola VG	<b>ea</b>
Smoothie Dietary Based on Selection	<b>8 oz</b>
Matcha Cocoa Mousse VG, GF	<b>6 oz</b>
Roasted Banana Chia Pudding VN, GF	<b>6 oz</b>

Cherry Almond Overnight Oats VN, GF, NT	<b>6 oz</b>
Overnight Oats of the Day Dietary Based on Selection	<b>6 oz</b>
Fig Walnut Seeded Muesli VN, GF, NT	<b>6 oz</b>
Pistachio & Golden Raisin Muesli VN	<b>6 oz</b>



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# Appetizers

## Dip

Spinach Artichoke Dip with Veggies & Flatbread VG	<b>4 oz</b>
Garlic Hummus Dip with Crudite Veg & Flatbread VN	<b>4 oz</b>
Guacamole with Pico de Gallo & Tortilla Chips VN, GF	<b>4 oz</b>
Bourbon Onion Dip with Crudite Veg VG, AL	<b>4 oz</b>
Crab Artichoke Dip with Veggies & Flatbread SF	<b>4 oz</b>
Shrimp Ceviche with Pico de Gallo & Tortilla Chips DF, GF, SF	<b>2.5 oz</b>
Shrimp Cocktail with Cocktail Sauce, Crackers & Lemons DF, GF, SF	<b>2.5 oz</b>
Lump Crab Cocktail with Lemon Caper Aioli & Crostinis DF, SF	<b>1.5 oz</b>

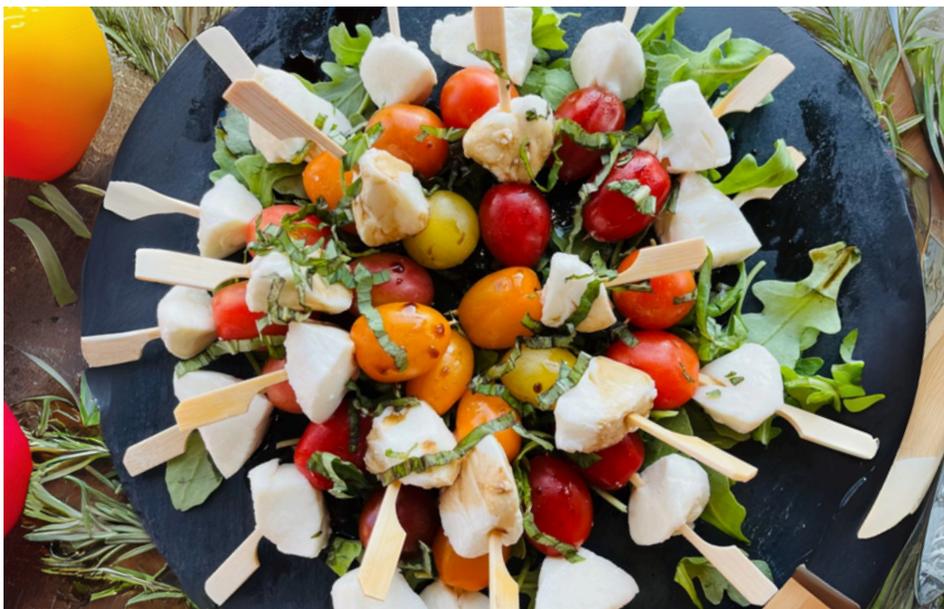
## Spring Rolls

Shrimp Spring Rolls & Citrus Tamari Sauce DF, SF, SY	<b>2 ea</b>
Chicken Spring Rolls & Sweet n Sour Sauce DF, SY, SM	<b>2 ea</b>
Fresh Chicken & Cabbage Rolls & Peanut Sauce DF, PN, SY, SM	<b>2 ea</b>
Sticky Thai Lettuce Wraps DF, GF, FF, SY, SM	<b>2 ea</b>

## Skewers

BBQ Grilled Shrimp Skewers DF, GF, SF	<b>2/2 oz</b>
Gingered Shrimp & Pineapple Skewers DF, GF, SF	<b>2/2 oz</b>

