

# CATERING MENU



24 HOURS NOTICE  
REQUIRED FOR ORDERS  
DELIVERY & PICKUP  
OPTIONS AVAILABLE

## ORGANIC COLD-PRESSED JUICES

\*best sellers

### GREEN MONSTER\*

cucumber, celery, apple, kale, romaine, spinach, ginger, lemon, spirulina, parsley

### GRASSHOPPER

cucumber, apple, kale, lime, mint

### SUNRAVEN\*

cucumber, celery, fennel, kale, dandelion, lemon, parsley, ginger, turmeric, cayenne

### JUNGLE JUICE

cucumber, celery, apple, pineapple, kale, spinach, romaine, ginger, lemon, parsley, cilantro

### TURMERIC TONIC\*

carrot, pineapple, pear, orange, turmeric, lemon, ginger

### FIREBALL\*

lemon, filtered water, ginger, agave, cayenne

### SWEET BEET

beets, orange, apple, kale, ginger, lemon

### DAILY DETOX\*

orange, pineapple, pear, aloe vera, ginger

### SKIN GLO

orange, cucumber, grapefruit, lemon

### MELON COOLER (seasonal)

watermelon, pineapple, aloe vera, lime, mint

### ALMOND DATE MYLK\*

almonds, filtered water, dates, almond butter, cinnamon, vanilla, sea salt

12 OZ.  
EACH  
\$6.95-7.95

6 PACK  
ASSORTED  
\$42.00

12 PACK  
ASSORTED  
\$80.00

## SUPERFOOD SMOOTHIES

\*best sellers

### GREEN GURU\*

green tea, lemon, spinach, banana, green apple, ginger, mint

### ULTIMATE WARRIOR\*

kale, spinach, banana, coconut water, chia seeds

### MYLKY WAY

almond mylk, dates, banana, cacao, almond butter cinnamon

### BERRY GARCIA

hibiscus tea, acai, strawberries, blueberries, banana, B12, hemp seeds

### MINT CHIP

almond mylk, spinach, dates, mint, cacao nibs, banana

### UP & AT 'EM\*

coffee, almond mylk, cacao, banana, almond butter, maca

### ZENERGY

matcha green tea, banana, spinach, almond butter, coconut mylk, cinnamon, bee pollen

### GRAVITAS\*

coconut water, lemon, strawberries, blueberries, banana, goji berries

### AB&J

strawberries, almond butter, banana, apple cider

8 OZ.  
EACH  
\$5.00

6 PACK  
ASSORTED  
\$28.00

12 PACK  
ASSORTED  
\$56.00

12 OZ.  
EACH  
\$6.95

6 PACK  
ASSORTED  
\$40.00

12 PACK  
ASSORTED  
\$80.00

## OTHER DRINKS

**ORGANIC FAIR-TRADE COFFEE (HOT)** (96oz serves 8-10) **\$25.00**

**OR ORGANIC FAIR-TRADE COLD BREW COFFEE**

with homemade almond mylk & natural sweeteners

**ORGANIC TEAS** (96oz serves 8-10) **\$25.00**

black, green, herbal teas & G&T wellness tea blends with homemade almond mylk & natural sweeteners

**G&T ALKALINE WATER** (16.9oz bottles) **\$1.95EA** or **6 / \$10.00**

**FOR ORDERS OR QUESTIONS, PLEASE CONTACT US:**

[CATERING@GREENANDTONIC.COM](mailto:CATERING@GREENANDTONIC.COM)

1.888.GO.G AND T OR [GREENANDTONIC.COM/SHOP](https://www.greenandtonic.com/shop)

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## BREAKFAST

(small serves 6-8 / large serves 10-12)

**SEASONAL FRUIT PLATTER** **SM \$40/LG \$60**  
organic apples, citrus, berries, grapes & melon

**QUINOA OATMEAL BOWL (HOT)** 6 person min **\$5.00 EACH**  
with choice of fresh fruit or dried fruits & nuts

**CHIA PUDDING** **\$5.95 EACH**  
banana coconut, raspberry lemon & chocolate

**COCONUT YOGURT BOWL** 6 person min **\$5.00 EACH**  
with choice of fresh fruit, dried fruits & nuts or granola

**BREAKFAST BASKET** **SM \$40/LG \$60**  
blueberry muffins (gf), quinoa bagels, anytime cookies (gf), carrot-raisin loaf (gf), jumpstart & cacao chia bars (gf)

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**JUICE + FRUIT SALAD + BREAKFAST BASKET** **\$17.00 PP**

**SMOOTHIE (8OZ) + BREAKFAST BASKET** **\$11.00 PP**

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## SNACK PLATTERS

(platters serve 10-15)

**HUMMUS & VEGGIE PLATTER**  
**\$70.00**  
with assorted crackers & chips (gf)

**MEDITERRANEAN PLATTER**  
**\$85.00**  
with baked felafel, hummus, tapenade, olives, fresh veggies, crackers & chips (gf)

**SWEETS PLATTER**  
**\$60.00**  
cacao chia bars, blondies, carrot loaf, anytime cookies, energy squares, dark chocolate, nuts, grapes & berries

**ASSORTED SNACK PACKS** **\$4.00**  
**PP**  
An assortment of individually packed nut blends, chips, dried fruit & popcorn

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## LUNCH

(small serves 6-8 / large serves 10-12)

**WRAPS & SANDWICH PLATTER** **SM \$55/LG \$75**  
an assortment of G&T signature sandwiches and wraps. Plant-based fillings served on collard greens (gf), whole wheat wraps, whole grain bread.

**GRAIN BOWLS** **SM \$35/LG \$55**  
satisfying seasonal blends of whole grains, vegetables & legumes. Delivered room temp, but may be heated.

**SOUP** **\$5.95 EACH**  
choose from our seasonal selection of 12oz vegetarian soups, broths and stews, served warm in individual portions.

**GREEN SALADS** **SM \$35/LG \$55**  
Choose from our selection of organic, seasonal leafy green and marinated kale salads. Perfect as a nutrient-dense meal or side salad.

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**JUICE + WRAPS & SANDWICH PLATTER + SALAD** **\$18.00 PP**

**SOUPS + SALAD + MEDITERRANEAN PLATTER** **\$18.00 PP**

**WRAPS & SANDWICH PLATTER + SALAD + SWEETS** **\$17.00 PP**

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## ORDERING

Please allow at least one full business day for all orders. Delivery is available from 7:30am-5pm.

Orders may be placed online at [greenandtonic.com](http://greenandtonic.com), or by email [catering@greenandtonic.com](mailto:catering@greenandtonic.com).

We are happy to accommodate food sensitivities whenever possible. Our menu is 100% vegan/ dairy-free. We use almost all organic ingredients. Most items are gluten free.

Plates, napkins, utensils, and service pieces are available upon request for \$2.00pp.

Please inquire about setting up a tasting of our menu. We offer corporate meal plans, cleansing and educational programs and employee nutrition coaching for groups.

Our menu changes seasonally. Prices are subject to change. Check [greenandtonic.com](http://greenandtonic.com) for our latest menu options.