

SUPERFD

PERFORMANCE NUTRITION FOR
**PROFESSIONAL
ATHLETES**



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SUPERFD

Key



Abbreviation

Dietary Information

VN

Vegan

VG

Vegetarian

DF

Dairy Free

GF

Gluten Free

PN

Peanuts

NT

Nuts (Tree)

SF

Seafood, Shellfish

FF

Seafood, Finfish

SY

Soy

SM

Sesame

AL

Alcohol

+\$

Upcharge

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

Omelets

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

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

Frittatas & Breakfast Casseroles

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

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

Breakfast Bowls

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

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

Breakfast Burritos

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



Breakfast

Breakfast Sandwiches

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

***Additional Fillings Available for Upcharge**

Potatoes

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



Proteins

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

Pancakes & French Toast

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



Breakfast

Bread & Grits

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

Cold Breakfast Sides

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

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



Appetizers

Dip

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

Spring Rolls

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

Skewers

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

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



Appetizers

Sliders

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

Tacos

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

Wings

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

Meatballs

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



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



Entrees

Chicken Entrees

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



Beef Entrees

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

Entrees

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

Seafood Entrees

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

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



Entrees



Pork

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



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	6 oz / 8 oz				



Sandwiches & Wraps

Hot Sandwiches & Wraps

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

Burgers

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

Burritos

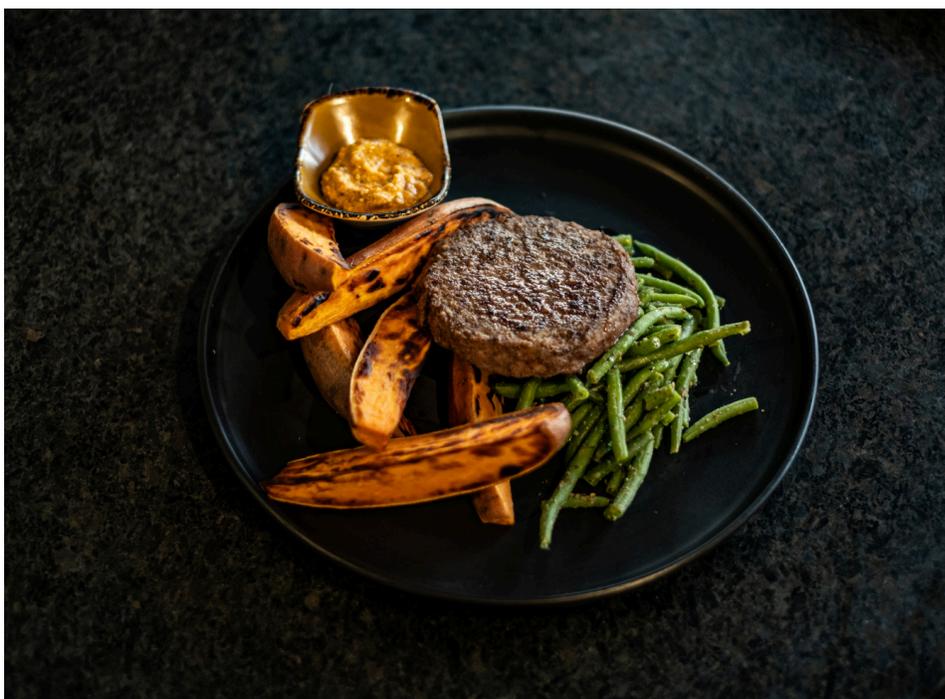
Beef Short Rib Burrito DF, GF +\$	ea
Chipotle Chicken Burrito DF, GF +\$	ea
Gulf Shrimp Burrito DF, SF, GF +\$	ea
Smoked Tofu Burrito VN, DF/GF +\$	ea

Quesadillas

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

Cold Sandwiches & Wraps

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



Sandwiches & Wraps

Cold Sandwiches & Wraps

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



Soups & Salads

Entree Salads

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

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

Soups

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



Soups & Salads

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

Side Salads

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



Starch Sides

Rice & Grains

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

Potatoes

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



Starch Sides

Pasta

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

Beans

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



Vegetable Sides

Vegetables

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



Vegetable Sides

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



Desserts

Looking for a sweet treat?

We'd be delighted to discuss dessert options with you. Contact your Account Manager for more information.



SUPERFD

Let us customize your team's performance nutrition plan today.

Contact **Erik Ostberg**

Email: erik@mysuperfd.com | Phone: 410.858.0080