Mediterranean Shrimp & Vegetable Skewers DF, GF, SF	<b>2/2 oz</b>
BBQ Rubbed Chicken Skewers DF, GF	<b>2/2 oz</b>
Chipotle Chicken & Pineapple Skewers DF, GF	<b>2/2 oz</b>
Shawarma Chicken & Cucumber Yogurt Skewers GF	<b>2/2 oz</b>
Thai Grilled Chicken Skewers DF, PN, FF, SY	<b>2/2 oz</b>
BBQ Rubbed Beef Brisket Skewers DF, GF	<b>2/2 oz</b>
Mediterranean Beef & Pepper Skewers DF, GF	<b>2/2 oz</b>
Sesame Beef Skewers DF, GF, SY, SM	<b>2/2 oz</b>
Shawarma Beef & Vegetable Skewers GF	<b>2/2 oz</b>
Thai Grilled Beef Skewers DF, PN, FF, SY	<b>2/2 oz</b>
Caprese Skewers VG, GF, NT	<b>2/2 oz</b>
Miso Glazed Shiitake & Brussels Skewers VN, SY, SM	<b>2/2 oz</b>



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# Appetizers

## Sliders

BBQ Ginger Beef Short Rib Sliders DF	<b>2/2 oz</b>
Smoked Beef Brisket & Pepper Slaw Sliders DF	<b>2/2 oz</b>
Korean Beef Bulgogi Sliders DF, GF, SY, SM	<b>2/2 oz</b>
BBQ Chicken Sliders DF	<b>2/2 oz</b>
Brown Sugar Smoked Chicken Sliders DF	<b>2/2 oz</b>
Blackberry Sriracha Chicken Salad Sliders	<b>2/2 oz</b>
Bison & Smoked Cheddar Sliders	<b>2/2 oz</b>
Shrimp Salad Sliders DF, SF	<b>2/2 oz</b>

## Tacos

Cumin & Coriander Ground Beef Tacos GF	<b>2/2 oz</b>
Adobo Steak Tacos DF, GF	<b>2/2 oz</b>
Chili Smoked Chicken Tacos DF, GF	<b>2/2 oz</b>
Chipotle Ranch Chicken Tacos DF, GF	<b>2/2 oz</b>
Tajin Crusted Fish Tacos DF, GF, FF	<b>2/2 oz</b>
Chipotle Ranch Shrimp Tacos DF, GF	<b>2/2 oz</b>
Grilled Mango Shrimp Tacos DF, GF, SF	<b>2/2 oz</b>

## Wings

Smoked Buffalo Wings GF	<b>5 ea</b>
BBQ Wings DF, GF	<b>5 ea</b>
Chile Lime Wings GF	<b>5 ea</b>
Lemon Pepper Wings GF	<b>5 ea</b>
Rosemary Garlic Wings GF	<b>5 ea</b>
Herbed Wings GF	<b>5 ea</b>
Sticky Honey Balsamic Wings GF	<b>5 ea</b>
Spicy Asian Wings GF, SY	<b>5 ea</b>

## Meatballs

Beef Meatballs & Marinara Sauce DF, GF	<b>3/1.5 oz</b>
Beef Meatballs & BBQ Sauce DF, GF	<b>3/1.5 oz</b>
Sweet & Sour Chicken Meatballs DF, GF, SY, SM	<b>3/1.5 oz</b>
Turkey Meatballs & Fresh Herb Pesto GF	<b>3/1.5 oz</b>
Lamb Meatballs & Tzatziki Sauce GF	<b>3/1.5 oz</b>
Bison Meatballs & Sweet Chili Sauce DF, GF	<b>3/1.5 oz</b>



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# Appetizers

## Fish & Crab Cakes

- Salmon Cake & Lemon Aioli **2/2 oz**  
DF, FF
- Salmon Cake & Red Pepper Agro Dolce **2/2 oz**  
DF, FF
- Lump Crab Cake & Spicy Remoulade **2/2 oz**  
DF, SF
- Lump Crab Cake & Lemon Caper Aioli **2/2 oz**  
DF, SF

## Fritters

- Lemon Herb Chicken Fritters & Preserved Lemon Aioli **2 ea**  
DF
- Pulled Chicken Mofongo **2/2 oz**  
DF, GF
- Beef Taquito **2/2 oz**  
DF, GF
- Fire Cracker Cauliflower **3 oz**  
VG, SY, SM
- GF Crispy Baked Green Bean Fries **2 oz**  
VG, GF



