

## Breakfast Platters

### **E.A.T CLASSIC BREAKFAST**

Assorted muffins & scones served with butter and preserves, freshly squeezed orange juice  
\$12.95 pp

### **SEASONAL FRUIT PLATTER**

Sm (serves 5-6) - \$35 | Med (serves 10-12) - \$65 | Lg. (serves 16-20) - \$115

### **ORGANIC ASSORTED YOGURTS**

\$2.75 (each)

### **GREEK STYLE ORGANIC YOGURT BOWL**

Local honey & garnish of roasted seeds+nuts.

Sm (serves 5-6) - \$26.95 | Med (serves 10-12) - \$49 | Lg. (serves 16-20) - \$77.85

\*add house-paleo granola \$3.25 \*GF, K, P, V

### **SEASONAL FRENCHIE**

A decadent baked French toast with whipped cream, chocolate ganache or caramel

Sm (serves 5-6) - \$49.95 | Med (serves 10-12) - \$89.95 | Lg. (serves 16-20) - \$148.95

### **FRITTATA**

Seasonal options: spinach, feta tomato | asparagus & leek | grilled vegetables & goat cheese |  
quiche lorraine w/bacon | chorizo, Spanish peppers, manchego cheese | artichoke & cheddar

\$22 (9" serves 8-10) | \$6.95 (4" serves one)

### **VEGAN SCRAMBLE**

Organic, seasonal local veg, yam & vegan pesto with breakfast salad

Sm (serves 5-6) - \$49.95 | Med (serves 10-12) - \$89.95 | Lg. (serves 16-20) - \$148.95

### **THE WORKS**

Scrambled organic farm eggs, roasted rosemary potatoes, no-nitrate /

GMO, all natural bacon or organic chicken sausage

Sm (serves 5-6) - \$47 | Med (serves 10-12) - \$87.45 | Lg. (serves 16-20) - \$145

## **BURRITO BOARD**

Spinach tortilla, organic eggs, cheese, breakfast potato, crema, house salsa. Cut in halves

Sm (serves 5-6) - \$24 | Med (serves 10-12) - \$48 | Lg. (serves 16-20) - \$80.00

\*add braised pork belly or bacon or avocado \$1.95 per burrito

## **PALEO + KETO PROTEIN PLATE**

Featuring locally crafted Diestal turkey, Niman ham; artisan meats. Hard boiled organic eggs, cherry tomato, house aioli & craft mustard & Paleo Bread

\*add avocado 2.95pp

Individual - \$12.95pp | Sm (serves 5-6) - \$72 | Med (serves 10-12) - \$132 | Lg. (serves 16-20) - \$205

## **CRAFTY MORNING BAKED GOODS**

Loaded up with Crafty baked good, banana bread, mini scones, EAT famous Gf/vegan donut bites, muffins- available in seasonal flavors- gluten-free, paleo & vegan!

Sm/Med Pan (serves 10-12) - \$38 | 40 pcs Lg. Pan (serves 20) 60 pcs - \$57

\*paleo, diabetic or ketogenic options +1.95 per person

## **EAT DONUT BOX**

Famous delicious donut is baked, dairy and gluten free. Strawberry, Mocha Java, Maple & Salted Pecan; S'mores, Bacon Maple, Chocolate, Chocolate & seasonal favorites

GF. V.

Box of 6 - \$18 | Box of 12 - \$36 | Box of 24 - \$68 | \*Bacon donuts add .50 ea.

---

# *Complete Coffee Service*

## **Standard Coffee Set Up**

Includes 'Good Food Award' Winning ROAST HOUSE premium organic coffee (regular or decaf), cups, stirrers, sugar, sweetener and cream

\$19.95 Guatemalan (light roast) | F-Bomb (med roast) | Italian (dark roast) (10-12 cups)

---

# Catering - Lunch

## SAMMIE'S

Order your sandwich packaged individually, or on platters to share

## BROWN BAG

Includes a delicious sandwich, housemade potato chips, chocolate chip cookie add \$12.95 per person

## HEALTHY LUNCH BOX

(Paleo/vegan/keto) includes sandwiches on paleo bread; kale - apple wrap or over shredded cabbage mix up.  
Includes your choice- side dish/salad & paleo cookie/ vegan cookie or Keto bomb \$17.95 per person

## EXEC'S LUNCH BOX

Includes a delicious sandwich, chips & your choice of side dish/salad \$16 per person

