



Boxed Lunch Catering Sample Menu

Grilled Chicken Power Bowl

Grilled chicken breast served over mixed greens, quinoa, cherry tomatoes, cucumber, and avocado with a side of lemon vinaigrette.

Mediterranean Veggie Wrap

Whole grain wrap filled with hummus, roasted red peppers, cucumber, spinach, and Kalamata olives, served with a side of fresh fruit.

Turkey & Avocado Sandwich

Roasted turkey, smashed avocado, and mixed greens on whole-grain bread, paired with a side of crunchy vegetable sticks and hummus.

Asian Shrimp Salad

Marinated shrimp atop a bed of crisp napa cabbage, shredded carrots, and edamame, with sesame-ginger dressing on the side.

Plant-Based Protein Bowl

Roasted chickpeas, kale, roasted sweet potatoes, and cherry tomatoes, topped with tahini dressing and a sprinkle of sunflower seeds.



Organic Catering Menu

Crisp Harvest Salad

Organic baby greens with roasted beets, shaved fennel, candied pecans, and a tangy apple cider vinaigrette.

Charred Veggie Medley

Smoky roasted Brussels sprouts, rainbow carrots, and blistered cherry tomatoes drizzled with balsamic glaze and fresh herbs.

Rosemary Garlic Beef

Tender grass-fed beef, slow-roasted with rosemary, garlic, and a touch of sea salt, served with a side of horseradish cream.

Spiced Cauliflower Steaks

Thick-cut organic cauliflower steaks, roasted to golden perfection with a smoky paprika rub, served with chimichurri sauce.

Crispy Herb-Crusted Salmon

Wild-caught salmon, coated in fresh herbs and lemon zest, baked to a delicate crisp and paired with a dill yogurt sauce



Vegetarian Catering Menu

Caprese Skewers

Fresh mozzarella, heirloom cherry tomatoes, and basil leaves drizzled with a balsamic glaze.

Spinach and Feta Stuffed Mushrooms

Roasted cremini mushrooms filled with a creamy spinach and feta mixture, baked until golden.

Vegetable Risotto

Creamy Arborio rice cooked with seasonal vegetables, parmesan cheese, and a touch of white wine.

Grilled Halloumi & Veggie Platter

Char-grilled halloumi cheese paired with zucchini, red peppers, and asparagus, served with a lemon-herb dipping sauce.

Fresh Seasonal Fruit Cups

A medley of ripe, organic fruits served in individual cups, perfect for a light and refreshing dessert.



Gluten-Free Catering Menu

Please note: We are not a certified gluten-free kitchen. While we take care to use gluten-free ingredients, cross-contamination is possible. If you have a severe allergy, we may not be the best option. Our menu is designed to cater to dietary preferences rather than strict allergen-free needs. We're happy to accommodate as best we can!

Fresh Harvest Salad

A mix of crisp greens, roasted beets, heirloom tomatoes, shaved carrots, and toasted sunflower seeds, served with a light citrus vinaigrette.

Grilled Lemon Herb Chicken

Juicy, marinated chicken breast grilled to perfection with fresh lemon and rosemary, served with a side of garlic aioli.

Spiced Sweet Potato Wedges

Roasted sweet potato wedges seasoned with smoky paprika, cinnamon, and a touch of sea salt, served with a creamy avocado dip.

Seared Salmon with Dill Sauce

Wild-caught salmon fillets, pan-seared and topped with a zesty dill yogurt sauce, paired with a side of seasonal greens.

Chocolate Coconut Energy Bites

Delicious no-bake bites made with shredded coconut, cocoa powder, almond butter, and a touch of maple syrup, rolled into perfect snack-sized pieces.



Vegan Catering Menu

Charred Vegetable Platter

A mix of fire-roasted seasonal vegetables served with a smooth roasted red pepper dip.

Avocado Toast Cups

Crispy crostini topped with smashed avocado, cherry tomatoes, and a sprinkle of sea salt and fresh herbs.

Harvest Grain Bowl

Hearty farro, roasted sweet potatoes, kale, and toasted pumpkin seeds tossed with a light lemon-tahini dressing.

Classic Veggie Wraps

Soft whole wheat wraps filled with roasted zucchini, spinach, hummus, and a hint of balsamic glaze.

Berry Bliss Cups

Freshly picked seasonal berries layered with a touch of coconut cream and granola crumble.



Whole 30 Catering Sample

Herb-Crusted Chicken Breast

Juicy, free-range chicken breast coated in a blend of fresh herbs, garlic, and lemon zest, served with a side of roasted garlic aioli.

Grilled Vegetable Platter

Seasonal vegetables including zucchini, bell peppers, and asparagus, char-grilled to perfection and drizzled with a tangy balsamic reduction.

Zucchini Noodle Pad Thai

Spiralized zucchini noodles tossed with a rich almond butter sauce, fresh lime, cilantro, and a medley of crunchy vegetables.

Slow-Cooked Beef Short Ribs

Grass-fed beef short ribs braised in a savory broth with onions, garlic, and rosemary, served alongside roasted sweet potatoes.

Coconut Curry Shrimp Bowl

Wild-caught shrimp simmered in a creamy coconut curry with baby bok choy, carrots, and snap peas, served over cauliflower rice.



Macro Meal Sample Menu

Ground Turkey, Squash & Sweet Potato - 1# - 4 servings

Perfectly seasoned, Chef prepared ground Turkey & Roasted Seasonal Squash over Sweet Potato mash (1 pound meal packed single serving)

Chicken Breast with Carrots & Potatoes - 1# - 4 servings

Perfectly seasoned, Chef prepared Chicken Breast, Carrots & Potato
(1 pound meal packed single serving)

Ground Turkey, Brussels & Potato - 1# - 4 servings

Perfectly seasoned, Chef prepared ground Turkey & Roasted Brussels Sprouts & Potatoes
(1 pound meal packed single serving)

Salmon with Broccoli & Potatoes - 1# - 4 servings

Perfectly seasoned, Chef prepared Salmon with Roasted Broccoli & Potatoes
(1 pound meal packed single serving)

Ground Turkey, Squash & Potato - 1# - 4 servings

Perfectly seasoned, Chef prepared ground Turkey & Roasted Seasonal Squash & Potatoes
(1 pound meal packed single serving)

Chicken Breast with Carrots & Brown Rice - 1# - 4 servings

Perfectly seasoned, Chef prepared Chicken Breast, Carrots & Brown Rice
(1 pound meal packed single serving)



Carnivore Sample Menu

Lamb Chops with Herbes de Provence (Paleo) - 4 servings

Seared lamb chops ready to be finished in the oven, crusted with French herbes de provence

Grilled, Balsamic-Soy Flank Steak (2) - 2 servings

Flank steak marinated in a balsamic soy marinade and grilled

Pan-Seared Scallops - 2 servings

Large scallops gently seared in a cast-iron pan with butter and paprika

Grilled Chicken Breast with Chimichurri (LB) - 4 servings

Herb grilled chicken breasts served with a South American cilantro and parsley (allium-free!) chimichurri sauce.

Roasted Lemon Turmeric Salmon (DB) - 2 servings

Chilean salmon filets basted in a light lemon, butter and turmeric sauce

Tomato and Basil Tilapia (DB) - 2 servings

Tilapia filets with a topping of slow-roasted tomatoes and herbs

Beef and Vegetable Stir Fry with Lemon (DB) - 2 servings

Beef stir fried with seasonal vegetables flavored with ghee, lemon and garlic powder

BBQ Grilled Chicken Thighs (DB) - 2 servings

Boneless chicken thighs grilled with a no sugar BBQ sauce, extra sauce on the side