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# Entrees

## Chicken Entrees

Salt & Pepper Grilled Breast DF, GF	<b>6 oz / 8 oz</b>	Chicken Parmesan	<b>6 oz / 8 oz</b>	Thai Green Curry Chicken & Vegetables	<b>6 oz / 8 oz</b>
Lemon Pepper Breasts DF, GF	<b>6 oz / 8 oz</b>	Chicken Meatballs & Red Sauce DF	<b>6 oz / 8 oz</b>	Sumac Sesame Grilled Breasts DF, GF, SM	<b>6 oz / 8 oz</b>
Lemon Scented Grilled Chicken Breast, Tomato & Basil DF, GF	<b>6 oz / 8 oz</b>	Oven Fried Chicken with Comeback Sauce	<b>6 oz / 8 oz</b>	Baked Moroccan Chicken with Olive & Apricot Relish DF, GF	<b>6 oz / 8 oz</b>
Roasted Thighs & Corn Salsa DF, GF	<b>6 oz / 8 oz</b>	Blackened Spiced Grilled Thighs DF, GF	<b>6 oz / 8 oz</b>	Cashew Crusted Breast with Tamarind Glaze DF, GF, NT	<b>6 oz / 8 oz</b>
Artichoke Braised Thighs & Breasts DF, GF	<b>6 oz / 8 oz</b>	House BBQ Chicken DF, GF	<b>6 oz / 8 oz</b>	Grilled Shwarma Thighs & Yogurt Sauce GF	<b>6 oz / 8 oz</b>
Souvlaki Chicken GF	<b>6 oz / 8 oz</b>	Jerk Spiced Breast & Pineapple Relish DF, GF, SY	<b>6 oz / 8 oz</b>	Coriander, Ginger Spiced Thigh & Green Chutney DF, GF	<b>6 oz / 8 oz</b>
Italian Herb Seasoned Grilled Chicken Breast DF, GF	<b>6 oz / 8 oz</b>	Sweet & Sour Glazed Thighs DF, GF, SY, SM	<b>6 oz / 8 oz</b>	Masala Roasted Chicken DF, GF	<b>6 oz / 8 oz</b>
GF Chicken Picatta GF	<b>6 oz / 8 oz</b>	Szechuan Vegetable Stir Fried Chicken DF, GF, SY	<b>6 oz / 8 oz</b>		
Cacciatore Thighs DF, GF, AL	<b>6 oz / 8 oz</b>	Yellow Curry Chicken & Vegetables DF, GF	<b>6 oz / 8 oz</b>		



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## Beef Entrees

Ribeye & Mushroom Demi DF, GF, AL	<b>6 oz / 8 oz</b>
New York Strip & Red Wine Veal Reduction DF, GF, AL	<b>6 oz / 8 oz</b>
Black Pepper Crusted New York Strip & Tomato Sauce DF, GF	<b>6 oz / 8 oz</b>
Rosemary Strip Steak DF, GF	<b>6 oz / 8 oz</b>
Chimichurri Flank Steak DF, GF	<b>6 oz / 8 oz</b>
Sumac Aleppo Grilled Steak DF, GF	<b>6 oz / 8 oz</b>

# Entrees

Prime Rib & Garlic Jus** DF, GF	<b>6 oz/8 oz</b>	Beef with Curried Peppers, Carrots & Spinach DF, GF	<b>6 oz/8 oz</b>	Seared Salmon & Pineapple Relish DF, GF, FF	<b>4 oz/6 oz</b>
Braised Short Ribs & Garlic Jus DF, GF	<b>6 oz/8 oz</b>			Salmon Cakes & Tartar Sauce FF	<b>4 oz/6 oz</b>
Short Ribs & Creole Mustard Sauce DF, GF	<b>6 oz/8 oz</b>			Grilled Snapper & Mojo Sauce DF, GF, FF, SY	<b>4 oz/6 oz</b>
Cocoa Rubbed Brisket DF, GF	<b>6 oz/8 oz</b>			Roasted Snapper & Lemon Caper Sauce GF, FF	<b>4 oz/6 oz</b>
Braised Brisket & Lemon Flavored Tomato Sauce DF, GF	<b>6 oz/8 oz</b>			Citrus Glazed Snapper GF, FF	<b>4 oz/6 oz</b>
Smoked Brisket & Spicy BBQ Sauce DF, GF	<b>6 oz/8 oz</b>			Snapper Veracruz DF, GF, FF	<b>4 oz/6 oz</b>
Herbed Ricotta Lasagna	<b>6 oz/8 oz</b>			Ginger Glazed Hake GF, FF	<b>4 oz/6 oz</b>
Beef Meatballs & Red Sauce DF	<b>6 oz/8 oz</b>				
Classic Bolognese Sauce GF, AL	<b>6 oz/8 oz</b>				
Meatloaf & Organic Ketchup DF	<b>6 oz/8 oz</b>				
Braised Beef Stew with Potatoes, Carrots, Celery & Onions DF, AL	<b>6 oz/8 oz</b>				
Gingered Beef & Pepper Stir Fry DF, GF, SY	<b>6 oz/8 oz</b>				
Sweet & Sour Glazed Meatballs DF, SY, SM	<b>6 oz/8 oz</b>				
Beef Bulgogi DF, GF, SY, SM	<b>6 oz/8 oz</b>				
Thai Beef & Basil DF, GF, FF, SY	<b>6 oz/8 oz</b>				