## PLATTER OF ASSORTED SANDWICHES

9.95pp 10 person min | choose from below sandwich menu - includes a mix up to 3 different sandwiches, quartered or cut in half \*ADD a side salad & cookie +4.50

---

## Side Salads

ala carte: SM. 4 (8oz.) MED. 8 (pint) LG. 16 (quart)

**Fruit Salad** - Seasonal, local fruit & berries

**Pasta Salad** - Creamy pesto, parmesan, tomato, herbs

**Power Grains & Roasted Veggies** & chiffonade Kale & golden balsamic dressing

**Paleo** - Shredded carrots, cabbage, celery, cucumber in avocado dressing GF.Paleo.Keto

**Kale House Rock** - Local organic kale, parmesan, chick peas, lemon-parm dressing GF.Keto

**Citrus Kale** - Local fruit, fennel, golden raisins & golden balsamic dressing

**Market Salad** - Organic greens, dried cranberry, goat cheese, spiced walnuts, balsamic

**House Potato** - Roasted sweet potato, yam, Yukon, tossed with bacon & just mayo GF.

\***Quinoa** - Dried cranberry, apples, almonds tossed in orange vinaigrette

\***Organic Cucumber, Tomato & Red Onion**

\***Marinated Mushroom Salad**

\***Antipasto Salad**

\***Caprese Salad**

---

# Sandwich Menu

Each sandwich is dressed with olive oil, grilled, then built. All Veg based sandwiches can be prepared vegan; any sandwich can be prepared gluten free or paleo| Paleo bread +1.95 | GF Bread +1.25

**\*Kung Pow** - Almond sauce grilled portabello, pickled veggies, harissa mayo

**\*Tomato Caprese** - Buffa mozzarella, basil, organic tomato, olive oil, sea salt & cracked pepper

**Mighty Wrap** - Grilled Portobello, tomato confit, artichoke, farm organic greens & goat cheese w/house hummus \*vegan- replace with cashew cheese

**\*Mediterranean Veggie** - Grilled organic tofu, tatziki, slaw, organic cucumber, tomato, thinly sliced red onion

**Apricot Glaze+Sustainable Ham+ Brie Cheese** - On French ficelle bread

**Diestal Farms Turkey** - Layered w/farm organic farm greens, fontina cheese & yummy pesto mayo

**Diestal Farms Turkey BLT on Pretzel Roll** - Roasted turkey, no-nitrate non-gmo bacon, tomato, organic farm greens!

**Chicken Pesto** - Roasted organic chicken breast, sautéed onions, baby spinach greens, tomato confit & fontina cheese with basil pesto!

**\*Mediterranean Chicken** - Grilled organic chicken breast, tatziki, slaw, organic cucumber, tomato, thinly sliced red onion

**NYC Hoagie** - The best aged Italian meats, fontina cheese, organic farm greens on grilled ciabatta roll w/aioli mustard & pepperoncini

**Roast Beef** - Cheddar, aioli mustard & spicy mix salad greens on pretzel roll +2.95pp

**Keto** - Distal turkey, natural ham, boiled egg, half avocado, fontina cheese +2.95pp

\*Seasonal items

»-----»

# Snack & Treats, on a Platter

## Great to Share...

Platters are a convenient way of serving a variety of foods at your next gathering, party or business meeting.

### 1.) Cheese Board:

A fine selection of 4 California artisanal cheese, fruit spread, dried nuts, organic seasonal fruit Served with sliced baguette

Sm. (serves 5-6) \$39

Med. (serves 10-12) \$72

Lg. (serves 16-20) \$120

### 2.) Garden Crudités:

Featuring Local Organic Farm Produce

Sm. (serves 5-6, one dipping spread) \$39

Med. (serves 10-12, two dipping spreads) \$72

Lg. (serves 16-20, two dipping spreads) \$120

### 3.) Grilled Flat Bread & Hummus:

Yam Hummus & flat bread, garnished with cucumber, confit tomato, olives

Sm. (serves 5-6) \$39

Med. (serves 10-12) \$72

Lg. (serves 16-20) \$120

### 4.) Antipasto Platter:

A selection of 3 cured meats, Italian cheese, whole grain mustard, cornichon pickles, olives, marinated mushrooms, tomato & sliced baguette