## Seafood Entrees

Grilled Fresh Catch & Herb Pistou DF, GF, FF	<b>4 oz/6 oz</b>
Sauteed Fresh Catch & Olive Tapenade DF, GF, FF	<b>4 oz/6 oz</b>
Grilled Salmon & Sumac Pesto NT, FF	<b>4 oz/6 oz</b>
Sauteed Salmon & Ginger Chutney DF, GF, FF	<b>4 oz/6 oz</b>

**\*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.**



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# Entrees

## Pork

Taramind Glazed Black Cod DF, GF, FF	<b>4 oz/6 oz</b>	Garlic Grilled Shrimp DF, GF, SF	<b>4 oz/6 oz</b>	Grilled Pork Tenderloin & Cherry Gastric DF, GF	<b>6 oz/8 oz</b>
Grilled Royal Bass & Wasabi Apple Sauce DF, GF, FF	<b>4 oz/6 oz</b>	Grilled Shrimp & Pesto Sauce GF, NT, SF	<b>4 oz/6 oz</b>	Seared Pork Tenderloin & Spicy Peanut Sauce DF, GF, SY	<b>6 oz/8 oz</b>
Citrus Grilled Royal Bass GF, FF	<b>4 oz/6 oz</b>	Sauteed Shrimp & Tomato Garlic Sauce DF, GF, SF	<b>4 oz/6 oz</b>	Roasted Pork Loin & Apple Chutney DF, GF	<b>6 oz/8 oz</b>
Sauteed Royal Bass & Herb Pistou DF, GF, FF	<b>4 oz/6 oz</b>	Simmered Shrimp & Mild Curry Sauce DF, GF, SF, SY	<b>4 oz/6 oz</b>	Grilled Pork Chops & Rosemary Soubise DF, GF	<b>6 oz/8 oz</b>
Sauteed Royal Bass & Cajun Remoulade DF, GF, FF	<b>4 oz/6 oz</b>	Simmered Shrimp & Puttanesca Sauce DF, GF, SF	<b>4 oz/6 oz</b>	Slow Roasted Pork Shoulder & Basil Mojo DF, GF, SY	<b>6 oz/8 oz</b>
Grilled Seabass & Mango Chutney DF, GF, FF	<b>4 oz/6 oz</b>	Shrimp & Shitakes in Miso Glaze DF, GF, SF, SY	<b>4 oz/6 oz</b>	Smoked Pork Shoulder & House BBQ Sauce DF, GF	<b>6 oz/8 oz</b>
Seared Barramundi & Tropical Fruit Relish DF, GF, FF	<b>4 oz/6 oz</b>	Bang Bang Shrimp DF, SF, SY	<b>4 oz/6 oz</b>	Cherry Smoked & Mustard BBQ Pork Butt DF, GF	<b>6 oz/8 oz</b>
Gremolata Crusted Barramundi DF, FF	<b>4 oz/6 oz</b>			Pork Meatballs & Mushroom Broth DF, GF	<b>6 oz/8 oz</b>
				Pork Meatballs & Red Sauce DF, GF	<b>6 oz/8 oz</b>
				Szechuan Pork Stir Fry DF, GF, SY	<b>6 oz/8 oz</b>



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# Entrees

## Turkey

Rosemary Roasted Turkey Breast & Apple Chutney  
DF, GF

**6 oz / 8 oz** Turkey Stir Fry with Vegetables & Ginger Tamari  
DF, GF, SY

**6 oz / 8 oz** Smoked Mushroom & Three Bean Chili with Mole Sauce  
VN, GF

**6 oz / 8 oz**

Blackened Turkey Breast & Lemon Herb Crema  
GF

**6 oz / 8 oz** Green Curry Turkey  
DF, GF, SY

**6 oz / 8 oz** Tofu Stir Fry, Vegetables & Ginger Tamari Sauce (Vegan)  
VN, GF, SY

**6 oz / 8 oz**

Smoked Turkey Breast & House BBQ Sauce  
DF, GF

**6 oz / 8 oz** Shawarma Spiced Turkey Breast & Yogurt Sauce  
GF

**6 oz / 8 oz**

Heart of Palm "Crab" Cakes & Vegan Avocado Remoulade  
VN, GF

**6 oz / 8 oz**

## Vegetarian Entrees

Turkey Meatballs, Charred Onions & Sumac Pesto  
DF, GF

**6 oz / 8 oz** Mushroom & Artichoke Ragù with Red Sauce (Vegan)  
VN, GF

**6 oz / 8 oz**

Turkey Meatballs & Red Sauce  
DF, GF

**6 oz / 8 oz** Mushroom & Green Garbanzo Falafel & Tzatziki  
VG, GF

**6 oz / 8 oz**

Turkey Ragù & Red Sauce  
DF, GF



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# Sandwiches & Wraps

## Hot Sandwiches & Wraps

Ham & Swiss Melt DF/GF +\$	<b>ea</b>
Rueben Wrap DF/GF +\$	<b>ea</b>
Sirloin Steak n Cheese Sandwich DF/GF +\$	<b>ea</b>
Meatball Sub DF/GF +\$	<b>ea</b>
Chicken Parmesan Sandwich DF/GF +\$	<b>ea</b>
Nashville Hot Fried Chicken on Potato Bun	<b>ea</b>
Shrimp Po Boy DF, SF, GF +\$	<b>ea</b>
Lump Crab Cake Sandwich SF, DF/GF +\$	<b>ea</b>
Vegan "Crab" Cake Sandwich with Vegan Red Pepper Aioli VN	<b>ea</b>
Mushroom Melt with Balsamic Dressing VG, DF/GF +\$	<b>ea</b>
Falafel Wrap VN, DF/GF +\$	<b>ea</b>

## Burgers

Grassfed Beef Burger DF/GF +\$	<b>ea</b>
Turkey Burger DF/GF +\$	<b>ea</b>
Salmon Burger FF, DF/GF +\$	<b>ea</b>
Bison Burger DF/GF +\$	<b>ea</b>
Blackbean Burger with Chipotle Crema VG	<b>ea</b>

## Burritos

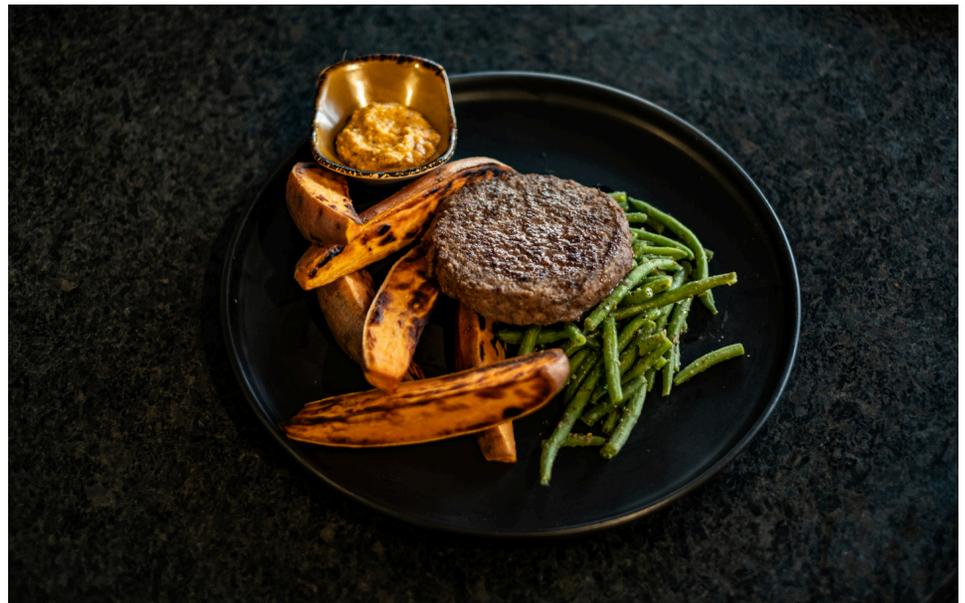
Beef Short Rib Burrito DF, GF +\$	<b>ea</b>
Chipotle Chicken Burrito DF, GF +\$	<b>ea</b>
Gulf Shrimp Burrito DF, SF, GF +\$	<b>ea</b>
Smoked Tofu Burrito VN, DF/GF +\$	<b>ea</b>