Sm. (serves 5-6) \$39

Med. (serves 10-12) \$72

Lg. (serves 16-20) \$120

\*Extra cheese (1lb.) \$13.95 per platter 10 ounces / \*Extra Cured Meats (1lb.) \$15.95

»-----»

»-----»

## Some Like It Hot... Entrees

10 person minimum | Choose an entrée & side dish

\*Add an organic green salad - \$4.95pp

### **Yam Tahini Patties**

yam hummus, seed & herb, Artichokes & tomato confit, tossed organic farm greens \$14

### **Grilled Portabella Mushroom Steak**

with vegan pan sauce \$7.95

### **Stuffed Eggplant**

vegan pesto, tomato, grains, cashew ricotta \$10.50

### **Roasted Organic Whole Chickens**

(cut to your preference) \$24

### **Chicken Cutlets GF**

breaded sautéed in olive oil with fresh cherry tomato, shaved garlic, herbed fresca \$10.95

### **Roasted Organic Chicken Breast**

\$10.95

### **Grass-Fed Beef Burger**

\$9.95

### **Turkey Meatloaf Florentine**

with chili aioli \$8.95

**\*Lemon Butter Salmon (Market Pricing)**

**\*Grilled Flank Steak (Market Pricing)**

**\*Local Wine Braised Beef Short Ribs (Market Pricing)**

**\* Market Pricing**

»-----»

# Accompaniments

ala carte: SM. 4 (8oz.) MED. 8 (pint) LG. 16 (quart)

Seasonal farm veg soiree  
Buttery Green Beans  
Roasted cauliflower  
Cous Cous  
Grilled Broccolini with lemon olive oil  
Oven roasted farm carrots, honey, thyme Roasted parmesan fingerling potatoes  
Decadent Mashed Potatoes  
Roasted yam & sweet potato  
Vegan Mashed Potato with roasted hemp seed



## Casseroles to Share... Yummy Goodness

Small serves 6-8 \$75  
8oz portions

Large serves 16-18 \$165  
8oz portions

**Lasagna** - Hand made pasta sheets that are naturally gluten free, layered with house made marinara, ricotta & fontina cheese, basil pesto, creamy béchamel. Choose from locally sourced farm vegetables or delicious \*braised turkey or beef Bolognese

**EAT Enchilada Casserole** - Organic corn tortillas, black bean puree, organic shredded chicken, fontina cheese and red chili sauce \*Can be made vegetarian/vegan  
\*Sides cilantro, salsa, crema

**Paleo Shepard Pie** - Roasted farm & local vegetables tossed in our house gravy with ground beef, topped with mashed yams (delish!)

**Mac & Cheese Please** - Creamy white fontina cheese & béchamel sauce  
Select one - Roasted Veggies | \*Organic Chicken | No-Nitrate Bacon  
\*+\$2pp

---

# Sweets + Cookies & Bars = Yummy

Crafted Baked Goods Assortment \$5pp

Includes seasonal bar, decadent brownie, yummy seasonal bread, paleo cookie bite or seasonal cookie and macarons (2-3 items per person)

\*seasonal

## Cakes, Tarts, Galettes, Crisps

Flourless Chocolate Ganache Cake

\*Turtle Cheese Cake, caramel drizzle Seasonal Crisp served with whipped cream

Seasonal fruit galette

## CRAFTY BAKED GOODS

Loaded up with Crafty baked good, banana bread, mini scones, EAT famous Gf/vegan donut bites, muffins- available in seasonal flavors- gluten-free, paleo & vegan!

Sm/Med Pan (serves 10-12) 40 pcs - \$38 | Lg. Pan (serves 20) 60 pcs \$57

\*paleo, diabetic or ketogenic options +1.95 per person

## EAT DONUT BOX

Famous delicious donut is baked, dairy and gluten free. Strawberry, Mocha Java, Maple & Salted Pecan; S'mores, Bacon Maple, Chocolate, Chocolate & seasonal favorites GF. V.

Box of 6 \$18 | Box of 12 \$36 | Box of 24 \$68 \*Bacon donuts add .50 ea.

## Cookies | Bars | Brownies

Vegan Ding Dongs \$43 Dz

Paleo Chocolate Chip \$32 Dz

Sea Salt Chocolate Chip \$32 Dz

Mixed Berry Crumble Bar \$39.50

Paleo Chocolate, chocolate chip brownie \$46 Dz