## Quesadillas

Chopped Chicken Quesadillas with Avocado Crema DF/GF +\$	<b>ea</b>
Pulled Beef Quesadillas with Guajillo Crema DF/GF +\$	<b>ea</b>
Pulled Pork Quesadillas with Guajillo Crema DF/GF +\$	<b>ea</b>

## Cold Sandwiches & Wraps

Egg Salad Sandwich Roll VG, DF/GF +\$	<b>ea</b>
Chicken Salad Croissant	<b>ea</b>
Chicken Caesar Wrap FF, DF/GF +\$	<b>ea</b>
Chicken Fiesta Wrap DF, GF +\$	<b>ea</b>
Chicken Caprese Sandwich NT	<b>ea</b>
Roasted Turkey Croissant DF/GF +\$	<b>ea</b>
Smoked Turkey & Ham Sandwich DF/GF +\$	<b>ea</b>
Turkey Club with Avocado Aioli DF, GF +\$	<b>ea</b>
Classic BLT DF, GF +\$	<b>ea</b>



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# Sandwiches & Wraps

## Cold Sandwiches & Wraps

Avocado BLT (BLAT) DF, GF +\$	<b>ea</b>	Grilled Shrimp Salad Roll SF, DF/GF +\$	<b>ea</b>	Peanut Butter, Bacon & Banana on Dave's Insanity Bread PN	<b>ea</b>
Chimmichurri Flank Steak Wrap DF, GF +\$	<b>ea</b>	Heart of Palm & Avocado Croissant VG	<b>ea</b>	Almond Butter, Banana & Strawberry Jam on Honey Wheat Bread VG, NT	<b>ea</b>
Herbed Roast Beef Sandwich with Horseradish Creme DF/GF +\$	<b>ea</b>	Smoked Portobello Wrap VN, NT, DF/GF +\$	<b>ea</b>	Cashew Butter & Apricot Jam on Seeded Wholegrain VG, NT	<b>ea</b>
Salmon Nicoise Sandwich FF	<b>ea</b>	Eggplant Provencal Sandwich VN, DF/GF +\$	<b>ea</b>	Gluten Free Bun, Bread, or Wrap Upcharge GF	<b>ea</b>
Salmon Salad Croissant FF, DF/GF +\$	<b>ea</b>	Peanut Butter & Jelly Sandwich VG, PN	<b>ea</b>		
Roasted Salmon Salad Roll FF, DF/GF +\$	<b>ea</b>				



*This is a sample menu. All selections will be chosen by chefs weekly, tailored to each client.*

# Soups & Salads

## Entree Salads

- Smoked Chicken Kale Caesar Salad **ea**  
FF
- Chicken, Sweet Potato & Kale Salad with Sherry Vinaigrette **ea**  
DF, GF
- Sesame Chicken & Napa Cabbage Salad **ea**  
VN, GF, SY
- Grilled Sirloin Kale Caesar Salad **ea**  
FF, GF available (croutons on side)
- Gingered Beef & Rice Noodle Salad **ea**  
DF, GF, SY

- Roasted Salmon, Quinoa & Avocado Salad with Lemon Vinaigrette **ea**  
DF, GF, FF
- Shrimp & Avocado Salad **ea**  
DF, GF, SF
- Grilled Tofu Kale Salad with Miso Ceasar Dressing **ea**  
VN, GF, SY
- Grilled Tofu & Napa Cabbage Salad **ea**  
VN, GF, SY
- Three Bean Salad with Charred Corn Vinaigrette **ea**  
VN, GF

## Soups

- Lemon Chicken Soup **bowl**  
DF
- Chicken Noodle Soup **bowl**  
DF
- Chicken Tortilla Soup **bowl**  
DF, GF
- Sherried Chicken & Rice Soup **bowl**  
DF, GF
- Tom Ka Ga **bowl**  
DF, GF
- Turkey Pot Pie Soup **bowl**  
GF



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# Soups & Salads

Beef Stew DF, GF	<b>bowl</b>	Roasted Pepper & Tomato Soup VN, GF	<b>bowl</b>	Greek Salad VG, GF	<b>ea</b>
Beef Peppercorn Soup DF, GF	<b>bowl</b>	Gingered Carrot Soup DF, GF	<b>bowl</b>	Classic Cobb Salad GF	<b>ea</b>
Italian Wedding Soup DF	<b>bowl</b>	Vegetable Mushroom Soup DF, GF	<b>bowl</b>	Grilled Rapini Salad VN, GF	<b>ea</b>
White Bean & Ham Soup DF, GF	<b>bowl</b>			Roasted Pepper & Corn Salad VN, GF	<b>ea</b>
Lemongrass Shrimp & Wild Rice Soup DF, GF	<b>bowl</b>			Shredded Beet, Kale & Mustard Salad VN, GF	<b>ea</b>
Shrimp & Corn Chowder GF	<b>bowl</b>			Cabbage Salad with Cider Vinaigrette VN, GF, SY	<b>ea</b>
Broccoli & Cheddar Soup GF	<b>bowl</b>			Green Papaya Salad DF, GF, PN, FF	<b>ea</b>
Tomato Basil Soup GF	<b>bowl</b>			Pineapple Cashew Salad VN, GF, NT	<b>ea</b>
Thai Tomato Soup DF, GF	<b>bowl</b>				

## Side Salads

Side Salad with Herb Vinaigrette VN, GF	<b>ea</b>
Artisan Lettuce Salad with Sherry Vinaigrette VN, GF	<b>ea</b>
Classic Caesar Salad FF	<b>ea</b>
Miso Kale Caesar Salad GF, NT, SY	<b>ea</b>



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# Starch Sides

## Rice & Grains

Jasmine Rice VN, GF	<b>4 oz/6 oz</b>
Cilantro Rice VN, GF	<b>4 oz/6 oz</b>
Herbed Brown Rice VN, GF	<b>4 oz/6 oz</b>
Herbed Rice, Corn & Peppers VG, GF	<b>4 oz/6 oz</b>
Lemon Parmesan Brown Rice VG, GF	<b>4 oz/6 oz</b>
Pigeon Peas & Rice VN, GF	<b>4 oz/6 oz</b>
Vegetarian Dirty Rice VN, GF	<b>4 oz/6 oz</b>
Saffron Rice & Vegetables VN, GF	<b>4 oz/6 oz</b>
Vegetable & Egg Fried Brown Rice VG, SY, SM	<b>4 oz/6 oz</b>
Spanakorizo VN, GF	<b>4 oz/6 oz</b>
Quinoa, Brown Rice & Lentils VN, GF	<b>4 oz/6 oz</b>
Confetti Quinoa & Rice VN, GF	<b>4 oz/6 oz</b>
Apricot Quinoa VN, GF	<b>4 oz/6 oz</b>
Quinoa Pilaf VN, GF	<b>4 oz/6 oz</b>
Wild Rice Pilaf VN, GF	<b>4 oz/6 oz</b>
Wild Mushroom Risotto VG, GF	<b>4 oz/6 oz</b>
Artichoke & Crab Risotto GF, SF	<b>4 oz/6 oz</b>

## Potatoes

Baked Sweet Potato & Chive Butter VG, GF	<b>4 oz/6 oz</b>	Old Bay Potato Wedges VN, GF	<b>4 oz/6 oz</b>
Herb Roasted Yukon Potatoes VN, GF	<b>4 oz/6 oz</b>	Roasted Sweet Potato Wedges VN, GF	<b>4 oz/6 oz</b>
Roasted Garlic Mashed Potatoes VG, GF	<b>4 oz/6 oz</b>	Loaded Potato Salad GF	<b>4 oz/6 oz</b>
Mashed Sweet Potato & Goat Cheese VG, GF	<b>4 oz/6 oz</b>	Creole Potato Salad VG, GF	<b>4 oz/6 oz</b>
Coconut Sweet Potato Mash VN, GF	<b>4 oz/6 oz</b>		
Mashed Butternut Squash & Potatoes VN, GF	<b>4 oz/6 oz</b>		
Leek & Potato Gratin VG, GF	<b>4 oz/6 oz</b>		



**4 oz/6 oz** *This is a sample menu. All selections will be chosen by chefs weekly, tailored to each client.*

# Starch Sides

## Pasta

Pasta (Choice) & Olive Oil VG, GF +\$2	<b>4 oz/6 oz</b>	Mediterranean Orzo Pasta Salad VN
Penne & Red Sauce VN	<b>4 oz/6 oz</b>	Rice Noodles & Asian Vegetables VN, GF, SY, SM
Farfalle & Pesto VG, NT	<b>4 oz/6 oz</b>	GF Penne & Red Sauce VN, GF
Gemelli Pasta & Creamed Kale VG	<b>4 oz/6 oz</b>	GF Fusilli & Pesto VG, GF, NT

## Beans

<b>4 oz/6 oz</b>	Black Beans VN, GF	<b>4 oz/6 oz</b>
<b>4 oz/6 oz</b>	Pinto Beans VN, GF	<b>4 oz/6 oz</b>
<b>4 oz/6 oz</b>	Baked Beans VN, GF	<b>4 oz/6 oz</b>
<b>4 oz/6 oz</b>	Refried Beans VN, GF	<b>4 oz/6 oz</b>



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# Vegetable Sides

## Vegetables

Grilled Seasonal Vegetables VN, GF	<b>4 oz / 6 oz</b>	Grilled Asparagus VN, GF	<b>4 oz / 6 oz</b>	Popcorn Cauliflower Gratin VN, GF	<b>4 oz / 6 oz</b>
Garlic Rosemary Roasted Vegetables VN, GF	<b>4 oz / 6 oz</b>	Grilled Broccolini VN, GF	<b>4 oz / 6 oz</b>	Green Beans with Shallots & Sesame DF, GF, SM	<b>4 oz / 6 oz</b>
Spice Roasted Seasonal Vegetables VN, GF	<b>4 oz / 6 oz</b>	Grilled Broccolini, Roasted Garlic, Lemon & Chile VN, GF	<b>4 oz / 6 oz</b>	Garlic Roasted Green Beans VG, GF	<b>4 oz / 6 oz</b>
Sumac Roasted Vegetables & Lebneh VN, GF	<b>4 oz / 6 oz</b>	Roasted Broccoli, Lemon & Garlic VN, GF	<b>4 oz / 6 oz</b>	Chile Garlic Sugar Snap Peas VN, GF, SY	<b>4 oz / 6 oz</b>
Stir Fried Seasonal Vegetables VN, GF, SY	<b>4 oz / 6 oz</b>	Maple Glazed Brussels Sprouts & Broccoli VG, GF	<b>4 oz / 6 oz</b>	Stewed Okra & Tomatoes VN, GF	<b>4 oz / 6 oz</b>
Smoked Vegetable Ragu VN, GF	<b>4 oz / 6 oz</b>	Zataar Roasted Cauliflower VN, GF	<b>4 oz / 6 oz</b>	Black Eyed Pea Succotash DF, GF	<b>4 oz / 6 oz</b>
Glazed Root Vegetables VG, GF	<b>4 oz / 6 oz</b>	Cauliflower Smashed with White Beans VG, GF	<b>4 oz / 6 oz</b>	Gingered Carrots VG, DF, GF	<b>4 oz / 6 oz</b>
Braised Seasonal Greens VN, GF	<b>4 oz / 6 oz</b>			Honey Glazed Rainbow Carrots VG, GF	<b>4 oz / 6 oz</b>



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# Vegetable Sides

Cabbage & Carrots VN, GF	<b>4 oz / 6 oz</b>	Collard Greens, Peppers & Onions DF, GF	<b>4 oz / 6 oz</b>
Coconut Creamed Kale VN, GF	<b>4 oz / 6 oz</b>	Spicy Sauteed Swiss Chard VN, GF, SY	<b>4 oz / 6 oz</b>
Shredded Beet, Kale & Mustard Salad VN, GF	<b>4 oz / 6 oz</b>	Roasted Peppers & Onions VN, GF	<b>4 oz / 6 oz</b>
Braised Mushrooms & Kale VN, GF, SY	<b>4 oz / 6 oz</b>	Grilled Summer Squash & Peppers VN, GF	<b>4 oz / 6 oz</b>
Mushroom & Artichoke Stew DF, GF	<b>4 oz / 6 oz</b>	Saffron & Citrus Cured Squash VN, GF	<b>4 oz / 6 oz</b>
Braised Turnips & Greens VN, GF	<b>4 oz / 6 oz</b>	Roasted Sweet Plantains VN, GF	<b>4 oz / 6 oz</b>



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## Desserts

### Looking for a sweet treat?

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